



Holmes makes Honor Roll

With love from Mom, Robert, and brothers and sisters

Congrats to Loren Holmes for making Honor Roll. Loren is in the third grade at Siletz Valley School.

We are proud of you, son. Keep up the good work!

USDA distribution dates for June

Siletz

Wednesday	June 1	9 a.m. – 3 p.m.
Thursday	June 2	9 a.m. - 3 p.m.
Friday	June 3	9 a.m. - 3 p.m.
Monday	June 13	9 a.m. – 3 p.m.
Tuesday	June 14	9 a.m. – 3 p.m.

Salem

Monday	June 20	1:30 – 6:30 p.m.
Tuesday	June 21	9 a.m. – 6:30 p.m.
Wednesday	June 22	9 a.m. – 6:30 p.m.
Thursday	June 23	9 – 11 a.m.

June is the month that we attend our national conference, this year Traverse City, Mich., during the second week of June. Please note the distribution dates as posted and look at your appointment slip because it is really difficult to reschedule you at this time of year.

Be sure to Like us on Facebook at Siletz Tribal FDP/IR. I'm posting recipes, distribution dates, pictures and food safety tips.



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Toledo student admitted to Brown University

From the Lincoln County School District website (lincoln.k12.or.us); posted April 28, 2016

Toledo Jr./Sr. High student Savanna Rilatos has been admitted to Brown University in Providence, R.I.

Brown is the seventh-oldest institution of higher education in the United States and one of the nine Colonial Colleges established before the American Revolution.

"Savanna has worked incredibly hard for this honor," commented Toledo Jr./Sr. High Principal Clint Raever. "She currently serves as our ASB president and editor-in-chief of the school newspaper. Her grades are great and she is heavily involved in community service. I am not surprised by her admittance to this school as she has persevered and strived for the best over her years here at our school."

Admission to Brown is very competitive, with an acceptance rate of 8.5 percent. It is a private, Ivy League research university founded in 1764.

At its foundation, Brown was the first college in the United States to accept students regardless of their religious affiliation.

"Congratulations to Savanna. We are all extremely proud and excited about what the future holds for her," said Superintendent Steve Boynton.

Editor's Note: Savanna Rilatos also has received a Gates Millennium Scholarship. The Gates Millennium Scholars (GMS) program is funded by a grant from the Bill & Melinda Gates Foundation.

The goal of the GMS program is to promote academic excellence and to



Courtesy photo from LCSD

Savanna Rilatos

provide an opportunity for outstanding minority students with significant financial need to reach their highest potential.

Nutritional highlights from year for Head Start families

By Nancy Ludwig, MS, RD, LD, Siletz Tribal Head Start Nutrition, 2016

At the end of the school year, I offer a recap of key nutrition points. While these points are directed to Siletz Tribal Head Start families, the message is broad and wide-reaching.

Traditional foods and nutritional equivalents

In today's busy world, nutritious foods need to be easy to prepare and traditional foods can sometimes be substituted with nutritional equivalents. I invite families to move toward culturally optimal nutrition.

Traditional foods have many advantages, yet in many ways are a challenge due to limited access to land, potential contamination and limited time (especially for busy Head Start families).

In summary, traditional foods do not include wheat, milk or sugar (also known as white flour, soft drinks, milk and milk products). Traditional foods are variable depending on climate and location, but generally favor nutrient-dense foods that are low in starch and sugar.

It appears to me that the loss of traditional practices has contributed to growing health problems. I believe that an important way to prevent and treat diabetes and other chronic disease is to transition back toward this traditional diet or to a holistic approach with nutritionally equivalent foods.

The Salish Food Mound, as described by Drs. Leslie Korn and Rudolph Ryser, is composed of 33 percent leafy greens, berries and fruits; 45 percent meat, fish and fowl; 20 percent fats and fish oils; and 2 percent roots and sweets.

It turns out that the composition of the Salish Food Mound is similar to the popular Paleo diet (short for Paleolithic). It isn't only American Indian people who benefit from this approach.

For more information, check out the book *Preventing & Treating Diabetes Naturally The Native Way* by Leslie E. Korn, Ph. D., MPH and Rudolph C. Ryser, Ph.D., 2009, DayKeeper Press, Olympia, Wash.

Nutrients needed for your child's healthy eating

1. **Protein:** It is a good idea to include a protein source with each meal and snack (which can be thought of as a mini-meal). Protein is needed for children to grow and repair.
2. **Fats:** Healthy fats and essential fatty acids are critical to health. Essential fatty acids include the omega-3s found in fish oil. A simplified way to look at which fats are healthy is to look toward nature. Oils that are found in naturally fatty foods or are easily extracted are likely to be healthy when fresh. Examples include fatty fish, nuts and avocado.
3. **Carbohydrates:** It isn't always clear how much carbohydrate we need. Children may actually need more carbohydrates than adults. Most of today's children, however, get too much sugar. Sugar and high fructose corn sweeteners are among the biggest problems. Not only do sugars provide empty calories (meaning calories without other nutrients like vitamins and minerals), they also set the stage for unhealthy cravings and can lead to excessive weight gain, tooth decay and other chronic disease.
4. **Vitamins and minerals:** To make sure your children get enough vitamins and minerals, include fruits and vegetables. Vegetables are nutrient-dense because they generally are high in vitamins and minerals and low in calories. It is difficult to eat too many vegetables! Meats, fish, poultry, nuts, beans and eggs also are rich in vitamins and minerals as well as proteins and fat.
5. **Water:** If parents consistently offer water every day, children usually will get used to it and may even grow to prefer it to other drinks. People who drink sugary drinks instead of water consume a lot of sugar and many extra calories. This alone can lead to significant weight gain. Water is the best drink for the body. It contains no sugar, artificial sweeteners or colors, or calories. Children who drink water have a definite health benefit over those who do not. Water affects every organ in the body and plays a significant role in life and maintaining good health.

Empowering children with healthy habits and choices

In supporting your children to learn healthy eating habits for a lifetime, it is important to honor the child's responsibility to decide how much and whether to eat what you serve. For this to be successful, parents also need to follow their foundational responsibilities of what, when and where.

Children need to feel secure with a certain amount of routine around when and where meals and snacks are offered. Children make the best choices when presented with only healthy selections (meaning each choice is a good selection).

Young children feel empowered and learn from making choices. Parents help them succeed by not offering choices that are inappropriate. Also avoid yes or no questions. For example, rather than "Do you want vegetables?" ask "Do you want carrots or peas with dinner?"

This approach is known as The Division of Responsibility and is described further in the book *Child of Mine – Feeding with Love and Good Sense* by Ellyn Satter. She also wrote a book called *How to Get Your Kid to Eat ... But Not Too Much*.

Magic happens in the kitchen

Remember to include your children in nourishing cooking projects. Remember to have the dinner table be a place of love, support and sharing. Remember to share love and positive messages with your children.

In the kitchen, children are empowered to learn to cook, to help, to connect with family, to recognize when they are hungry and when they are full, to share what happened each day and more. The kitchen is a place where children are nourished not only by nutrients and flavors, but also by affirmations that help them know just how special they really are.

This nurturing work is ongoing. From my perspective, much of that nurturing and nourishing magic happens in the kitchen. Keep your kitchen a place of love and magic.

Siletz Tribal Head Start is an important and influential program. I am pleased to have assisted in supporting family nutrition education.