

USDA distribution dates for November

Sweet Potato Chili

Siletz	Salem
Monday - Friday	
9:30 a.m. - 11:30 a.m.	
1:00 p.m. - 3:30 p.m.	
Closed for all federal and tribal holidays	

Saturday, Nov. 8 By appt only

For those who work during these hours, we will open the warehouse on the first or second Saturday of each month for better efforts to meet your schedule at the Siletz warehouse. These appointments will need to be scheduled in advance.

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

Salem
Nov. 4 By appt only
Nov. 5 By appt only
Nov. 6 By appt only
Nov. 19 9 a.m. – 3:30 p.m.
Nov. 20 9 a.m. – 3:30 p.m.
Nov. 21 9 a.m. – 1 p.m.

Our Salem location will start to open up for two Wednesdays after distribution, for those who miss their original appointment, with limited fresh produce. These appointments will need to be scheduled in advance as well.

Sammy Hall, USDA Food Distribution Manager
541-444-8279 or 541-390-0763
sammyh@ctsi.nsn.us

- Ingredients
- 1 tablespoon olive oil
 - 1 onion chopped
 - 2 large sweet potatoes chopped
 - 1 green bell pepper seeded and diced
 - 4 garlic cloves minced
 - 2 tablespoons chili powder
 - 2 teaspoons smoked paprika
 - 2 teaspoon cumin
 - 1 teaspoon oregano
 - 1 teaspoon salt
 - ½ teaspoon black pepper
 - 2 cups low-sodium vegetable broth
 - 2 cans black beans rinsed and drained
 - 28 oz can fire roasted diced tomatoes
 - 4.5 oz can chopped green chilis

Instructions

In a large pot over medium heat, heat the olive oil. Add the onions, sweet potatoes, bell pepper and garlic. Stir to combine, and cook until



the onions are translucent and the vegetables soften, about 5-7 minutes. Add all seasonings and stir. Pour the vegetable broth, black beans, diced tomatoes with their juices and chopped green chilis with their juices. Stir to combine and bring mixture to a boil. Cover the pot and reduce the heat to maintain a gentle simmer. Cook for 30-35 more minutes, stirring a couple times until the vegetables continue to soften and the mixture thickens. This recipe makes about 8 cups.

Did you know there is more to hydration than drinking water?

Nancy Ludwig, MS, RDN, LD, Siletz Tribal Head Start Nutritionist

In my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families and the community. Hydration is extremely important to health, yet it is often trickier than just drinking adequate clean water.

Below, I share scientific concepts as simply as possible, and follow with practical ideas for achieving better hydration. The source for most of this information is from Carrie Bennett, who shares a 10-minute YouTube video full of information. I hope you enjoy this topic and find better hydration and resulting health. I'm impressed with the depth of knowledge Carrie shares in her unique geeky way. I've been following her for quite some time. You can find her main YouTube channel @carriewellness.

Hydration isn't just about drinking water, it's about activating our body's internal water system. At night our body loses water through our breath (respiration). Often, we wake thirsty. In the video, Carrie explains why hydration starts inside the cell and why your morning glass of water might actually be dehydrating you.

Most people think pure water equals hydration. But without minerals that water flushes through our systems taking precious electrolytes with it. We may want to re-think of our morning water, as hydrating our blood, not just our mouth. One of the simplest ways to unlock better energy, focus, and cellular health, is to make sure our water contains minerals.

There are 3 layers of hydration to be aware of and stay on top of, 1. Cellular, 2. Interstitial (lymphatic), and 3. Blood.

Cellular hydration is a specific form of hydration inside of the cell with support from mitochondria. The interstitial fluid, in the space surrounding the cell, is another layer of hydration. This is where the lymphatic system lives, and where a lot of the immune system functions.

Our blood also plays a significant role in complete hydration. It's a misnomer that the water that we drink is going to have a mainline right to ourselves. We truly need a more strategic way to hydrate than that.

When we drink water, if we drink it on an empty stomach, it gets absorbed within about 5 minutes into our bloodstream. However, in order to truly hydrate, we need to combine water with minerals. This is especially important at the start of the day.

Fereydoon Batmanghelidj has written many books on the healing powers of water, best known for "Your Body's Many Cries for Water". His research found that if the blood starts to get dehydrated the body actually elevates histamine, and when that happens, the body goes into 'drought management'. It may divert water away from the muscles to provide more to the brain, heart or other key organs. If we are to receive optimal hydration, we actually want it to go to every cell in our body with the necessary nutrients.

If our body senses dehydration in our blood, optimal hydration in all cells isn't going to happen. Furthermore, lack of hydration interferes with the body's elimination of metabolic waste and the lymphatic system gets sluggish or stagnant. The next hydration problem occurs in the space around the cells (the interstitial space). None of these water issues is good for our health. Interestingly, his research and books include many serious health conditions improving or going away when effective hydration is achieved.

On a practical note, how can we approach ideal hydration? Perhaps you would just experiment with adding mineral salt. Why not just add a teaspoon of unrefined salt to a glass for some quick electrolytes? Simply adding a bit of salt to water could be an easy quick fix, and a good idea, if that is your only option. There might be other ways to have our water be more effective or similar to our blood.

Two other hydration solutions, which can be achieved at home, can be to make and consume an isotonic solution or Solé (pronounced so-lay) water in the morning.

Isotonic means having the same ratio of minerals to water as our blood has. Our blood has a specific ratio that is very similar to when you get an IV bag in the hospital. If we drink pure water without minerals, it is likely for it to flush right through us with some of our body's minerals in our urine. We don't want to lose the minerals that are needed for important bodily functions. Thirst and frequent urination, is often a sign that water is not hydrating us, and possibly taking minerals out of our body.

How do I make isotonic water (or isotonic solution)? To make a homemade isotonic drink, it is essential to know the proportions of sugar and salt to water that is similar to human body fluids, such as blood. A standard recipe is - 40 g of sugar (3.5 tablespoons of granulated sugar or 2 tablespoons of honey) + 1 g of salt (approx. 1/4 teaspoon) + 1 liter of water. You can create different flavor variations of homemade isotonic drinks, as long as the sugar and salt to water ratio is maintained.

Another practical solution, possibly easier is to make, is Solé (pronounced Sol-ay). Solé is a saturated solution of sea salt in water. Solé water gives you the perfect amount of sodium with no guesswork involved. It is absolutely essential that vital minerals and electrolytes be replenished. Solé water makes it easy. Water can only absorb 26% of sodium chloride in a solution. A fully saturated container of water makes each spoonful of this elixir the perfect amount to help replenish the body with electrolytes, resulting in optimal function.

To make Solé water at home you will need to:

Choose your salt: You can use coarse salt, kosher salt, or fine salt. Larger grains are slightly better because they dissolve more slowly,

helping the water stay consistently saturated over time.

Combine salt and water: Fill a pint-sized jar with 3-4 tablespoons of sea salt. Cover the salt with water, ideally purified or spring water.

Seal it up: Put the lid on (preferably NOT a metal lid since metal will oxidize with water and salt)

Wait for saturation: Let it sit for 24 hours.

To be fully saturated, you want to see some salt remaining on the bottom of the jar. If all the salt has fully dissolved, add more salt. Let it sit for another hour. Leftover salt indicates that the solution is fully saturated and at 26% sodium capacity.

Add 1 tsp of Solé water into your first morning glass of water and stay salty all day long! This can be added to your water the night before to be ready to drink in the morning, or you could stage your sole next to your bedside with a teaspoon to measure into your morning water.

In summary, proper hydration can help clear stagnation, support lymphatic flow, and supercharge cellular repair. Experimenting with ways to incorporate minerals in our morning water can be helpful. Our water needs a crucial re-infusion of essential minerals and electrolytes to optimize our cellular hydration. In my recent reading, I see parallels of hydration challenges in our current day condition called "Long COVID", which is similar to the older, lesser-known, condition of ME/CFS, Myalgic Encephalomyelitis/Chronic Fatigue Syndrome.

Please know that Siletz Tribal Head Start offers support for nutritional consultation at no cost to Head Start families. This usually occurs over the telephone. If you have concerns about your Head Start child's nutrition or family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist. We want to support your children and families.