



Nutrition Education Resource Guide

For Native Communities



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Nutrition Education Resource Guide

For Native Communities

Sherwood Valley Food Program
Sherwood Valley Rancheria
Willits, California
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This guide contains links to important Nutrition Education information available on the internet. Its purpose is to provide Tribes and Tribal Programs with resources to create positive behavior changes and improve the health and well-being of Native communities. It is not intended to be a complete list of resources, but a starting point on the path to wellness through better food choices and increased physical activity. It is intended as a resource to tribes and programs providing services to FDPIR eligible families and is not for commercial use.

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Free Diabetes and related Nutrition Education curriculum and materials from IHS:

U.S. Department of Health and Human Services
Indian Health Service
The Federal Health Program for American Indians and Alaska Natives



Several free books, posters, videos, and handouts are available through this website, including the Eagle Books series.

<http://www.ihs.gov/MedicalPrograms/diabetes/resources/rde/index.cfm?module=catalog>



The Eagle Books are a series of four books that are brought to life by wise animal characters, Mr. Eagle and Miss Rabbit, and a clever trickster, Coyote, who engage Rain That Dances and his young friends in the joy of physical activity, eating healthy foods, and learning from their elders about health and diabetes prevention.

The Eagle Books were authored by Georgia Perez of Nambe Pueblo, and illustrated by Patrick Rolo, Bad River Band of Ojibwe, and Lisa A. Fifield, Oneida Tribe of Wisconsin, Black Bear Clan. The complete series is now available.

The first book, *Through The Eyes of The Eagle* introduces the characters of Mr. Eagle and Rain That Dances, the American Indian boy he befriends. Mr. Eagle reminds the young boy of the healthy ways of his ancestors.

In *Knees Lifted High*, the second book, Rain That Dances introduces Thunder Cloud, his best friend, to Mr. Eagle who encourages the boys to be physically active every day.

The third book, *A Plateful of Color*, introduces Miss Rabbit and the boys' friends, Little Hummingbird and Simon. Miss Rabbit teaches the value of eating a variety of colorful and healthy foods.

Tricky Treats, the final book in the series, introduces the character of Coyote, a trickster, and encourages children not to be tricked by coyote when choosing foods to eat.

IHS Just Move It Campaign:



All tribal communities and organizations are encouraged to participate in the *Just Move It*-Challenge and to post their local stories on the *Just Move It* website. For information, go to www.justmoveit.org

Just Move It is a national campaign to promote physical activity among American Indians and Alaska Natives. Using group activities and peer support, it encourages lifestyle changes by helping people start and continue being active. Just Move It is focused on community partnerships. The goal of the campaign is to get 1 million American Indians and Alaska Natives moving by working together to build and strengthen healthy communities.

Nutrition Resources from NCIDC:

Northern California Indian Development Council based in Eureka, CA has posted many good links and materials about diet and nutrition on their website.

<http://www.ncidc.org/food/>

NCIDC has administered a statewide California Food and Nutrition Program (CFNP) targeted at the coordination of existing public and private food assistance resources, to assist low-income Tribal communities to identify potential sponsors of child nutrition programs. The CFNP also initiates new programs in underserved or unserved areas, and develops innovative approaches at the state and local levels to meet the nutrition needs of low-income Indian people. The CFNP works directly with Tribes and Indian organizations to develop nutrition education programs and inform tribal governments and Indian communities of nutrition programs available to them.

The program has compiled and distributed pertinent food and nutrition newsletters and information to California Tribes and community based organizations on a monthly basis. This information includes, for example, low-fat recipes, exercise ideas, healthy tips, and other related information. Over 80 different tribes and Indian organizations have been served through this distribution component of the program.

- [Food and Nutrition Program Newsletters and Archives](#)
- [Nutrition Insights: The Diet Quality of American Indians](#) ; <http://www.ncidc.org/food/insight.pdf>
- [Leading Causes of Death for American Indians \(pdf\)](#)
- <http://www.ncidc.org/food/cookbook.htm>



Pathways Curriculum, University of New Mexico:

<http://hsc.unm.edu/pathways/>

Pathways, a research study funded by the National Heart, Lung, and Blood Institute, at the University of New Mexico, is a school-based health promotion program that includes physical activity, nutrition, classroom curriculum, and family involvement. The primary purpose of the Pathways study is to prevent obesity among American Indian children by promoting increased physical activity and healthful eating behaviors.



CDC youth website for health and nutrition activities- Body and Mind:



http://www.bam.gov/sub_foodnutrition/index.html

This is an interactive website for youth to learn about health and nutrition. It is full of useful information in an animated format attractive for young people.



Link to the Center for Disease Control's main page of Nutrition Education Resource Materials:

http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/index.htm

This site has extensive information about food and nutrition



Nutrition for Everyone



- * Food Groups: http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/basics/food_groups.htm
- * Water: http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/basics/water.htm
- * Dietary Fat: http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/basics/controlling_fat.htm
- * Carbohydrates: http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/basics/carbohydrates.htm
- * Protein: http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/basics/protein.htm
- * Vitamins and Minerals: http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/basics/vitamins.htm

School Health Education Resources (SHER):

CDC's Centers and Divisions have developed a wide variety of science-based and other instructional materials that can help schools enhance existing health education curriculum and instruction. CDC's **School Health Education Resources (SHER)** is a unique, user-friendly web tool that consolidates these resources in one convenient location. SHER helps Pre-K-12 classroom teachers, school nurses, counselors, curriculum directors, and school administrators easily locate CDC's health education resources.

SHER features instructional materials aligned with the National Health Education Standards, Second Edition, 2007, and CDC's Characteristics of Effective Health Education Curriculum. The online database is searchable by:

- Health education topics commonly found in a comprehensive school health education curriculum.
- Four types of resources (curriculum and lessons, teacher instructional materials, student materials, and fact sheets).
- Grade level groupings (Pre-K-2, 3-5, 6-8, 9-12).

SHER provides the sole comprehensive, user-friendly place to browse and access these resources at CDC. Visit CDC's SHER online at <http://www.cdc.gov/healthyyouth/SHER>

Nutrition Information for Raw Fruits, Vegetables, and Fish:



The Office of Nutritional Products, Labeling, and Dietary Supplements in the FDA Center for Food Safety and Applied Nutrition has posted downloadable posters for printing on its website which show nutrition information for the 20 most frequently consumed raw fruits, vegetables, and fish in the United States. "Nutrition Information for Raw Fruits, Vegetables, and Fish: Downloadable/Printable Posters"



Organization: Office of Nutritional Products, Labeling, and Dietary Supplements in the FDA Center for Food Safety and Applied Nutrition. The downloadable posters are posted at

<http://www.cfsan.fda.gov/~dms/nutinfo.html>

The "Milk Matters" campaign:



This campaign sponsored by the National Institutes of Health stresses low-fat or fat-free milk as an excellent source of calcium.

The Smart Snack Cookbook (link below) provides learning opportunities that:

- Teach students that choosing foods with calcium is as easy as it is important.
- Provide students with an opportunity to create a recipe book of fruit smoothies and other simple, healthful snacks that provide calcium
- Give students an opportunity to sample snack options that provide calcium and offer models for creating their own recipes.

http://www.nichd.nih.gov/milk/teachers/upload/mm_smartsnack_cookbook.pdf

The Fruits and Veggies--More Matters Resource Manual:

The National Fruit and Vegetable Program was developed as a partnership among several national agencies concerned with increasing consumption of fruits and vegetables to improve the nation's health. Centers for Disease Control (CDC) is the lead agency, and has posted a wealth of information on its "More Matters" website, including fact sheets, downloadable posters and brochures, activities, recipes, and much more:

<http://www.fruitsandveggiesmorematters.gov/>



Partner agencies in this project include the U.S. Department of Health and Human Services, American Cancer Society, USDA Center for Nutrition Policy and Promotion, the Food and Drug Administration, and the National Council of Fruit and Vegetable Nutrition Coordinators

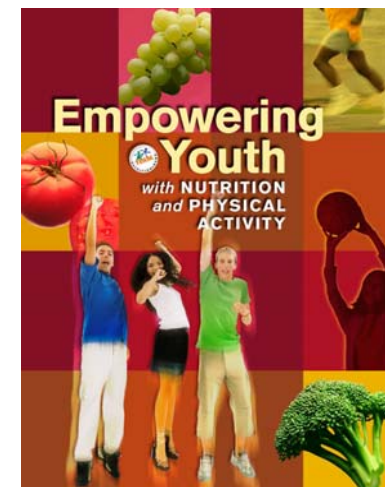


Empowering Youth with Nutrition and Physical Activity:



Empowering Youth with Nutrition & Physical Activity is a downloadable manual for use in after school programs and classrooms with youth 11-18 years old. It contains current nutrition and physical activity information to enhance leader knowledge; fun, hands-on activities that teach nutrition concepts; ideas to include nutrition education and physical activity into youth programs and events; resources to help youth develop a nutrition or physical activity related community project; tips, worksheets, handouts, discussion prompters and more!

<http://teamnnutrition.usda.gov/Resources/empoweringyouth.html>



USDA Main Page for Nutrition Education information:

<http://www.fns.usda.gov/fns/nutrition.htm>

USDA Food and Nutrition Service (FNS) provides several links to information useful for Tribal Communities.

FNS provides children and adults of all ages with nutrition education materials on how to improve their diets and their lives.



Center for Nutrition Policy and Promotion

- [Dietary Guidelines for Americans](#)
- [Food Guide Pyramid; www.mypyramid.gov](http://www.mypyramid.gov)
- [Healthy Eating Index](#)
- [Nutrient Content of U.S. Food Supply](#)
- [Interactive Food Supply](#)

My Pyramid Menu Planner:

USDA's "MyPyramid Menu Planner" interactively shows whether a person's food choices are balanced for the day, or on average over a week; it can help plan upcoming meals to meet MyPyramid goals; it provides suggestions for potential ways to improve food choices; and it allows for easy entry of foods for additional family members. The direct website to the Planner is:

www.MyPyramid.gov/Planner <http://www.mypyramid.gov/Planner>

Nutrition Essentials

Nutrition Essentials is a series of lessons that will help you make healthful eating and physical activity choices. It provides several tools which give you information you need to make educated choices. Nutrition Essentials contains 5 posters: [Food for a Day](#), [How Much Do You Eat](#), [Move It](#), [MyPyramid](#), and [Read It](#). Nutrition Essentials also includes an interactive CD, [NutritionDecision](#), with games and nutrition education information. Nutrition Essentials can be ordered for Team Nutrition Middle and High Schools.

<http://www.fns.usda.gov/tn/Resources/nutritionessentials.html>



Team Nutrition

Team Nutrition provides training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

Eat Smart. Play Hard.TM

Eat Smart. Play Hard.TM is about making America's children healthier. It's about practical suggestions that will help you motivate children and their caregivers to eat healthy and be active.

-- [Eat Smart. Play Hard. TM for Kids](#)

-- [Eat Smart. Play Hard. TM Healthy Lifestyles](#)



State Nutrition Action Plans (SNAP)

These pages support the work of the State SNAP committees by providing funding and program participation data, links to state-specific data sources, and other resources.



FDPIR Commodity fact sheets and recipes:

http://www.fns.usda.gov/fdd/programs/fdpir/cfs_fdpi.htm

This page provides links to USDA commodity fact sheets and recipes currently available to eligible households participating in the Food Distribution Program on Indian Reservations (FDPIR). Each fact sheet includes a description of the USDA product, packaging and storage information, and nutrition facts such as serving size, fat and sodium (salt) levels, etc., and suggested recipes.

Native CIRCLE Resource Catalog (Free materials from the Mayo Clinic):

(Cancer Information Resource Center and Learning Exchange)

Native CIRCLE maintains a library of resources providing overall health, wellness, and cancer-related information for men, women, teens and children. Several of these resources are produced by Mayo Clinic, and others are available through the generosity of outside agencies, hospitals, and clinics within the United States and Canada.

We are able to offer limited quantities of these resources to you free-of-charge. You may order up to 15 different items, in quantities as follows:

Up to 50 copies of each print item

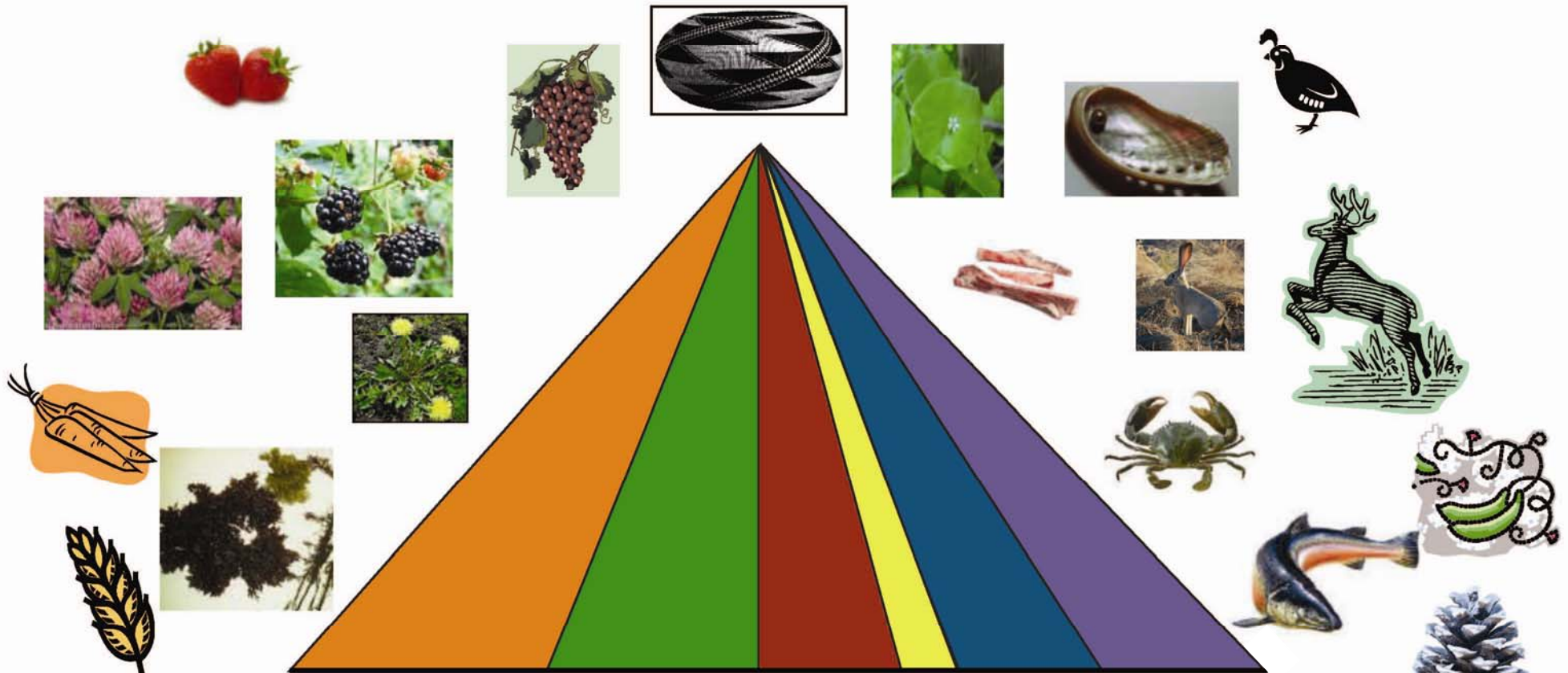
1 or 2 copies of each video

Free Native Specific videos and printed material about wellness, nutrition and disease prevention from the Mayo Clinic:

<http://cancercenter.mayo.edu/upload/completelist.pdf>



Traditional foods are healthy foods



Grains, Breads, Cereals
 Seeds from grassy plants such as oats or wheat-grass were winnowed with baskets and cooked as mush or baked into small bread-like patties.

Vegetables
 Tuberos bulbs and roots were dug from the ground and eaten. Many leafy and flowering plants were used as foods and medicines. Seaweed and other plants from the ocean were also enjoyed.

Fruits
 Many varieties of berries and fruits from flowering plants were used.

Fats Oils
 came naturally from meats and plants

Milk or other calcium sources
 Milk was only fed to babies. Calcium came from sources like leafy greens, bone soup, and oysters

Meat, Beans & Nuts
 Acorn, wild peas, pine nuts, birds, insects, deer, elk, quail, crab, salmon and other animals were protein sources.

Adapted from MyPyramid.gov and the USDA Dietary Guidelines for Americans, 2005 as compiled by the Sherwood Valley Food Program Nutrition Education Program in July, 2008