

Yummy!
Tasty! Fun!
Cooking Class



Meals with 5 Ingredients or Less

Wednesday, February 26, 11am - 1pm
at the Eugene Area Office

Come learn easy, delicious recipes using 5 main ingredients or less, that everyone will love.

To sign up, contact Adrienne Crookes or Nora Williams at 541-484-4234. Classes fill up fast, so sign up early!

Sponsored by CTSI Healthy Traditions

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Food Mixes Cooking Class

Thursday, February 6th, 11am-1:30pm
at the Portland Area Office

Food Mix now, and cook later. The recipes are simple, tasty and the jars look beautiful on your shelf.

Contact Verdene McGuire or Sherry Addis at 503-238-1512
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Grow
Fresh Food!
Garden Clubs



Siletz Garden Club

This month's club topic:

Choosing plants for coastal climates

Monday, February 17th, 5pm-6:30pm
at the Tillicum Fitness Center

For more information, call 541-444-9627

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Portland Garden Club

This month's club topic:

How to Start Seeds and grow Rhubarb

Wednesday, February 26th, 5:30-7pm
at the Portland Area Office

For more information, contact Verdene McGuire or Sherry Addis at 503-238-1512

Sponsored by CTSI Healthy Traditions

Join the Healthy Traditions Team!

Join our fun team and help plan activities!

If you have an idea for a Healthy Traditions activity, we would love for you to join us at our planning team meetings. We are always looking for teachers, volunteers and new ideas!

Our next team meeting is on:

Wednesday, February 19th, noon-2pm
at the Siletz Community Health Clinic

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.

