

Food and Family!

Free Food, Crafts, and Prizes!

Tuesdays 5-8pm
Starting April 22nd
USDA Warehouse Kitchen

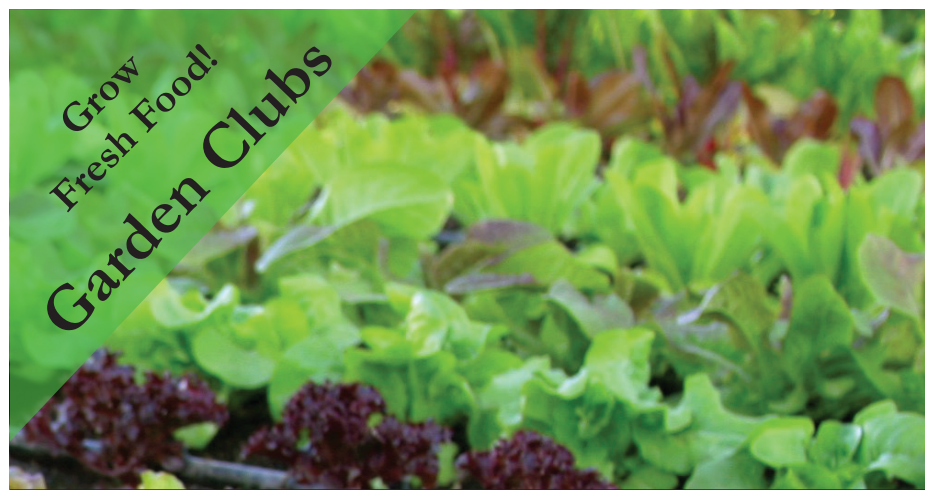
We cook 3 recipes in each class, then each student takes home a free bag of groceries to practice the recipes at home. The class meets once a week for eight weeks and students must attend 6 of 8 classes to graduate. Each week, the students learn cooking skills, food safety, thrifty food shopping, and new tasty recipes.

Positive Indian Parenting includes lessons on traditional storytelling, parenting practices, cradleboard making, child behavior management, and creating harmony in the family.

Sign up today!

Megan Morley 541-444-8233
Sharla Robinson 541-444-9627

This class is sponsored by Food Share of Lincoln County, Siletz Healthy Family Healthy Child Program, and Siletz Healthy Traditions



Grow
Fresh Food!
Garden Clubs

Siletz Garden Club

This month's club topic:
Soil Testing and Seed Planting

Wednesday, April 9th, 5pm-6:30pm
at the Siletz Trial Community Center

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

Portland Garden Club

This month's club topic:
How to make a recycled Herb Garden

Wednesday, April 30th, 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:

Thursday, April 23rd, 11am-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.