

Food and Family!

Every Tuesday 5-8pm thru June 10th
USDA Warehouse Kitchen

Please join us to learn about cooking healthy family meals, thrifty grocery shopping, historical native living, native craft making, parenting practices, and other modern tips.

Sign up today!

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



Sponsored by Food Share of Lincoln County, Siletz Healthy Family Healthy Child Program, and Siletz Healthy Traditions

Healthy Salad Greens Class

Thursday, May 8th, 11am - 1pm

Portland Area Office

Learn about varieties of Healthy Greens and their uses! This class will include a lecture and cooking demonstrations, with a yummy meal to follow.

Sign up today!

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

Grow
Fresh Food!
Garden Clubs

Siletz Garden Club

The Garden Club meets regularly at the Siletz Tribal Community Garden, located next to the Tenas Illahee Childcare Center on West Buford Road.

To join or get more information, contact Liz John at 541-444-2419 or Sharla Robinson at 541-444-9627.

Sponsored by CTSI Healthy Traditions

Portland Garden Club

Wednesday, May 28th, 5:30-7pm
at the Portland Area Office

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

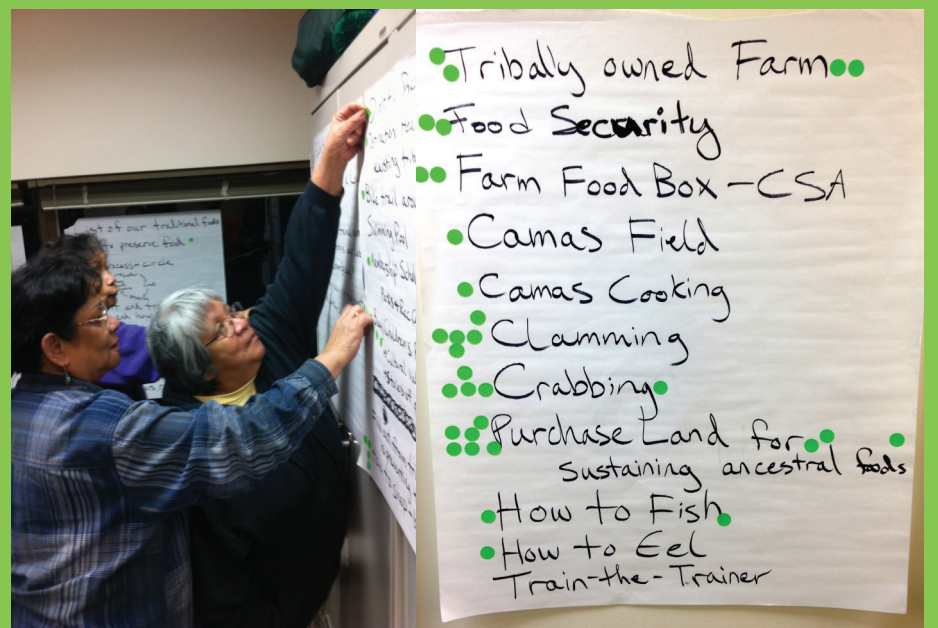
Sponsored by CTSI Healthy Traditions

The Future of Traditional Foods

Healthy Traditions is a community-led program coordinating traditional health education activities through our Area Offices in Siletz, Eugene, Salem and Portland. Recently, we hosted community meetings at each Area Office to learn more about the needs of our tribal community. Your ideas, suggestions and guidance are vital as we seek grants and other opportunities to continue our traditional foods culture. Please stop by your Area Office to vote for the activities you would like to attend.

To see photos of idea posters from all our Area Offices, visit our Facebook page!

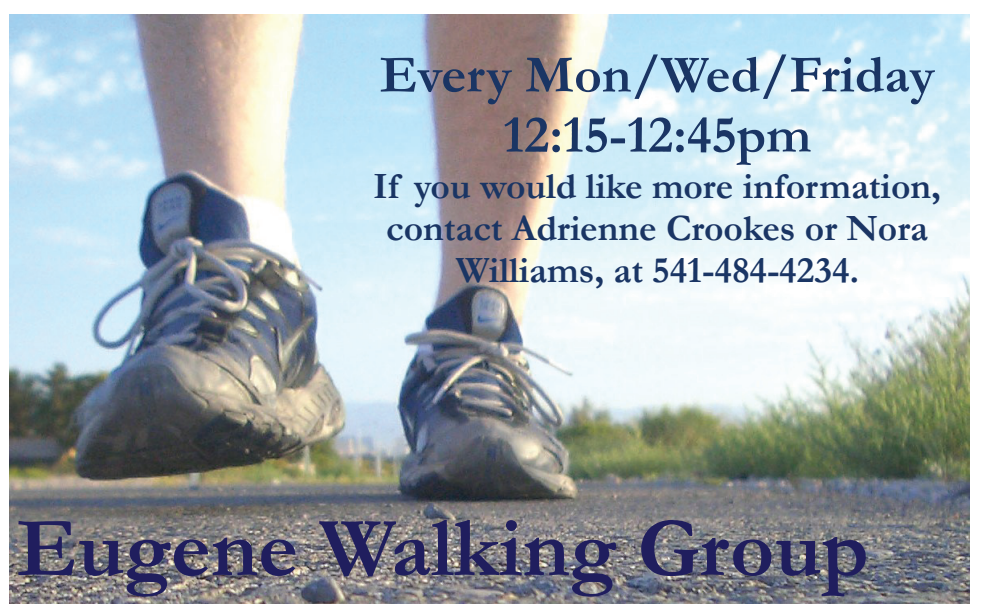
Share your ideas and vote!



For more information, contact Sharla Robinson, Healthy Traditions Project Coordinator, at 541-444-9627, or email SharlaR@ctsi.nsn.us

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