

USDA DISTRIBUTION DATES

SILETZ

February 11 9:30 to 4:45
 February 12 9:30 to 4:45
 February 19 1:00 to 4:45
 February 20 1:00 to 4:45

SALEM

February 6 1:00 to 4:45
 February 7 9:00 to 4:45
 February 8 9:00 to 3:30

(Lunch Hour 12:00 to 1:00)

Through the Siletz Food Distribution Program, the U.S. Department of Agriculture (USDA), donates foods to help meet the nutritional needs of tribal families. Households living in the Confederated Tribes of Siletz and Grand Ronde service areas are eligible to apply. In determining who is eligible to receive donated foods, the Distribution Clerk considers the number of people in a household, the household's income, money in checking or savings accounts and money paid for the care of a child or disabled adult while other household members are at work or in school. There is a limit on how much money each household can have and be eligible for the program. The maximum amount varies based on the number of persons in the household.

FOOD STAMPS VERSUS FOOD DISTRIBUTION:

To tell which program would better suit your needs, consider the following questions:

Food Stamps: 1. Are there any stores located near you that accept food stamps? 2. Are the prices reasonable so you can get the most for your food stamp dollar? 3. Do they carry the kinds of foods you need?

Food Distribution: 1. Are the items in the food package ones that you can use? 2. Will you be able to store a one-month supply of foods? 3. Will you have additional cash to buy foods not included in the package, such as spices?

Your household may not participate in both Food Stamps and Food Distribution at the same time. But, if you are eligible for both programs, you may switch back and forth so you can receive food stamps one month and food distribution the next. To do this, however, you must notify both programs of your intent well in advance of the

switch date.

WHAT DOES THE FOOD DISTRIBUTION PROGRAM PROVIDE?

USDA donates a variety of foods to help participants maintain a healthy diet. The following foods are provided to households on a monthly basis: canned meats, vegetables, fruits, juices, dried beans, peanuts, peanut butter, egg mix, milk, pasta, flour, whole grains, corn syrup and shortening. Our food orders reflect household preferences whenever possible. Some food items are not always available to order, such as cheese, at this time.

PENALTY WARNING!

If your household is certified to receive commodities, you must follow the rules below.

DO NOT trade or sell commodities.

DO NOT use someone else's commodities for your household.

DO NOT give false information, or conceal information to receive or to continue to receive commodities.

Applications are available at all tribal area offices, or you may request one from the Distribution Clerk directly, at USDA FOOD PROGRAM, P.O. BOX 549, SILETZ, OR 97380 or call at 444-2532, extension 34.

NUTRITION EDUCATION:

Each month the program staff and IHS Nutritionist, Jean Charles-Azure, provide information about nutrition, proper food storage and suggestions for using donated foods. The following was provided at a recent nutrition demonstration:

To control
your
weight

=

follow
these
guidelines



1. EAT 3 MEALS DAILY. Skipping meals may make you feel tired, cause you to snack on high calorie foods, or eat even more at the next meal.
2. WATCH PORTION SIZES. The amount of food you eat is just as important as the kind of food you're eating.
3. EAT A VARIETY OF FOODS to ensure getting all the nutrients your body needs. FRESH FOODS are good choices — fresh fruits and vegetables, whole grain breads and cereals, lean meats — try to include these into your meals as much as possible.
4. CUT DOWN ON SUGARS AND SWEETS. Added sugars mean added calories. Read labels to find out what foods have "hidden" sugars also.
5. CUT DOWN ON FAT INTAKE. Eat leaner meats. Trim off visible fats from meats; remove skin from poultry. Broil, bake or boil more, and drain off fat after cooking. Also try to limit the amount of added margarine, butter, mayonnaise, dressings, gravies, etc. at the table and when cooking meals.
6. DIET FOODS ARE NOT NECESSARY. You may, however, want to use some of these occasionally: diet soda, sugarless gums, artificial sweeteners.
7. GRADUAL WEIGHT LOSS IS BEST ... losing 1-2 pounds a week is a SAFE level; anything greater is NOT recommended. Consult your doctor or a nutritionist before beginning any weight loss regime.
8. EXERCISE each day ... walk, jog, do more gardening. You'll burn off more calories and FEEL BETTER as well!!!

SALMON CHOWDER

Pan size: 5 qt. pan
 Servings: 8-10

Oven Stove X
 Temp: varies Time: 25 mins.

INGREDIENTS

*3 T. butter

*3 T. all-purpose flour

3 c. water

*1 13-oz. can evap.

NOTE: To decrease calories, substitute 4½ cups skim milk for above.

¼ c. diced onion

¼ tsp. pepper

¼ tsp. garlic powder

½ tsp. salt or to taste

1 T. dried parsley

*1 can diced potatoes, (1½ cup)

*½ can peas, (¾ cup)

*1 16-oz. can pink salmon

*Foods available on USDA Program

PROCEDURE
 1. Melt butter carefully, do not scorch.

2. Add flour and mix thoroughly. Mixture should be bubbling on heat before next ingredients are added.

3. Add water and evap. milk, stirring constantly bring to boil.

4. Add spices, stir well.

5. Add diced potatoes.

6. Add vegetable of your choice, such as peas, cream corn, kernel corn or carrots.

7. Cook chowder on med. low heat, stirring occasionally for 15-20 mins. Careful not to scorch.

8. Remove bones, skin and visible fat, break into small chunks, add to chowder.

9. Lower heat, stirring gently occasionally. Cook for 5-10 mins. to heat salmon thoroughly. DON'T BOIL.

10. Sprinkle each serving with paprika and serve.



False Alarm

During a Special Council Meeting on January 5, 1985 the fire alarm system at the Tribal Community Center was activated. No need to worry, it was a false alarm tripped when some welding was being done up in the loft to repair the refrigerator.

Within minutes the Siletz Volunteer Fire Department and Emergency Quick Response Team were on the scene. After securing the system, business returned to normal in the meeting chambers.

Thanks to the Siletz Volunteer Fire Department and Siletz Quick Response Team we can rest assured that our building will be well protected if a real emergency should arise. Keep up the good work!