



The Future of Traditional Foods

The Siletz traditional foods program, Healthy Traditions, is a community-lead program coordinating food education activities through our offices in Siletz, Eugene, Salem and Portland. We are looking to build on our accomplishments and will be hosting community meetings to learn more about the needs of our tribal community. Your ideas, suggestions and guidance will be vital as we seek grants and other opportunities to continue our traditional food culture.

Join us to share stories, ideas, a meal and maybe even win a prize!

Some recent ideas include: establishing protected gathering sites, community food canning events, start a tribal farm, start tribal food business, publish a tribal food book, communal hunting and fishing events, and more!



Eugene Open House

Eugene Area Office
2468 W 11th Ave, Eugene, OR
Tuesday, March 18th, 1-6pm

Siletz Community Meeting

Siletz Tribal Community & Cultural Center
402 Park Way, Siletz, OR
Wednesday, March 19th, 5-7pm

Salem Community Meeting

HeeHee Illahee RV Resort
Community Room
4751 Astoria Street NE, Salem, OR
Thursday, March 20th, 5-7pm

Portland Community Meeting and Garden Club

Portland Area Office
12790 SE Stark Street, Portland, OR
Wednesday, March 26th, 5:30-7pm

For more information, contact Sharla Robinson, Healthy Traditions Project Coordinator, at 541-270-3255, or email SharlaR@ctsi.nsn.us



Siletz Garden Club

This month's club topic:
Soil, Composting and Wild Plants

- We meet monthly on first Wednesdays -
Wednesday, March 5th, 5pm-6:30pm
at the Siletz Tribal Community Center

For more information, call 541-444-9627
Sponsored by CTSI Healthy Traditions

Portland Garden Club

This month's guest speaker, Sharla Robinson, Healthy Traditions Coordinator will lead a discussion on "How will we build on our accomplishments and move forward to the future?"

Wednesday, March 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



Every Mon/Wed/Friday
12:15-12:45pm

If you would like more information,
contact Adrienne Crookes or Nora
Williams, at 541-484-4234.

Eugene Walking Group

Join the Healthy Traditions Team!

Join our fun team and help plan activities! We are always looking for teachers, volunteers and new ideas! For more information, contact Sharla Robinson at 541-444-9627

Our next team meeting is on:

Tuesday, March 11th, noon-1pm
at the Siletz Community Health Clinic

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.