

Eugene Cooking Class

October 2, 9, 16, 23 and 30, 11-12:30pm
 Hosted at the Eugene Area Office
 Contact: Adrienne Crookes at 541-484-4234
 Sponsored by OSU Extension

Siletz Cooking Class

October 4, 11, 18, 25, November 1, 8, 5-7pm
 Hosted at the Siletz USDA Kitchen
 Contact: Sharla Robinson at 541-444-9627
 Sponsored by Oregon Food Bank and Food Share of Lincoln County

Cooking Class Stories

Andrew Eddings, Maggie McAfee, Kyanna Fisher, Samantha Brown, Alice Keene, Diane Troyer, Amanda and Louis Keene. Not pictured: Sharon Mason and Dorene Rilato

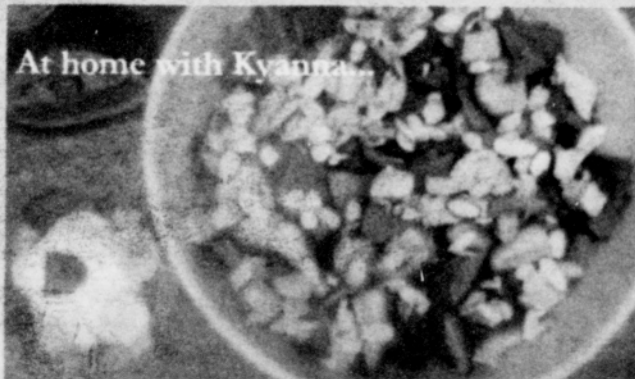
CTSI and Food Share of Lincoln County worked together to bring this 6-week cooking course to our county, and we are excited to be the first of the classes held in Lincoln County. Each week, the graduates learned cooking skills, nutrition, food safety and new tasty recipes! Participants sent pictures of healthy meals they made at home.

One participant shared that her husband was a picky eater and made top ramen for himself, instead of eating her cooking. She told him that it hurt her feelings that he would not try the food she worked hard to make. He agreed to try and ended up having three helpings! Onions and all!

Kyanna Fisher practiced making the frittata at home after class and said her kids didn't know there was spinach in it. See her picture below.

People who said they don't like rice decided to challenge themselves to cook the rice in class. Now they like it and include rice in their meals at home. Another participant asked about quinoa (a healthy whole grain), so we made it in the next class to taste. We have learned that 3 other people said that they now use quinoa in their home cooking.

We will advertise more classes as they become available. To get on our call list, contact Healthy Traditions at 541-444-9627 or sharlar@ctsi.nsn.us.



At home with Kyanna...



Kyanna's Frittata



At home with Andrew...



At home with Sharon...

Kyanna Fisher: Here is a pic of my Frittata with celery, bell pepper, spinach and onion. Mmmmm it was so good and my family liked it. My kids didn't even know it had spinach in it... :)

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.

Call to sign up today!

Contact the Salem Area Office: 503-390-9494

- Classes held in Stayton, OR -

Apple Canning

Salem Area Office
 Wednesday, October 17th, 5pm
 Call to sign up!
 Contact Bev Owen 503-390-9494

Nuts Class

Besides being a traditional food, nuts are a great source of protein! Join us to learn creative ways to include nuts in your cooking. We will be using Oregon grown Walnuts and Filberts.

Salem Area Office
 Wednesday, October 24th, 5pm
 Call to sign up today! Contact Bev Owen 503-390-9494

Join the Team!

Join the Healthy Traditions team at our fun monthly gatherings and help plan activities! For more information, contact Sharla Robinson at 541-444-9627

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.

Garden Party Walk

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



Wednesday, October 10th, 4:30-6:30pm
 Siletz Tribal Community Garden