

# Community Food Systems in Native Communities: Engaging Students

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# Today's Speakers



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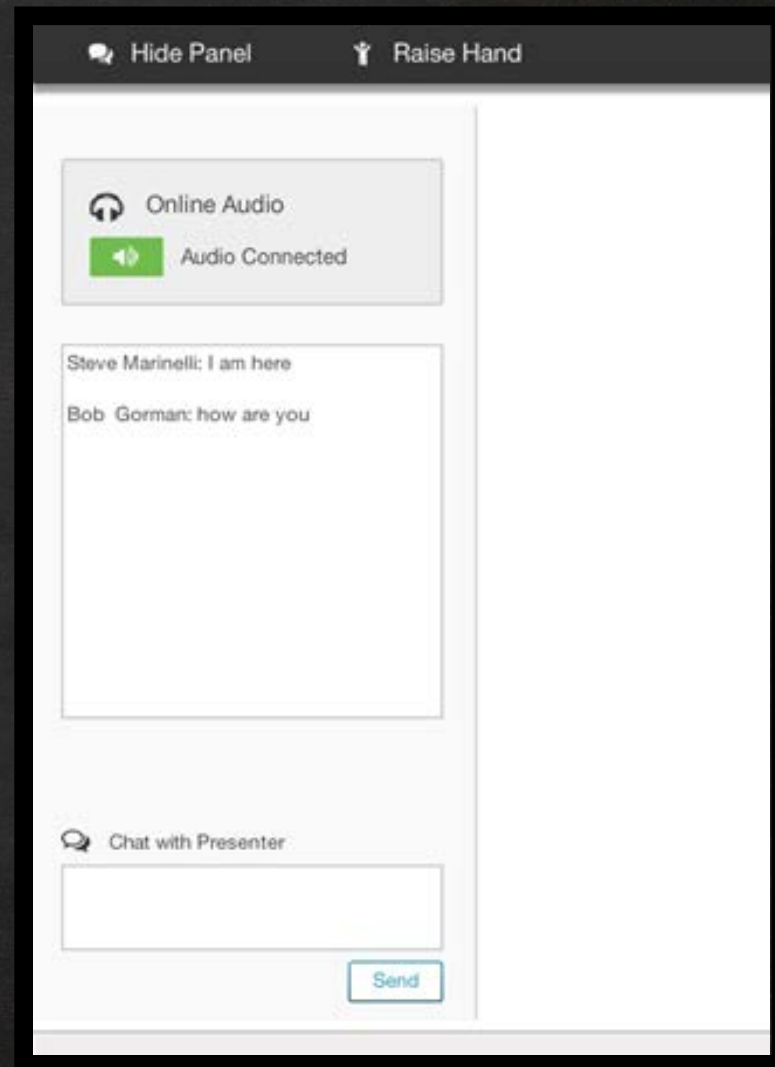
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# Housekeeping

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United States Department of Agriculture



## SCHOOL GARDENS

### Using Gardens to Grow Healthy Habits in Cafeterias, Classrooms and Communities

**SCHOOL FARMS** spanning acres in Minnesota, indoor tower gardens in Vermont, raised beds in New York City, aquaponic systems in the Virgin Islands, native food gardens in tribal communities...across the nation schools are growing gardens to provide food for child nutrition programs, connect children to the source of their food and create hands-on interdisciplinary classrooms.

School gardens pre-date the National School Lunch Program; the Federal government has been encouraging school gardening since the early 1900s, even building a "School Garden Army" during World War I and supporting victory gardens at schools during World War II. Today, the [2015 USDA Farm to School Census](#) indicates there are over **7,000 school gardens** across the nation. USDA encourages school gardens by providing grant funding, guidance and resources, and support for food service personnel who are interested in purchasing products from a school garden.

#### Space for Gardens in All Seasons

School gardens come in all shapes and sizes, and districts with varying levels of land are finding ways to establish gardens both within and outside school grounds. Gardens can be as simple as a few containers on a windowsill or cover acres, and gardens can thrive in all climates. Program operators find that even small gardens help children gain familiarity and comfort with the fruits and vegetables they are seeing more of at meal times.

*New York City Public Schools' Garden to Cafe program exposes students to the source of their food in the most populated city in our nation. Partnering with various non-profit organizations and community members, New York City students have classes and work in the gardens year-round. School garden produce makes its way into meals and taste tests in over 50 public school cafeterias across the city.*

Districts are also overcoming growing season challenges in creative and innovative ways. Even in the northern part of Vermont, where the ground is frozen much of the school year, tower gardens make it possible for students to garden all year long.

*In Milton, Vermont the food service director used grant funds to purchase three indoor tower gardens for the cafeteria. Even during frigid winters, herbs grown in the towers are incorporated into school meals, and students get to see the tower gardens growing during lunch every day.*



# Garden Memos

## Farm to School and School Garden Expenses (SP 06 -2015)

- Underscores the opportunities that program operators have to use funds for farm to school and school garden costs.

## School Garden Q&As (SP 32-2009)

- Clarifies that NPFSA funds can be used for some garden expenses



# Frequently Asked Questions?

**Q:** Can the school food service use funds from the nonprofit school food service account to purchase seeds for a school garden?

**Q:** Can the school food service use funds from the nonprofit school food service account to purchase items for the school garden such as fertilizer, watering cans, rakes, etc.?

**Q:** Can a school sell food grown in their school garden that was funded using the nonprofit school food service account?



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**Q:** Can a school sell food grown in their school garden that was funded using the nonprofit school food service account?

**YES!**





United States Department of Agriculture

# FARM TO SUMMER:

## Why Summer Meal Programs are Ripe for Local Foods and Agriculture-Based Activities



SUMMER IS A TIME of agricultural abundance: plump stone fruits hang heavy on trees, juicy melons and tomatoes explode from their vines, beans begin to dry in their pods, and livestock fed on the most nutritious spring grasses produce delicious meat and dairy products. In most areas of the United States, local harvests peak in the warmest months, just as the school year draws to a close. Luckily for local farmers and kids that participate in school meal programs, an increasing number of sites operating USDA's Summer Food Service Program (SFSP) are capitalizing on the many opportunities that summer brings to offer fresh, local foods and outdoor activities that help children develop healthy habits.

### Farm to summer benefits everyone

There are numerous benefits to "bringing the farm" to summer feeding sites:

- Sponsors can increase participation by improving the quality and appeal of meals and keeping kids engaged through fun, hands-on activities.
- Schools can get started with efforts to source locally during the summer months, testing out recipes using local foods and creating menus that kids will love.
- Food service operators that already source locally during the school year can build upon existing programming and contribute to a continuous, year-round farm to school program.
- Regional producers benefit from a reliable outlet for their products during the summer months.
- Kids and teens access fresh, nutritious meals and experiential learning activities at meal sites, staying nourished and active while school is out.

### What is the Summer Food Service Program?

The Summer Food Service Program (SFSFP) is a federally-funded, state-administered program. The SFSFP reimburses providers who serve healthy meals to children and teens in low-income areas at no charge primarily during the summer months when school is not in session.

### Sourcing summer's harvest

Summer meal sponsors can boost participation by improving the quality of meals with fresh products. Local foods span the entire meal tray, from fruits and vegetables to dairy, grains, meat, eggs, and beans. Sponsors can find seasonal products in their freshest state in the summertime through the same sources that schools use to source locally during the school year: direct from farmers, through food hubs, or through distributors, or food service management companies. But summertime may make the following sources even more accessible and may be worth specifically seeking out to supply your summer meals program:

# Summer

## Local Foods and Related Activities in Summer Meal Programs (SP 07-2016, SFSP-07-2016)

- » Provides guidance on incorporating local foods and nutrition and agriculture-based activities into Summer Meal Programs.



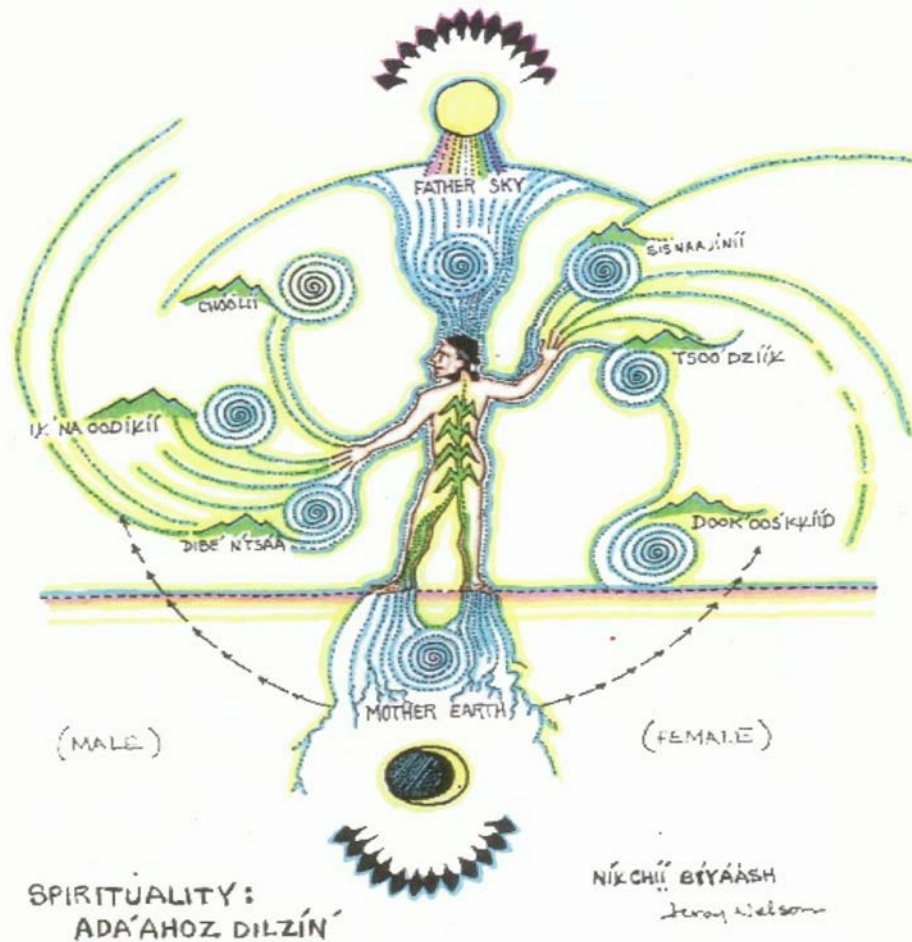
# Gloria Ann Begay, Presenter





# Why “traditional” native foods?

## Exploring Stories Through Art



# Historical Perspective

Federal policies & native food systems

1851-1864 Scorch Earth Campaign

1864-1868 “Prison Food” Ft. Sumner

“Kill the Indian, Save the Man”

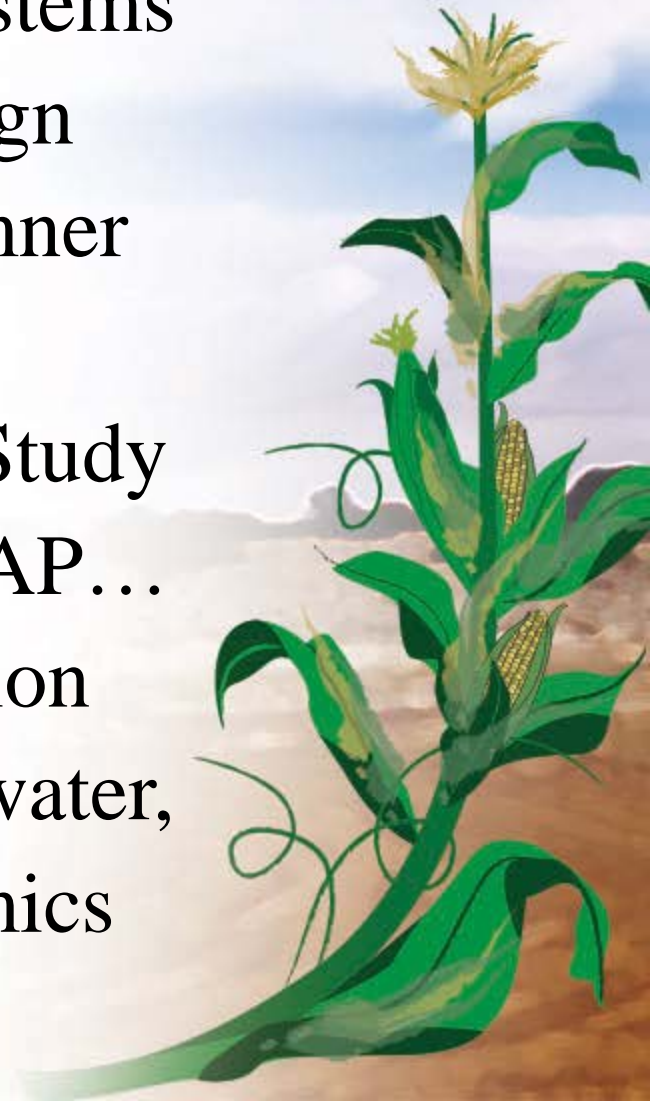
Trading Posts, 1968 Store, CDC Study

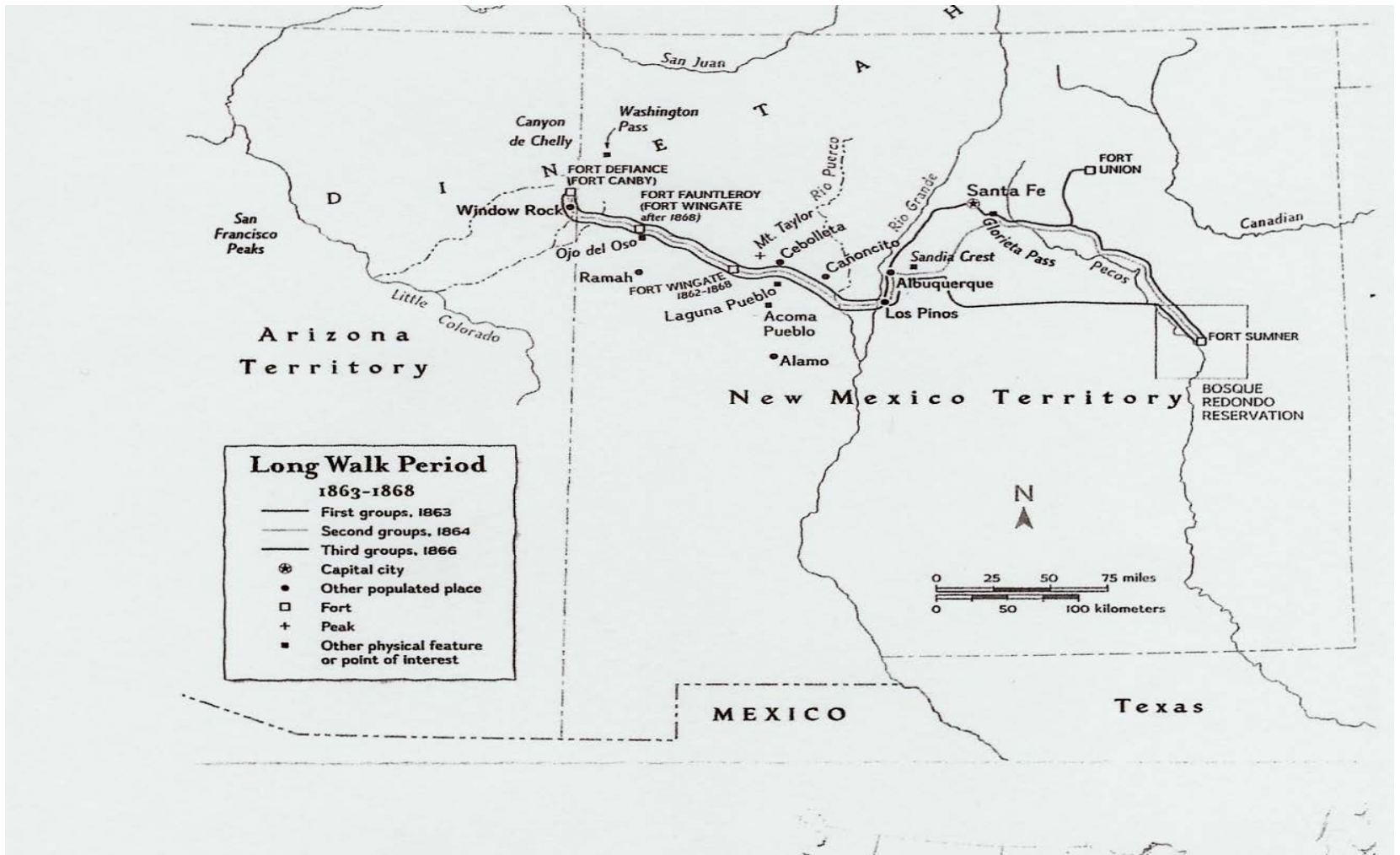
Supplemental food programs-SNAP...

Cultural shifts by Western education

Impact: coal, uranium, fracking, water,

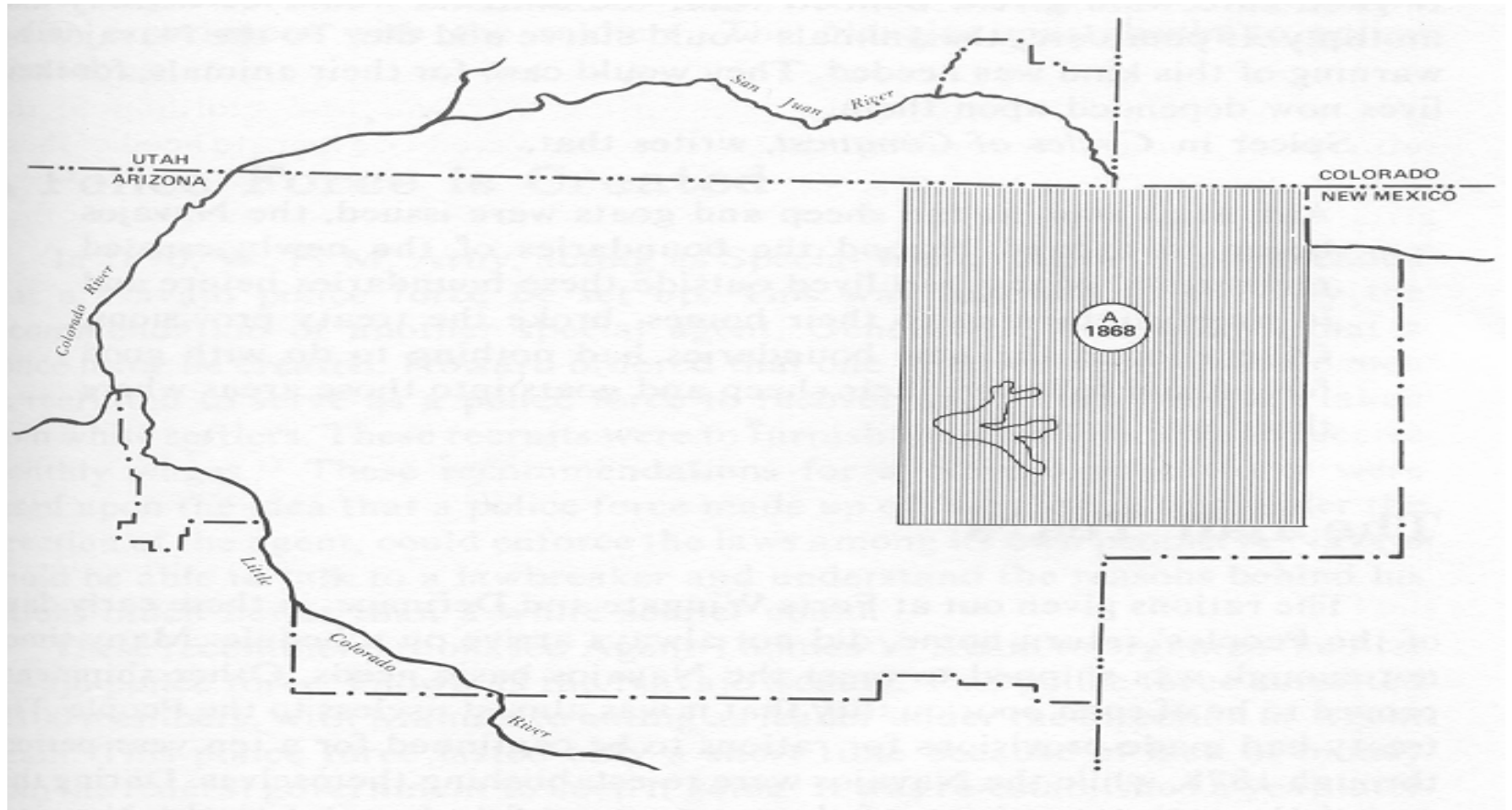
land in trust, jurisdiction, economics



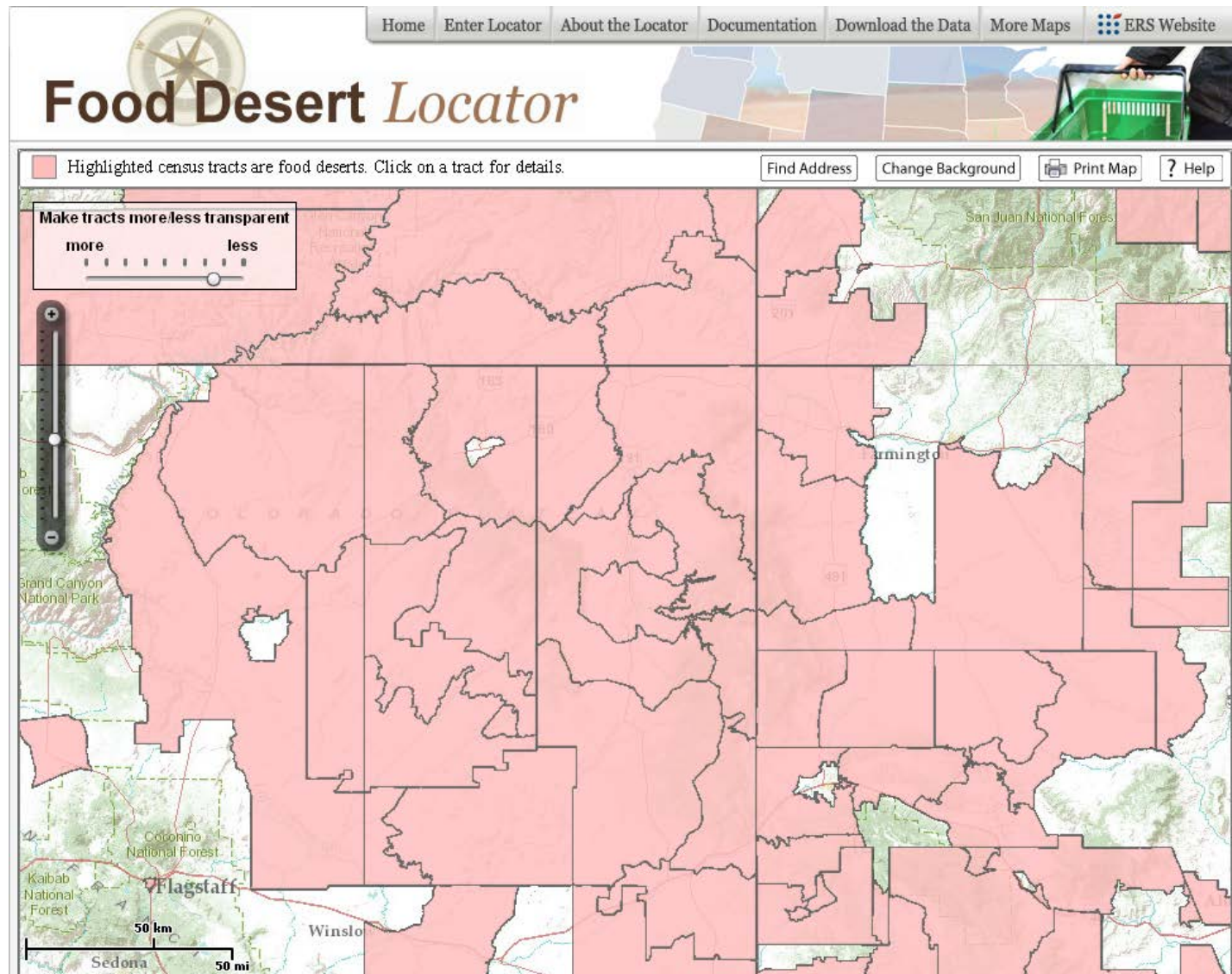


Hweeldi Map 1868 – Navajo Long Walk

# Navajo reservation in 1868



# Current Food System on Navajo Nation



# *Snack Chips/Crisps*

- High in fat – 35 percent of total calories from per 1 ounce serving
- High in sodium – 250 mg



# *Pouring on the Pounds*



- Sweetened Beverages (SB) have small nutritional value.
- Consumption doubled between 1977 and 2002.
- SB replaced milk in 1995.
- Serving size increased from 6.5 oz to 20 oz since 1950s.
- Causes diabetes, heart attacks, etc.

# Q: What Is Indigenous Food?

Pre  
Test

**K**

1

- What I Know
- About This?

**W**

2

- I Want
- To Know

**L**

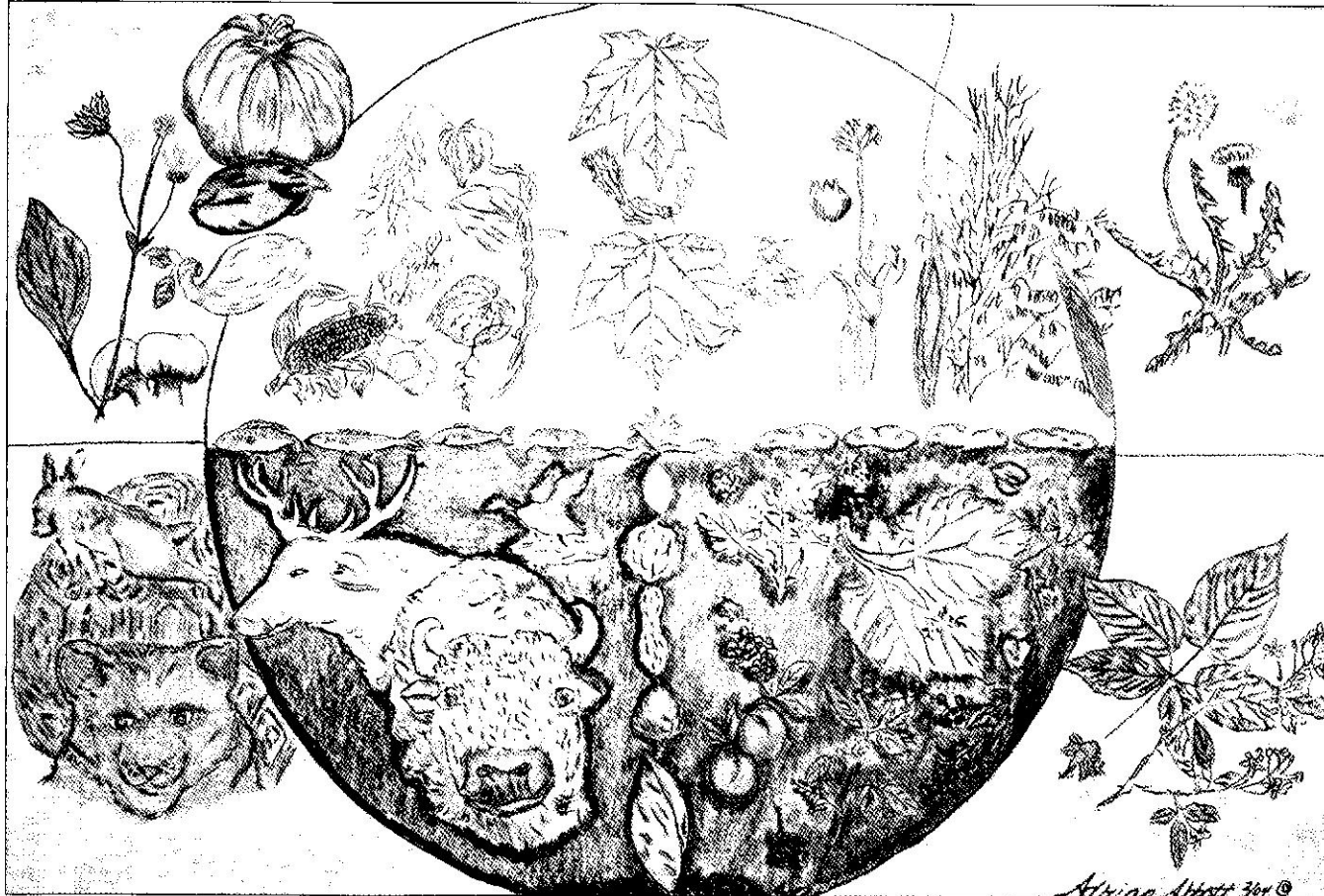
3

- What I
- Learned





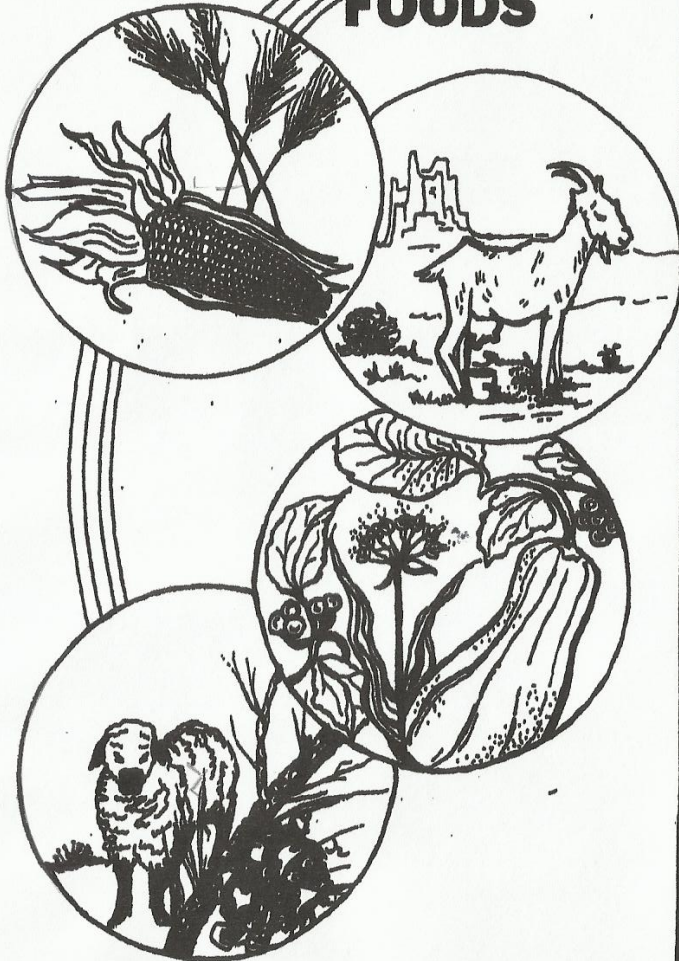
# Traditional Foods Model



# Native American Foods

<b>Chocolate</b>	<b>"Trail mix"</b>	<b>Chilis</b>	<b>Pineapple</b>
<b>Cranberries</b>	<b>Squash</b>	<b>Pumpkins</b>	<b>Turkey</b>
<b>Enchiladas</b>	<b>Tapioca</b>	<b>Vanilla</b>	<b>Tomatoes</b>
<b>Maple sugar</b>	<b>Peppers</b>	<b>Pancakes</b>	<b>Maple syrup</b>
<b>Wild game</b>	<b>Chia (seeds)</b>	<b>White potatoes</b>	<b>Seaweeds</b>
<b>Dried fruits</b>	<b>Peanuts</b>	<b>Pemmican (jerky)</b>	<b>Watermelon</b>
<b>Sunflowers</b>	<b>Wild rice</b>	<b>Amaranth (grain)</b>	<b>Chewing gum</b>
<b>Venison</b>	<b>Beans</b>	<b>Sweet potatoes</b>	<b>Fish</b>
<b>Popcorn</b>	<b>Tamales</b>	<b>Tortillas</b>	
<b>Com</b>	<b>Manioc</b>	<b>Quinoa (grain)</b>	

# HARMONY THRU NATIVE NAVAJO FOODS



## CORN & WHEAT GROUP

(Breads and Cereal)  
Navajo Pancake  
Kneel-down Bread  
Navajo Cake  
Blue dumplings  
Corn Mush -Blue or Yellow  
Blue Bread  
Blue Corn Tamale  
Baked Stuffed Squash  
Blossoms  
Hominy  
Steamed Corn  
Roasted Corn  
Tortilla  
Fry Bread  
Wheat Sprouts (Pre-chewed  
and used for sweetness)

## PLANTS AND BERRIES GROUP

(Fruits and Vegetables)  
Corn Silk  
Wild Celery  
Wild Onion  
Navajo Spinach, Bee weed  
Navajo Spinach, Pigweed  
Wolfberry  
Wax Currant  
Sumac Berry  
Sumac Berry Pudding  
Juniper Berry  
Yucca Fruit  
Navajo Banana  
Yellow Squash  
White Scallop Squash  
Zucchini Squash  
Squash Blossoms  
Cantaloupe  
Watermelon  
Navajo Tea

1.02N

## PROTEIN GROUP (Meats,

nuts)  
Mutton:  
Intestines  
Liver  
Heart  
Kidneys  
Lungs  
Esophagus  
Head  
Tongue  
Eyes  
Ears  
Blood Sausage  
Stew  
Wild Game:  
Deer  
Elk  
Antelope  
Rabbit  
Prairie Dog  
Wild Boar  
Pine Nuts  
Squash Seeds  
Tumble Mustard Seeds  
Pinto Beans

## MILK SUBSTITUTES GROUP

Goat's milk  
Goat's Cheese  
(Goat's milk put in goat's  
stomach or by adding chilichin  
berry)

\*Sometimes clay is added to  
some foods such as wild  
potatoes and chilichin berries.  
Clay is a very potent source  
of calcium and should be  
used with caution.

\*Juniper ash to corn products  
raises the calcium level to  
cooked products.

# Q: Why is indigenous food healthy?

- Special preparation of soil and seeds begin with ancient values & songs
- Seeds & planting practices originated many generations ago
- Grown locally with no chemicals, freshly prepared & preserved
- Celebrations for each stage of planting, harvesting, consuming































# Train the Trainer Onsite Farm?



# Intergeneration of youth & elders

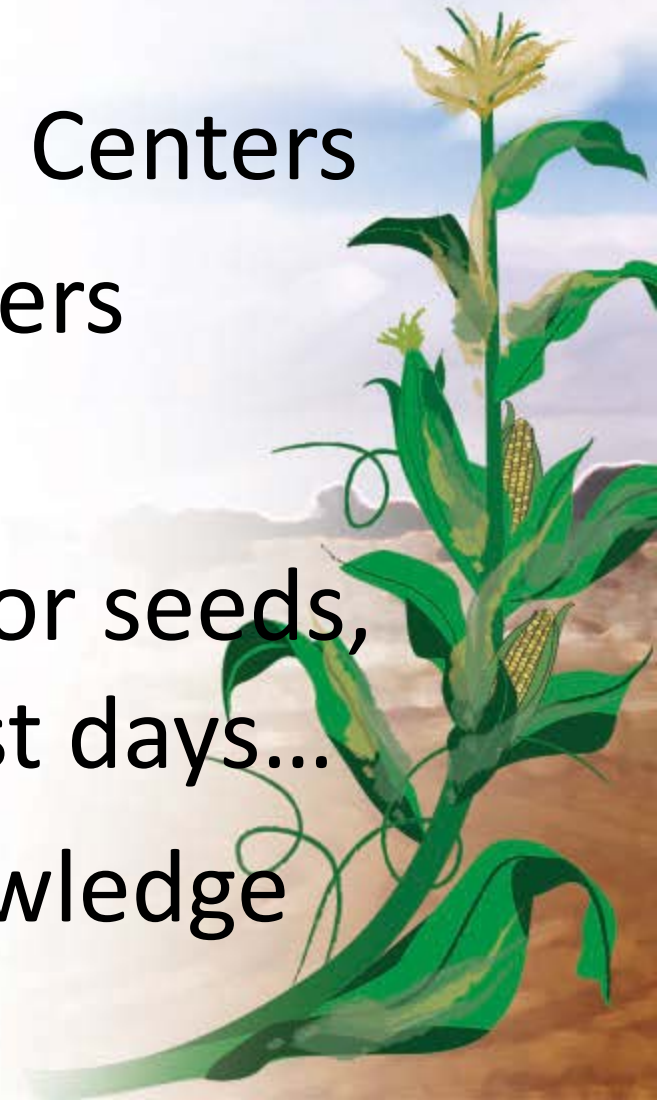


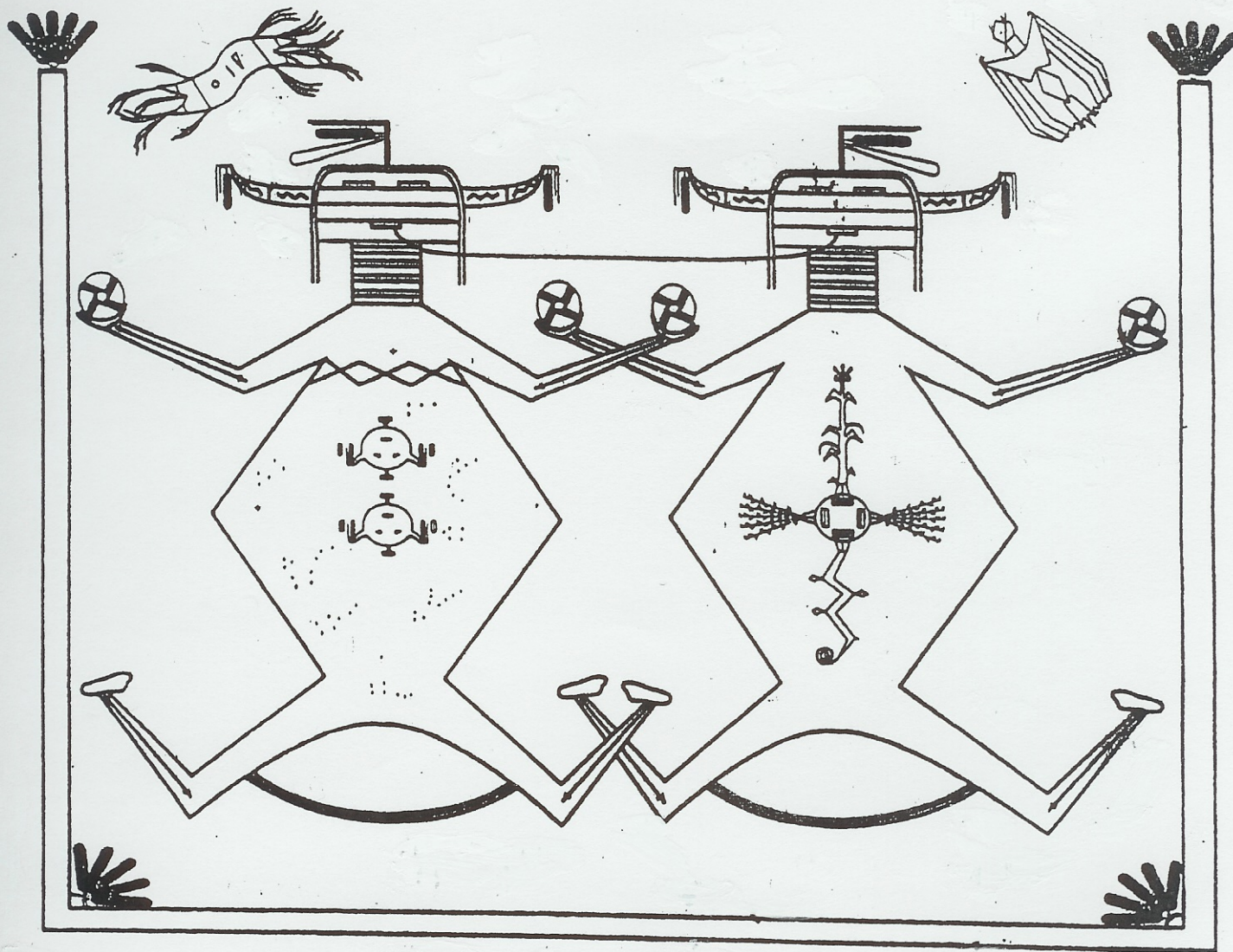
# Tonita's Food as Medicine Lesson



# Indigenous Cultural Strategies

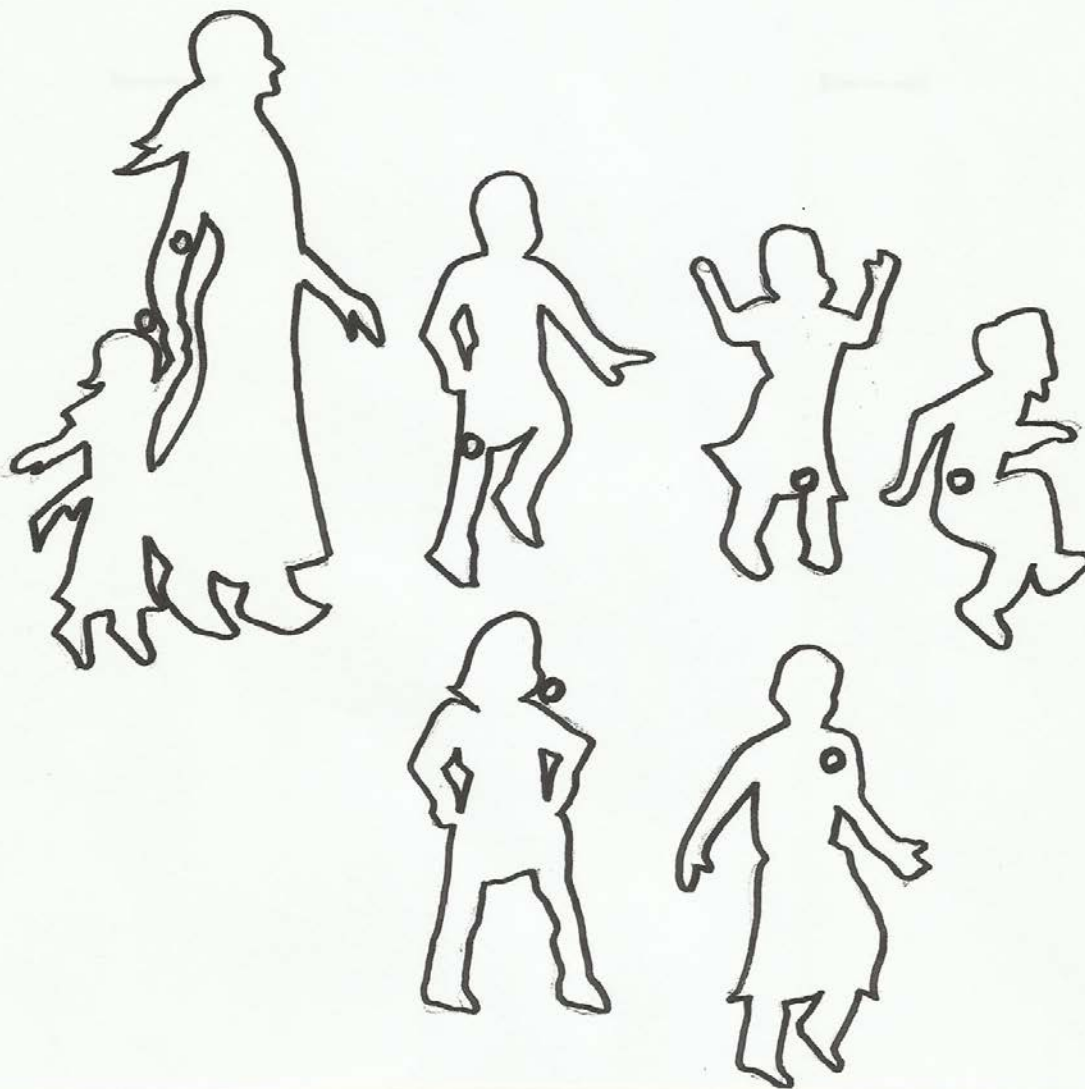
- Contact Elders at local Sr. Centers
- Partner with Native Leaders
- Teach Native Language
- Practice songs & rituals for seeds, planting, harvesting, feast days...
- Cosmology values & knowledge





MOTHER EARTH AND FATHER SKY





**Delyehe – “Seed Like Sparkles”**

**Navajo Auntie and Six Children**

**Greek Name – Pleiades**

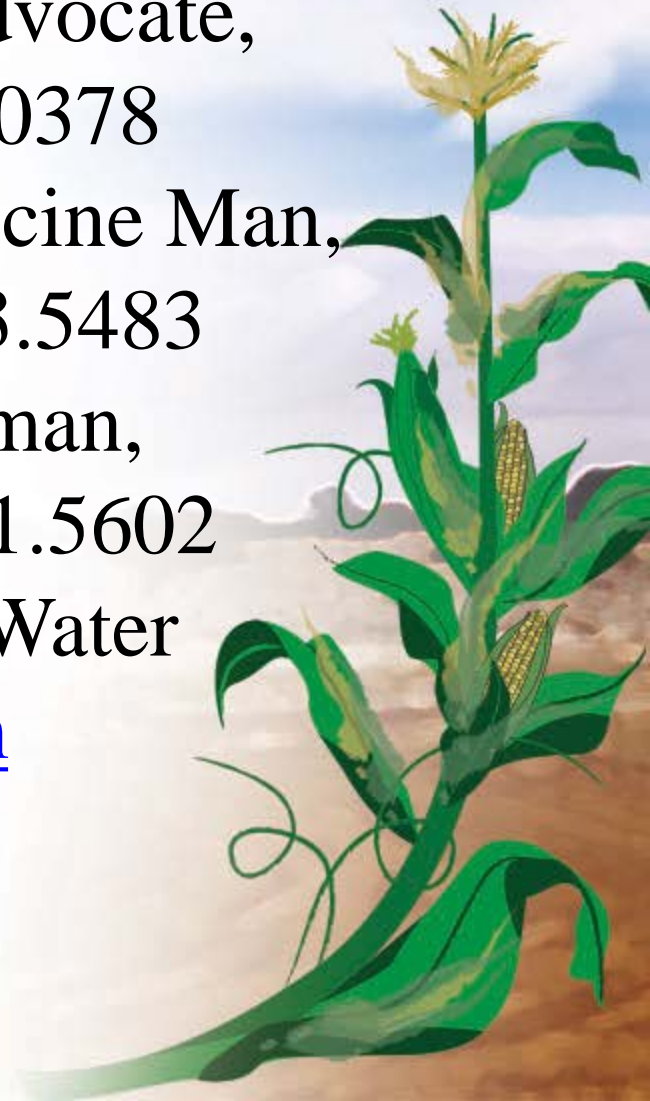
# School Gardens





# Contacts & Resources

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- Roberto Nutlouis, Black Mesa Water Coalition, [r\\_nutlouis@yahoo.com](mailto:r_nutlouis@yahoo.com)  
928.380.4913



Thank You!  
Questions?



THE  
**FARM** *to* **SCHOOL**  
PROGRAM