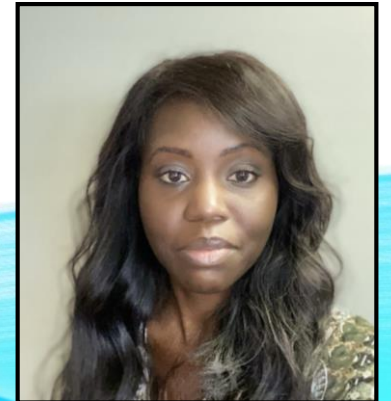


FOOD INSECURITY IN INDIAN COUNTRY

UNDERSTANDING THE CHALLENGES AND SEEKING SOLUTIONS

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Riverside-San Bernardino County Indian Health Inc.





STORY

WHAT IS FOOD INSECURITY ?

- California produces nearly half of the nation's fruits and vegetables, yet more than 1 in 5 Californians — about 8.8 million — currently struggle with food insecurity.
- “Food insecurity” is limited or uncertain access to enough food to lead a healthy, active life.



CAUSES OF FOOD INSECURITY

- Poverty and Low Wages
- Lack of Access to Affordable, Nutritious Food (Food Deserts)
- Unemployment and Underemployment
- High Costs of Healthcare and Housing



WHAT DOES FOOD INSECURITY LOOK LIKE?



VS



As an RDN, we recommend buying fresh foods like produce and non-processed foods. To avoid things that come in a box, but the question is do my patients have the money to afford my recommendations.

Do they immediately turn off because they know that the things I'm recommending cannot be afforded?



WHAT DOES FOOD INSECURITY LOOK LIKE?



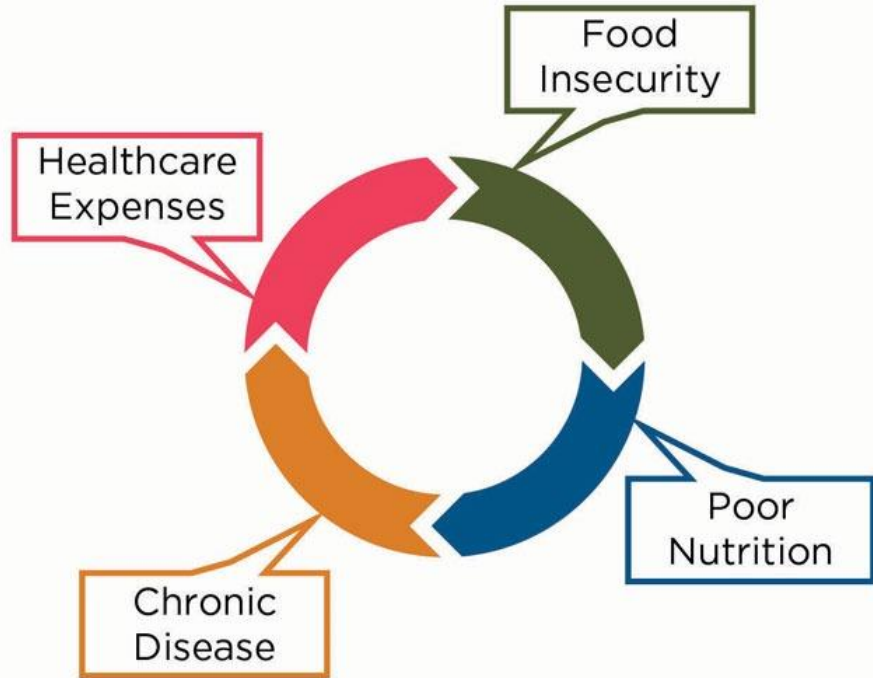
- Stigma associated with seeking help
- Many who qualify for programs don't apply
- Make applying as painless as possible **
- Words used to present programs or workshops.
(Free Farmers Market vs Food Pantry)

WHO HAS FOOD INSECURITY IN THE US?

- According to the National Library of Medicine, studies have shown that approximately 25% of American Indians and Alaska Natives (AI/ANs) face food insecurity, and this rate is even higher in rural communities.



EFFECTS OF FOOD INSECURITY ON HEALTH STATUS



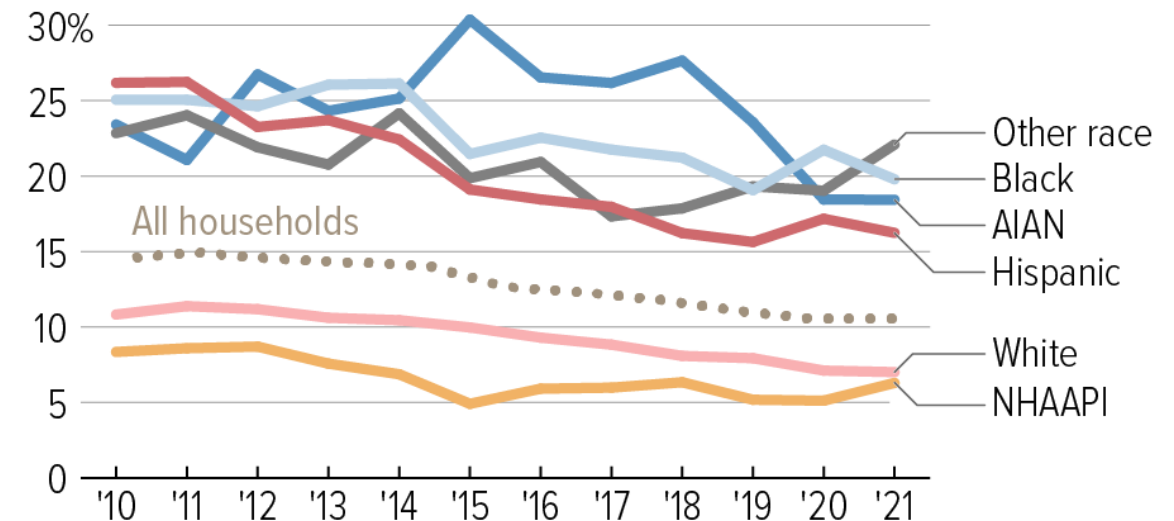
- Health Consequences (Malnutrition, Chronic Diseases)-Overeating High calorie foods that are not nutritionally dense.
- Educational Challenges (Child's inability to learn well in school to the maximum potential due to hunger, pain, irritability, nausea, headaches)
- Economic Implications (Productivity Loss, Increased Healthcare Costs)

FOOD INSECURITY IN NATIVE POPULATIONS

- A recent study by the Native American Agriculture Fund found that during the pandemic, 56 percent of survey respondents across the country experienced food insecurity, with 31 percent experiencing very low food security (the most severe form of food hardship).
- Some 68 percent of AIAN school-age children qualify for free lunches, and nearly 1 in 4 AIAN people live in poverty after accounting for taxes and government assistance — more than twice the rate of white people.

Food Insecurity by Race and Ethnicity Reveals Stark Disparities

Households that lacked access to adequate food at some point in the year

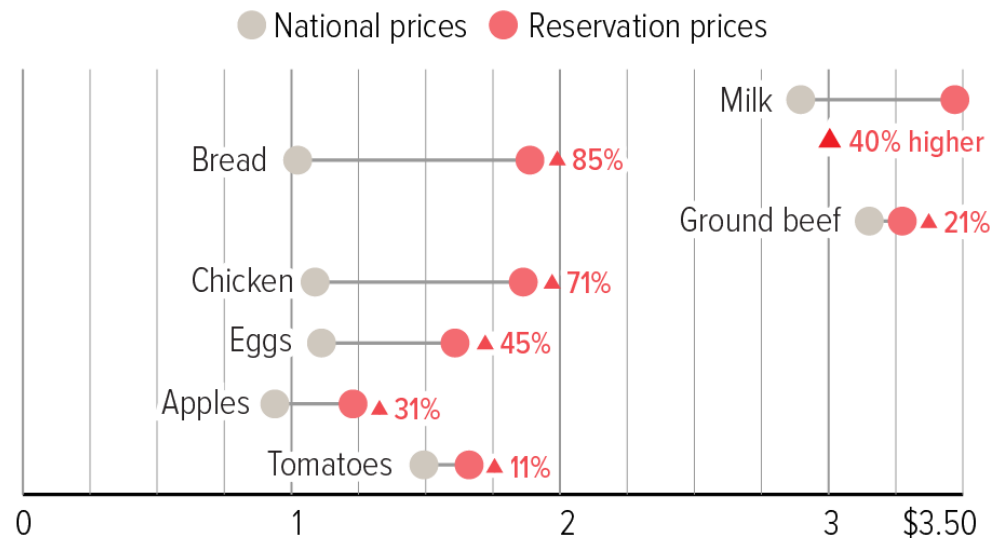


Note: Other race = people who are more than one race. AIAN = people who are American Indian or Alaskan Native. NHAAPI = people who are Asian, Hawaiian, or Pacific Islander. Hispanic people may be of any race. Race and ethnicity for the household are based on that of the household reference person (in whose name the housing unit is owned or rented).

Source: U.S. Department of Agriculture, Current Population Survey Food Security Supplement 2010-2021

HEALTHY FOOD COSTS MORE IN NATIVE COMMUNITIES

Reservation Residents Pay Higher Food Prices Than Other U.S. Consumers



Note: Prices were collected for the following units of food: a gallon of milk, a loaf of bread, a pound of ground beef, a whole chicken, a dozen eggs, a pound of apples, and a pound of tomatoes.

Source: Yadira Rivera and Raymond Foxworth, "Indian Country Food Price Index: Exploring Variation in Food Pricing Across Native Communities – A Working Paper II," First Nations Development Institute, 2018, Table 20.

- Some Native communities tend to pay higher prices for food than the average U.S. consumer. (See Figure 2.)
- A gallon of milk cost the average U.S. consumer \$2.48, but reservation residents in the study paid an average of \$3.47, nearly 40 percent more, according to a 2018 report by First Nations Development Institute.
- A loaf of bread cost the average U.S. consumer \$1.02, but the price in Indian Country was \$1.89, roughly 85 percent more. Apples cost about 30 percent more in Indian Country. Certain unhealthy foods, however, were cheaper than the U.S. average. Indeed, another analysis by First Nations Development Institute found that the average price of Cheetos was consistently lower than the U.S. average.

EFFECTS OF COLONIALISM

- Traditional food systems — including practices such as farming, fishing, and migratory seasonal harvesting — that had nourished communities for millennia were transformed in the span of decades with the onset of settler-colonialism.

The reservation system diminished Tribes' abilities to engage in traditional food practices by reducing their access to land and water.

Stopped migration, *placed on reservations
*forced to farm on worst land possible *given
cows to raise cattle*cut off water supplies



Morongo Indian
Reservation
wash, then
and now.



SHARE IN YOUR GROUPS OF 2-3'S

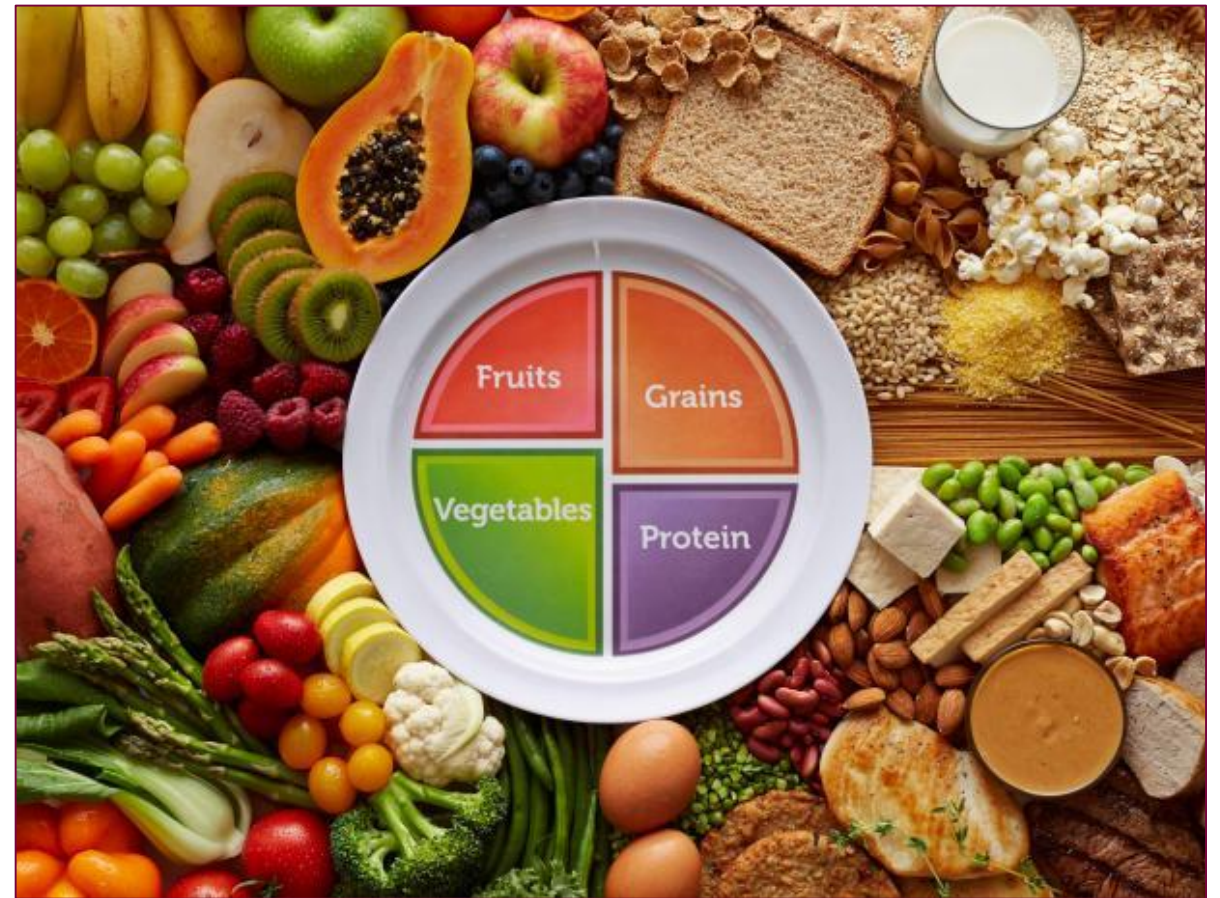
Your Experience

- Share what you have observed in your workplace regarding food insecurity



WHAT HEALTHCARE TELLS PEOPLE TO EAT

- 24 year working with food assistance programs like WIC, Commodities, Senior Nutrition Programs and Feeding America.
- We recommend the balanced plate with $\frac{1}{2}$ each meal fruits and vegetables the other $\frac{1}{2}$ whole grains and healthy proteins
- Is this attainable?



ASSESS WHAT THEY CAN AFFORD

- Where to shop to get produce to last the whole week
- Spanish Markets
- WINCO



CAN THEY AFFORD IT

Sweet Potato Orange soup with a side of edemame

Stir fried Quinoa with spinach and Lentils

Meal Prep Bean burritos with roasted corn and plant-based cheese

Garbanzo Salad w/ tomato, cucumber, onion, avocado, parsley and Italian dressing

Kale Cranberry Salad w/ a side of Soy Chick'n Nuggets and baby cucumber

Whole grain pita bread with avocado and basil Humus dips

Curry-Coconut Milk Black Eyed Peas cooked with tomato and onions

Mean and Lean Bean Ideas

Chili made with pintos and frozen mixed veggies. Topped with plant-based cheese, tortilla strips, pico de gallo and cashew sour cream

Cook beans in bulk and freeze for daily use

Plant-based Cheese frozen pizzas with soy ground beef

Tomato and Cucumber sandwiches with plant-based mayo and soy-turkey slices

HEALTHIEST
BUDGET-FRIENDLY FOODS

culinarynutrition.com

ONIONS	BEANS	APPLES	LENTILS
SUNFLOWER SEEDS	CABBAGE	MILLET	GREENS
WHOLE CHICKEN	PUMPKIN SEEDS	EGGS	OATS
FLAX SEEDS	GARLIC	SPROUTS	CARROTS

Offer Ideas
for
Nutritious
Budget
Friendly
Foods

TEACH CONTAINER GARDENING

Home Gardening Made Easy

- Provide garden bags
- Provide seeds



RSBCIHI FOOD FAIR AND NATIVE GARDEN CONFERENCE

https://youtu.be/lpY_jagQtB0?si=5ADoh55LXs45Nj15

https://www.youtube.com/watch?v=lpY_jagQtB0&pp=ygURcnNiY2loaSbmb29klGZhaXI%3D

 **FOOD FAIR** & **NATIVE GARDEN TO TABLE CONFERENCE** 

Putting the *CULTURE* back in Agri*CULTURE*

20+ Native Food Booths, Home Gardening Workshops, Entertainment for Kids and Adults, Recipes, Cooking Demonstrations, Raffles, Free Gardening Starter Supplies

WORKSHOPS OFFERED

- ◆ Modernizing Native Garden Traditions
- ◆ Natural Garden Pest Control
- ◆ Seasonal and Local Produce Benefits
- ◆ Starting a Home Garden
- ◆ Cooking and Flavoring Vegetables

Admission FREE
THURSDAY, MARCH 7, 2024
3PM-6PM
MORONGO COMMUNITY CENTER
13000 MALKI RD, BANNING, CA 92220
MORE INFO: (909) 866-1097 X4840

FOOD ASSISTANCE PROGRAMS

WIC Program

Pregnant Women, Infants and Children up to age 5 yrs.



At **WIC** Mom

- Learns to eat healthy while pregnant or breastfeeding.
- Learns to shop for and cook healthy meals.
- Gets benefits for healthy foods.

The graphic features a red-to-orange gradient background. On the left, there are two stylized human figures: a purple one and a blue one. The blue figure is carrying a white grocery bag. The text 'At WIC Mom' is prominently displayed at the top left. A list of three bullet points is on the right. In the top right corner, there are small links for 'Watch later' and 'Share'.



FOOD ASSISTANCE PROGRAMS

Commodity Foods Program

FOOD Distribution Program on Indian Reservations

- <https://youtu.be/6xaJrC7cVr4>

- Monthly food package
- Native American Families living on Reservation or near areas
- Income qualified



FOOD ASSISTANCE PROGRAMS

Senior Nutrition Program

- Funded by Title VI and Title III

<https://www.rsbcih.org/food-nutrition/senior-nutrition-program/>

SENIOR NUTRITION

Providing services to:


- Elders 60 years of age or older
- Spouses
- Individuals with disabilities who are less than 60 years of age, who live at home with a senior participating in the program

Service Areas

The Senior Nutrition Program provides nutrition services to seniors who live on:


- Pechanga
- Morongo
- Cahuilla
- Torres-Martinez
- Soboba
- Santa Rosa

**Or in adjacent communities*



RIVERSIDE - SAN BERNARDINO COUNTY INDIAN HEALTH, INC.

SENIOR NUTRITION



Contact Us

+800-732-8805 x1999

www.rsbcih.org

11580 Potrero Rd.
Banning, CA 92220

Follow Us

@rsbcih_srnutrition


Sr. Nutrition Rsbcihi

Always give your first catch to an elder

-- Denali Whitting, Kotzebue

Delicious Meals FOR OUR ELDERS

Seniors 60+ may be eligible to receive a meal 5 days a week!




Congregate Meals

Nutrition services for older individuals in a congregate setting. Services includes; meals, nutrition and health education, nutrition screening, and socialization.

About Us!

Our mission is to provide nutritious hot lunches in a welcoming atmosphere that promotes health, wellness, and social recreation.



Home Delivered Meals

Nutrition services provided to homebound elders; including meals, and nutrition and health promotion education.

ELIGIBILITY

1. Any older individual who is frail, and homebound by reason of illness, disability, or isolation.
2. A spouse of a person in above (1), regardless of age or condition.
3. An individual with a disability who lives at home with a senior.

ASK US ABOUT OUR OTHER SENIOR SERVICES!

- Fit After Fifty
- Native American Caregiver Services

SITES

Morongo Senior Center 11580 Potrero Rd Banning, CA 92220	10:00am-1:00pm
Torres-Martinez Senior Center 66725 Martinez Rd Thermal, CA 92274	12:30pm-1:30pm
Soboba Clinic 607 Donna Way San Jacinto, CA 92583	11:30am-12:30pm
Pechanga Silver Feathers Hall 112705 Pechanga Rd Temecula, CA 92592	10:30am-12:30pm
Anza Community Center 56630 Highway 371 Anza, CA 92530	11:00am-11:30am

FOOD ASSISTANCE PROGRAMS

Feeding America/Local Food Pantries

https://youtu.be/_JcFBgbqUJo?si=9bpGMuGUS9zHSpAo



FOOD ASSISTANCE PROGRAMS

CAL Fresh Program



School Lunch Program

Parents: Did you know?

The National School Lunch Program

Today's school lunches meet strict nutrition standards, including limits on calories, sodium and unhealthy fats.

30 million students enjoy healthy lunches every school day.

- 3/4 cup of vegetables with every lunch
- 1 cup of 1% or fat-free milk
- 1/2 cup serving of fruit daily
- Entrées must include whole grains & lean protein

Read School Meal Success Stories
www.TrayTalk.org

schoolnutrition.org @SchoolNutritionAssoc www.facebook.com/TrayTalk @SchoolLunch

SHARE IN GROUPS OF 2'S AND 3'S

What have you done?

What other options will you explore?



IDEAS

- Partner with Food Assistance Programs for your Tribes
- Volunteer at Local Food Banks or Community Gardens
- Advocate for Policy Changes to Address Root Causes
- Donate to Organizations Fighting Food Insecurity
- Spread Awareness and Education in Your Community

EVERYONE CAN DO SOMETHING
TO MAKE FOOD MORE AVAILABLE

THANK
YOU

