

# Healthy Traditions

For more Healthy Traditions information call 541.444.9627 or sharlar@ctsi.nsn.us



## Hunter Safety



### Youth Sponsorship

Learn basic hunter safety thru ODFW Hunter Safety Classes. Healthy Traditions will be sponsoring tribal youth and descendants to complete their local hunter safety course. Space is limited, first-come-first-serve.

**Classes begin in August!  
Call to sign up today!**

Siletz: 541-444-9627 - Eugene: 541-484-4234  
Salem: 503-390-9494 - Portland: 503-238-1512

## Drying and Freezing

Wednesday, August 8th  
12:30-3:00pm  
Eugene Area Office

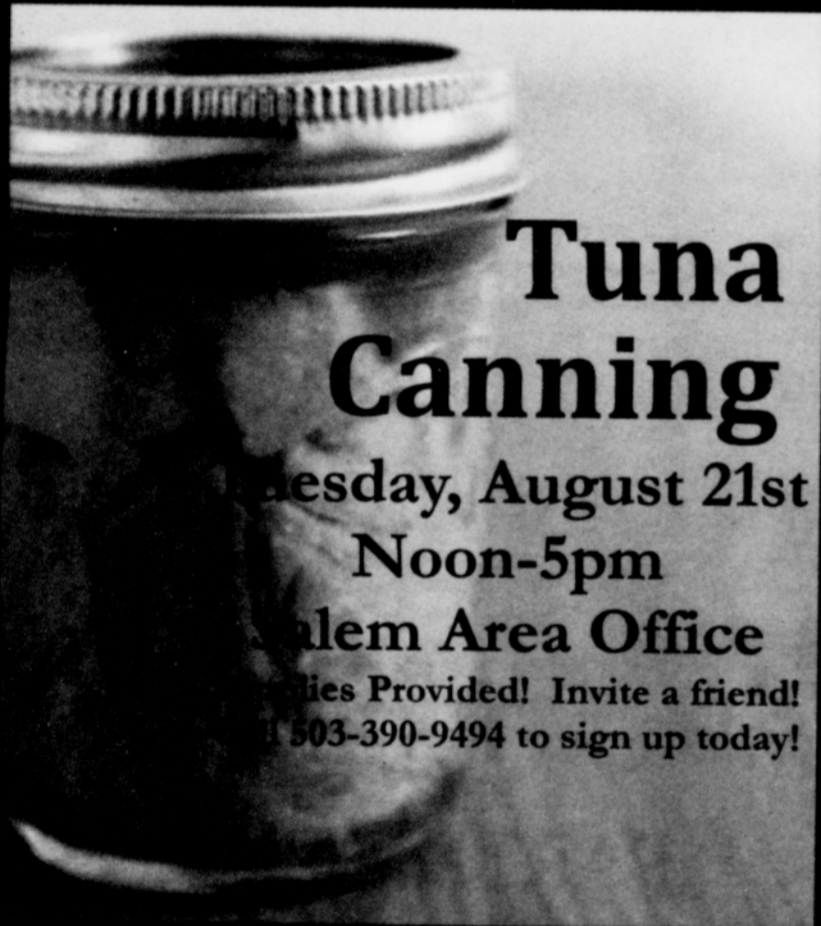
Learn tips like:  
How to prevent freezer burn.  
Dried fruit are a healthy snack for kids!  
Call to sign up today!  
Contact Adrienne Crookes or  
Nora Williams at 541-484-4234.

## U-Pick and Freeze Class

Wed, August 15th  
Depart at 9am

Portland Area Office

To sign up, contact Sherry Addis or  
Verdene McGuire at 503-238-1512.



## Tuna Canning

Wednesday, August 21st  
Noon-5pm  
Salem Area Office

Supplies Provided! Invite a friend!  
Call 503-390-9494 to sign up today!

### Join the Team!

Join us at our fun meetings  
and help plan activities!  
Monday, August 20th, 11am  
Siletz Health Clinic  
Contact your Area Office  
for carpooling.

### Mission Statement

The CTSI Healthy Traditions project seeks to improve the health of Siletz Tribal Members through educational activities which promote the use of traditional foods through hunting, gathering, gardening, cooking, food preservation and protecting our natural resources.

## Hands on Food



August 1, 15,  
22, & 29  
10am-noon  
Rec Center

Hands on Food activities include food art, jerky making, fruit leather making, gardening, food safety and more.

## Garden Party Walk

Free BBQ  
1 lap = 5 raffle tickets  
and garden tour!

Last year, 70+ people attended!

Friday, August 24th  
4:30-6:30pm

Siletz Tribal Community Garden