



Chrisman part of state champion team

With love from Auntie Sarge and the rest of your huge, humongous family
 Congratulations to Ella Chrisman and the Pendleton Truth seventh-grade basketball team on your state championship.
 Ella, we are all so proud of you and your teammates.

April USDA distribution dates, recipe

Siletz

Monday	April 3	9 a.m. – 3 p.m.
Tuesday	April 4	9 a.m. – 3 p.m.
Wednesday	April 5	9 a.m. – 3 p.m.
Thursday	April 6	9 a.m. – 3 p.m.
Friday	April 7	9 a.m. – 3 p.m.

Salem

Monday	April 17	1:30 – 6:30 p.m.
Tuesday	April 18	9 a.m. – 6:30 p.m.
Wednesday	April 19	9 a.m. – 6:30 p.m.
Thursday	April 20	9 – 11 a.m.

I threw this recipe together at the Siletz warehouse in March. It is so fast and easy. I hope you can try it out with your family.

Chicken Corn Chowder

- 1 stick butter*
- 1 pound bacon, sliced
- 2 onions, diced*
- 1 head celery, diced*
- ½ cup flour*
- 3 cans kernel corn, drained*
- 2 cans sliced potatoes, drained*
- 2 cans chicken meat*
- 1 can skim evaporated milk*
- 1 box 1% milk*
- Salt and pepper to taste

Place butter, bacon, onion and celery in a large pot on medium heat. Cook until onion is soft and bacon is getting brown. Add a little kosher salt and pepper to this to draw the moisture out of the veggies.

Add the flour to make roux. Cook for about 5 minutes, stirring occasionally.

Add the corn, potatoes and chicken along with the evaporated milk and the 1% milk.

Add more salt and pepper and taste.

Let this simmer for about 30 minutes to heat through.

This makes a pretty big pot of soup. Cut it in half or to suit your needs. Very quick and easy soup that is so delicious.

*Indicates product in the food package

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How can we experience benefits of traditional nutrition in a modern world?

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

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This segment reviews the loss of traditional foods, the introduction of commodity foods and its impact on chronic disease such as diabetes and obesity. A key recommendation in a modern world is to eat less sugar and starch as a step to restore traditional practices.

As Native people lost access to land for deer, fish and other traditional foods, they were introduced to pig fat, wheat and rye flour, milk and sugar in the forms of commodity foods. These changes in cultural practices appear to be at the foundation of the rapidly growing epidemic of diabetes, as well as heart disease, substance abuse, violence, cancer, attention deficit disorder and depression.

Indigenous people all over are restoring their traditions and I believe this is essential to preventing and reversing diabetes.

Tribal communities that still have access to traditional foods and practice methods of traditional preparation rarely see diabetes. Two essential strategies to prevent diabetes and maintain good health are to gather traditional foods (and/or their nutritional equivalents) and to prepare these foods (versus buying convenience or processed foods).

Foods from the environment in which we live provide physical, emotional, mental and spiritual nourishment. Where there is imbalance, there are wounds in the spirit that ultimately manifest as a chronic disease condition, such as diabetes.

Diabetes is an imbalance of the different organ systems in the body that normally work together to maintain a certain level of glucose (sugar) in the

blood. Insulin is a key part of this imbalance. It acts as a messenger to coordinate food energy.

In pre-diabetes (or insulin resistance), the cells become less responsive. Traditional medicine includes knowledge of medicinal plants, animals, foods, the elements, rituals, spirit ways and touch that have been acquired over thousands of generations. Integrative medicine recognizes the wisdom and knowledge of both traditional and conventional methods with a holistic approach.

Authentic foods, diet and nutrition are critical in reversing chronic disease and maintaining health. It is important to note that the current USDA nutrition recommendations do not represent the composition of the foods that were indigenous to this Northwest region.

The Salish Food Mound, described by Drs. Leslie E. Korn and Rudolph C. 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. I believe that transitioning back toward this diet, along with a holistic approach, will be instrumental in preventing and treating diabetes and other chronic disease.

Let's focus on the composition of the Salish Food Mound to consider the principles of traditional nutrition and contrast it with our current intake.

No grains are even mentioned. In other words, not only are there no whole grains, but also no flour, no cereal and no bread. Dairy foods are not mentioned either. This means no milk, no cheese, no yogurt, sour cream or ice cream.

The mention of 2 percent roots and sweets means very few starchy vegetables. I'm certain that the term "sweets" did not include refined sugars. Fruit is mentioned

and is generally eaten "in season" versus year-around.

Grains, dairy, fruit and roots are rich in carbohydrates. These are broken down in our body to produce sugar. This means that carbohydrates have the potential to raise our blood sugar. Additionally, carbohydrates, particularly refined ones, have the potential to become addictive.

Sugar cravings can be difficult to control. When sugar is combined with the stress of busy schedules, it can be used as a "pick me up" or a "happy time." This is eerily similar to other addictions such as alcohol. Often when alcoholics stop drinking, they replace alcohol with sugar (swapping addictions).

Does sugar really bring the happiness you seek? Often it provides a temporary high followed by low mood, irritability and a feeling of emptiness.

Unfortunately, overuse of sugar can rob us of health by decreasing our immunity, displacing important nutrients, promoting weight gain and tooth decay as well as keeping us in an unhealthy cycle of cravings. Because sugary foods are often nutrient-poor, they don't really satisfy your body – which leaves you looking for more food and/or sugar.

Giving up sugar isn't easy, especially when we see it everywhere we look. A few ideas can help shift us in a healthier direction, such as a gradual decrease in sweet foods to make the change less noticeable.

The use of sour foods can help to cut sweet cravings. Adding protein to each meal or snack can stabilize blood sugar, thereby reducing cravings.

Other ideas include avoiding processed foods (with added sugars and starch), boosting serotonin (the happiness hormone) through exercise and sleep, drinking plenty of water, eating several small meals throughout the day to avoid dips in

blood sugar, eating plenty of greens on the plate and in green drinks, eating more sea vegetables and eating cultured vegetables.

We all have to start where we are now and decide what changes are manageable. It is difficult – and unrealistic – to change everything at once.

Remember, when our habits say "I love you" with sugar, it is even harder to break the cycle. How can you say, "I love you" in a more healthy way? There are many everyday non-food ways to communicate love through gifts of time and attention, such as playing games, taking walks, coloring and doing puzzles together.

Siletz Tribal Head Start offers my time at no cost to you to support family nutrition over the telephone. Please contact me if you have nutrition concerns about your Head Start child. Healthy children make for healthy communities. We are in this together.

Resources

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.

Feeding the People Feeding the Spirit – Revitalizing Northwest Coastal Indian Food Culture, by Elise Krohn, Valerie Segrest and the Northwest Indian College, 2010

Insulin Resistance & Chronic Disease Prevention Symposium, April 18, 2013, at the Squaxin Island Museum, sponsored by Northwest Indian College

Content from previously submitted articles – *Can Traditional Foods Prevent Diabetes*, January 2014, and *The Sweetness of Life is not Found in Sugar*, December 2014, Nancy Ludwig, Consulting Nutritionist, Siletz Tribal Head Start