

Taos Pueblo Diabetes Program

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Taos Pueblo is a small mountain town in Northern New Mexico, roughly 150 miles north of Albuquerque at over 7000ft above sea level.



Cooking Demos on the Taos Pueblo

- Senior Center (lunch time twice monthly)
- The BIE School (weekly after-school program)
- Head Start (once monthly)
- Youth Outreach (sporadic)



Sautéing zucchini for 3 sisters' meal at the BIE school



Knife skills are essential to a healthy diet.

I have a rule, if you cut yourself you get the first plate. Luckily, no one intentionally tries to be first.

THE
SIoux CHEF'S
INDIGENOUS KITCHEN



SEAN SHERMAN WITH BETH DOOLEY

Sean Sherman has been nothing short of revolutionary to the culinary world, bringing Native American cuisine into the food scene.

His mission to re-vitalize Native American food ways is inspiring.

The Pueblo has their own bison program, which is relatively new





One of my goals is to get bison served into the child and adult feeding programs on the pueblo.



Pounding pemmican in a molcajete



Rendering bear fat - we discussed science, food production, and food sovereignty and basic survival



Making bison
patties for the grill



Grilling bison burgers. The meat was purchased from the Taos Bison Program

Grilling Bison
Ribeyes
The school
facilities guys
didn't want the
girls using the
grill. Oh well...





Cooking Elk
Stirfry for the
Indigenous club
at the Taos
High School



One of the many beautiful things I get to experience is when the older kids help the younger ones.



The kids love exploring new tastes, they ate a whole jar of kimchee and they love limes and hot sauce.



For me, the most important aspect of making food it is a group task, which promotes positive social interaction and discussions about family food ways



This young man has faced some challenges this past year and he has taken to cooking.



Senior center

3 sisters with elk



Cauliflower pizza at Senior Center





I love doing the cooking demos/nutrition edu.

Not everyone gets as excited about healthy food, as I do.



Mildred, one of the assistants at the BIE school is restoring some hornos at the school.

I plan on getting 2 made behind the Diabetes Trailer this Fall.