Happy Birthday to Auntie Shanny on April 12. We love and miss you
Cameron, Mateas and Deenie

Happy Birthday to my sister, Shannon Chrisman. I miss you lots and hope you have a fabulous birthday. Love you tons.
Selina

Happy Birthday to Eddie Rilatos. Hope you have a great birthday. I love and miss you tons.
Wee-OO

Happy Birthday Uncle Eddie on April 4. We love you.
Cameron, Mateas and Deenie

Happy Birthday to Kiesha on April 4.
Selina and kids

Hapy 50th Birthday to my best friend, Laura Bremner, on March 30. Thanks for always being there and being my friend.
Selina

FDA modernizes nutrition label for packaged foods

SILVER SPRING, Md. – March was National Nutrition Month® and the U.S. Food and Drug Administration (FDA) continues to encourage consumers to put their best fork forward by using the Nutrition Facts label.

The FDA recently finalized a new and improved Nutrition Facts label on packaged foods and beverages to better help consumers make informed food choices that support a healthy diet.

Key updates for smart food choices

The Nutrition Facts label has a fresh new design and reflects current scientific information. Check out the changes and follow these easy tips to use the label.

Size up servings

- The number of servings per container and the serving size is more prominent on the label and serving sizes also have been updated to reflect what people actually eat and drink today.
Tip: Always check the serving size to determine how many calories and nutrients you are consuming. The nutrition informationn listed on the Nutrition Facts label is usually based on one serving of the food.

Consider the calories

- Calories are important to achieve or maintain a healthy weight, so the new label emphasizes calories with larger and bolder type. Calories from fat will no longer be listed because research shows the type of fat consumed is more important than the amount.
Tip: 100 calories per serving is moderate and 400 calories per serving is high.

Use % Daily Value as a guide

- The Daily Values for nutrients have been updated based on new scientific evidence. The Daily Values are amounts of nutrients to consume or not to exceed each day and are used to calculate the % Daily Value (%DV). The %DV makes it easy for consumers to tell how much a nutrient in a serving of food contributes to a daily diet.
Tip: 5% DV or less of a nutrient per serving is low and 20% DV or more of a nutrient per serving is high.

Choose nutrients wisely

- Added sugars is now required on the label to help consumers know how much sugar has been added to the product. Vitamin D and potassium also are required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today.
Tip: Use the label to choose products that are lower in nutrients you want to get less of (i.e., saturated fat, trans fat, sodium and added sugars) and higher in nutrients you want to get more of (i.e., dietary fiber, vitamin D, calcium, iron and potassium). And aim for less than 10 percent of your total daily calories from added sugars.

When you'll see it

Manufacturers will need to use the new label by July 26, 2018, and small businesses will have an additional year to comply. During this transition time, you will see the current Nutrition Facts label or the new label on products.

Learn more at:

- Consumers: 888-SAFEFOOD (toll-free)
- fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm537159.htm
- fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm

® *Academy of Nutrition and Dietetics – eatright.org*

Siletz Tribal Youth Council Meeting

Date: Saturday, April 22, 2017
Time: TBA
Location: Eugene

Lunch will be provided
Parents/Guardians are welcome to attend with youth

Transportation

Youth carpool from the area offices. Contact us as soon as possible if you would like to join.

Area Office Contact Numbers

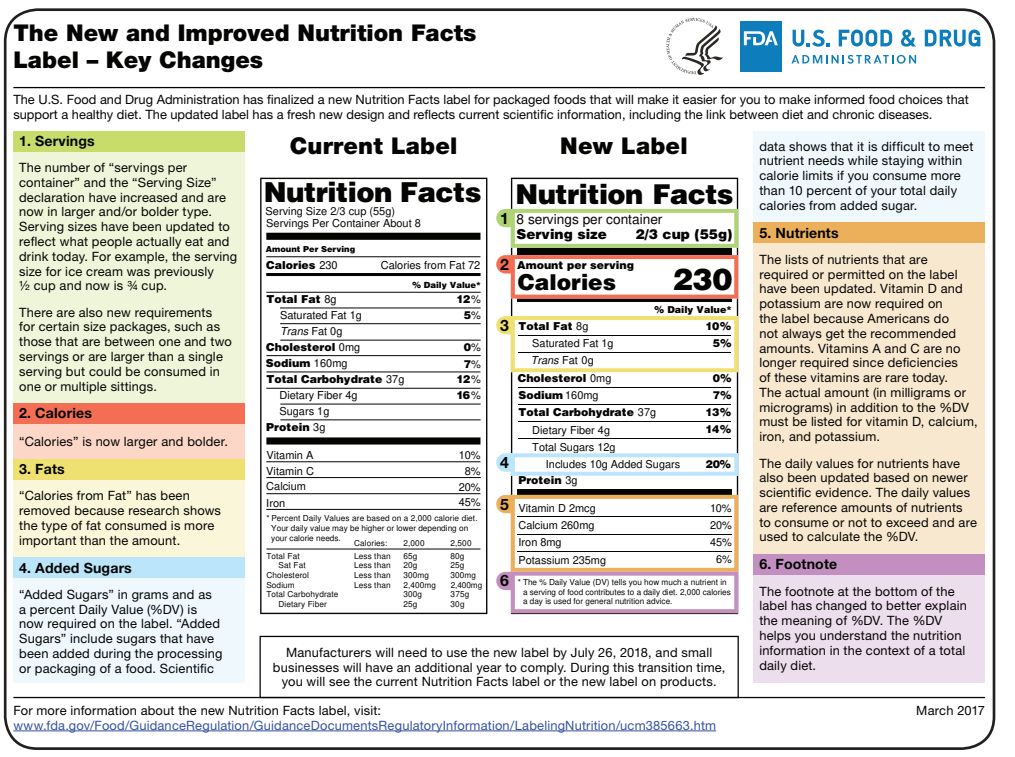
Portland: Katy Holland, 503-238-1512
Salem: Sonya Moody-Jurado, 503-390-9494
Eugene: Nora Williams or Nick Viles, 541-484-4234
Siletz: Dee Butler, 541-444-9618, or Sharla Robinson, 541-270-3212

2017 Youth Council Meeting Dates

Meeting Date	Location	Activity Description
Saturday, May 20	Siletz	Meeting and Memorial Day Cleanup Service Learning Project
Tuesday, July 11	Siletz	Meeting at Culture Camp
TBA August	TBA	Possible Service Learning Project
TBA October	TBA	Siletz Tribal Youth Conference

Youth Council Objective

The objectives of this group shall be to provide a collective voice and represent the Tribal youth in all matters that concern them; to serve as a means of mobilizing and coordinating the actions of youth, other community members and organizations toward positive goals; to promote the development of future Tribal leaders; to help solve problems facing Tribal youth; to coordinate school and community service projects and provide opportunities for the youth to interact for fun and fellowship.



To use **mail order pharmacy** to order your refills after hours and on weekends: Please call the Siletz Clinic 7-10 days before you need your refills. This allows us time to contact your provider, if necessary, and for mailing.

- Call 800-648-0449; enter 1624 as soon as the clinic's message begins – you'll be transferred to the refill line.
- Or call the refill line direct – 541-444-9624.

Passages Policy

Submissions to Passages are limited to two 25-word items per person, plus one photo if desired.
All birthday, anniversary and holiday wishes will appear in the Passages section.
Siletz News reserves the right to edit any submission for clarity and length.
Not all submissions are guaranteed publication upon submission.
Please type or write legibly and submit via e-mail when possible.