

February USDA distribution dates

Siletz

Thursday	Feb. 1	9 a.m. – 3 p.m.
Friday	Feb. 2	9 a.m. – 3 p.m.
Monday	Feb. 5	9 a.m. – 3 p.m.
Tuesday	Feb. 6	9 a.m. – 3 p.m.
Wednesday	Feb. 7	9 a.m. – 3 p.m.

Salem

Monday	Feb. 19	Holiday
Tuesday	Feb. 20	1:30 – 6:30 p.m.
Wednesday	Feb. 21	9 a.m. – 6:30 p.m.
Thursday	Feb. 22	9 a.m. – 6:30 p.m.
Friday	Feb. 23	9 – 11 a.m.

I haven't made this recipe in years, but we have those great hams now so you might want to try this.

Ham & Rice Bake

- 1 cup sliced carrots*
- 1 tablespoon butter*
- 22-ounce box cream of chicken soup*
- 1 cup shredded cheddar cheese, divided*
- 1 cup broccoli florets*
- 1 cup cauliflower florets*
- 1 cup cooked rice*
- 1 cup cubed fully cooked ham*

Sauté carrots in butter until they begin to get soft. Add the soup and ½ cup of the cheese. Cook and stir until the cheese is melted. Stir in the vegetables, rice and ham.

Transfer to a greased 1½-quart baking dish. Sprinkle with remaining cheese. Bake uncovered at 350 F for 25-30 minutes or until heated through.

* Indicates product available in food package



Siletz Community Health Clinic
200 Gwee Shut Rd, Siletz, OR 97380

Community Health Advocates

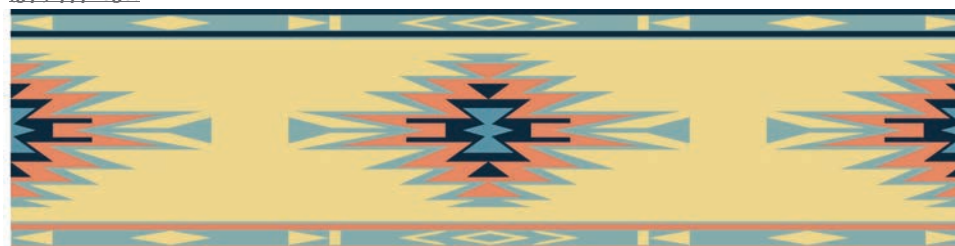
The Community Health Advocate's (CHA) provides a variety of services to tribal members relating to healthcare. CHAs advocate for individuals, identify services available to tribal members, and promote wellness individually and community wide. There is a CHA in every area office. For Eugene please call (541) 484-4234, Portland (503) 238-1512, Salem (503) 390-9494, Siletz (541) 444-1030. We look forward to hearing from you!!

- Elders Home Visits
- Child Safety Car Seats
- Children's Bicycle Helmets
- Nutrition and Exercise
- Community Events
- Diabetes Luncheon
- Medical Home Visits
- Transportation
- Emergency Preparedness
- Traditional Foods



We are excited to hear from you

Please call your CHA at (541) 444-1030.



For more information about the Siletz Tribe, please visit ctsi.nsn.us.

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB.



Joyce Retherford, FDP Director
541-444-8393

Lisa Paul, FDP Clerk/Warehouseman
541-444-8279

Siletz Community Health Clinic Providers

Medical

Lisa Taylor, Medical Director
Dr. Jalien Dorris, Physician (Family Medicine)
Dr. Stephen Burns, Physician (Pediatrics)
Dr. Sean Rash, Physician (Pediatrics)
Tami Martin, (Family Nurse Practitioner)
On-call
Erin Carrington, (Physician Assistant Certified)

Dental

Dr. Jeremy Vistica, Dental Director
Dr. Gordon Stanger, Dentist
Teresa Carpenter, Dental Hygienist
Alison Noble, Dental Hygienist

Optometry

Dr. Lorene Stanger, Optometrist

Do you experience sugar cravings? Here are tips to help manage them

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

As part of my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. Most of us know at some level that too much sugar is not good for us, but giving it up or restricting it is usually difficult, very difficult. This issue focuses on sugar cravings, possible causes and downsides, and gives tips to manage or overcome them.

Sometimes sugar is used to say "I love you" (think about Valentine's Day and other social events). Sometimes it is what we use to pick us up emotionally after a difficult situation. Sugar alters our mood and energy level. 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.

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 and 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.

You may find it almost impossible to kick your sugar habit because it can be more addictive than drugs. Sugar cravings can stem from a number of internal factors like Candida overgrowth, food allergies, adrenal fatigue and monthly hormonal changes around the menstrual cycle.

Specifically, at the root of many sugar cravings is an inner ecology imbalance. This means that our gut bacteria get out of balance and begin to take over and control our behaviors.

Donna Gates of Body Ecology shares her top 10 secrets for ending sugar cravings at this link – bodyecology.com/Articles/10-Secrets-for-Ending-Sugar-Cravings.php. She also offers products, programs and recipes. I share the condensed version below to help in the transition.

Body Ecology's top 10 to end sugar cravings

1. Avoid processed foods. Eating sugar and processed foods creates a vicious cycle spurred on by addiction.
2. Boost your serotonin. Naturally raise levels of the "happiness hormone" through exercise, sleep and a healthy diet; higher serotonin levels lead to fewer cravings for sweets.
3. Satisfy your sweet tooth naturally. All-natural, zero-calorie Stevia is 300 times sweeter than sugar.
4. Drink plenty of water. Your body may be craving sugar because it is dehydrated.

5. Keep your blood sugar stable. Eating small, healthy, Body Ecology-friendly meals throughout the day can stabilize blood sugar levels and reduce cravings. (This means eat some protein with each meal and avoid sugars and excess starches – more toward traditional foods.)
6. Have plenty of greens. Nutrient-rich green drinks can increase energy levels and reduce sugar and processed food cravings.
7. Eat more sea vegetables. Sea vegetables are naturally high in minerals, while sugary foods deplete minerals in your body.
8. Enjoy fermented foods and drinks. Probiotic-rich fermented foods and drinks can most effectively eliminate sugar cravings, sometimes in as little as 4-5 days. Try homemade young coconut kefir and cultured vegetables, as well as ready-made probiotic drinks like CocoBiotic and InnergyBiotic.
9. Meditate. Daily meditation can reduce stress and minimize sugar cravings.
10. Try EFT. Emotional Freedom Techniques use simple emotional acupressure points to address deep-rooted issues, like sugar addiction. (Google EFT for more information.)

Let's end with a personal story about a woman who battled sugar addiction her entire life.

Logically, she knew she had to stop eating sugar. Her mother had been diagnosed with type 2 diabetes and her hankering for all things sweet kept her immune system, digestion and energy low. During a session with a supportive health practitioner, she got to the root of her sweet tooth in a way she never had before.

As a kid, she ate a lot of sugar to deal with stress of her tumultuous childhood. She'd done lots of emotional healing, but still couldn't kick the sugar thing. She then realized that when she ate sugar, she was reverting to her childhood way of coping.

In fact, she was abusing herself. Every time she reached for a piece of candy, she was not giving herself what she most needed, which was safety and real comfort. It all suddenly clicked.

She realized then that every time she ate sugar, she reminded herself that she loved her kid-self and wanted to protect her. It became easy for her to make the healthy choice. She was no longer a victim to her childhood.

By not eating sugar, her self-esteem rose because she now lived in integrity and empowerment. Small reframe, big impact that would stay with her forever.

As the Head Start consultant nutritionist, I am available to support families by discussing nutrition-related concerns via telephone. There is no charge for Head Start families. Talk with your teacher or program director to connect with the nutritionist.