

**Food Is More Than Food:  
Honoring Alaska Native  
Traditions, Health,  
and Connection**

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Dietetics and Nutrition





# Life Acknowledgement



# Culture, Food, and Nutrition





**What is culture?**

**What is food?**

**What do they  
mean to you?**

**How do these  
relate to diabetes?**

# What is culture?

- Broadly defined as the values, beliefs, attitudes and practices accepted by members of a group or community.
- Learned, not inherited
- Passed from generation to generation
- Changes over time





# CULTURE

Religion

Language

Literature

Clothes &  
Fashion

Folk Art

Working  
Schedules

Medical  
Care

Food

Jokes

Child  
Rearing  
Methods

Manners

Celebrations

Language

Literature

Dance

Food

Fashion

Holidays & Customs

Biases

Religious Beliefs

Humor

Perceptions

Medicine

Beliefs &  
Assumptions

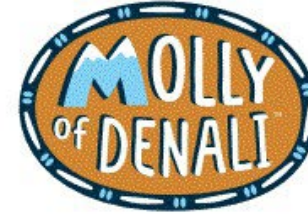
Family Roles

Values

Body Language

# Alaska Native Values

All Alaska Native groups have values they hold as core to their cultures. The list below is a select set of values commonly found among most of these diverse groups.



- **Showing Respect to Others** – Each Person Has a Special Gift
- **Sharing What You Have** – Giving Makes You Richer
- **Knowing Who You Are** – You Are an Extension of Your Family
- **Accepting What Life Brings** – You Cannot Control Many Things
- **Having Patience** – Some Things Cannot Be Rushed
- **Living Carefully** – Your Actions Have Consequences
- **Taking Care of Others** – You Cannot Live Without Them
- **Honoring Your Elders** – They Show You the Way in Life
- **Seeing Connections** – All Things Are Related

For a full list of values by cultural group, visit the [Alaska Native Knowledge Network](https://www.uaf.edu/ankn).

Source: Adapted from Alaska Native Values for Curriculum, Alaska Native Knowledge Network, <https://www.uaf.edu/ankn>

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**HOMER**  
kid powered learning



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# Indigenous Identity

- More than “Something Else”
- Indigenous “creatures”
- Collective terms and labels are complex
- [Native Americans in Philanthropy](#) – Indigenous Identity: More Than “Something Else”



**CLOSE YOUR EYES**



# Traditional/Indigenous (T/I) Foods & Nutrition





## **Traditional versus Indigenous Foods**

- Pre-contact
- First-Contact
- Government-Issued
- New Native American Cuisine  
& Food Sovereignty



# T/I Nutrition

## NUTRITIONAL COMPARISONS

Per 100 Gram (3.5 oz.) Serving – Cooked Meat – Updated January 2013

SPECIES	FAT g	PROTEIN g	CALORIES kcal	CHOLESTEROL mg	IRON mg	VITAMIN B-12 mcg
<b>BISON</b>	<b>2.42</b>	<b>28.44</b>	<b>143</b>	<b>82</b>	<b>3.42</b>	<b>2.86</b>
Beef (Choice)	18.54	27.21	283	87	2.72	2.50
Beef (Select)	8.09	29.89	201	86	2.99	2.64
Pork	9.21	27.51	201	84	1.0	0.68
Chicken (Skinless)	7.41	28.93	190	89	1.21	0.33
Sockeye Salmon	6.69	25.40	169	84	0.50	5.67

Bison, separable lean only, cooked, roasted. USDA NDB No. 17157

Beef, composite of trimmed retail cuts, separable lean only trimmed to 0" fat, choice, cooked USDA NDB No. 13362

Beef, composite of trimmed retail cuts, separable lean only trimmed to 0" fat, select, cooked USDA NDB No. 13366

Pork, fresh, composite of trimmed retail cuts (leg, loin and shoulder), separable lean only, cooked USDA NDB No. 10093

Chicken, broilers or fryers, meat only, roasted USDA NDB No. 05013

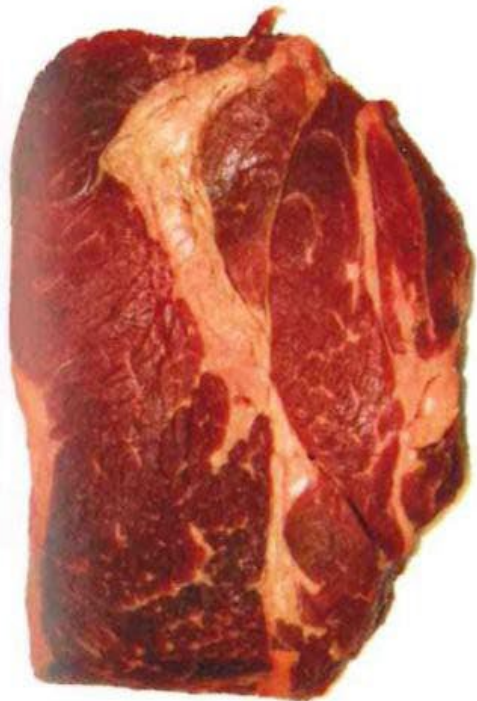
Salmon, sockeye, cooked, dry heat USDA NDB No. 15086

# Nutrient highlight: IRON

Compare the amounts of food you would need to eat to get the same amount of iron as in 3 ounces of bearded seal meat.\*



*Bearded seal meat (3 ounces)*



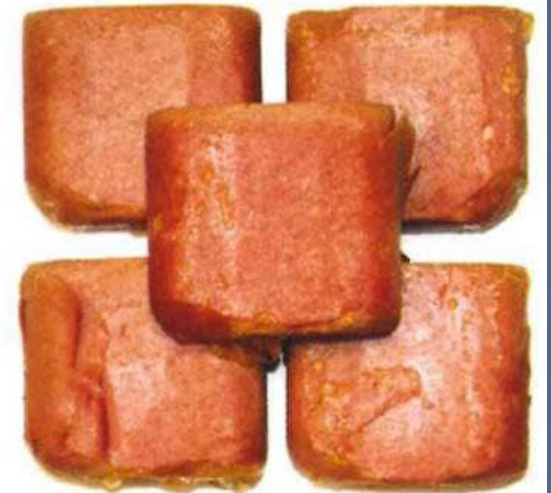
*Beef pot roast (25 ounces)*



*24 Hot dogs (38 ounces)*



*68 Chicken nuggets (48 ounces)*



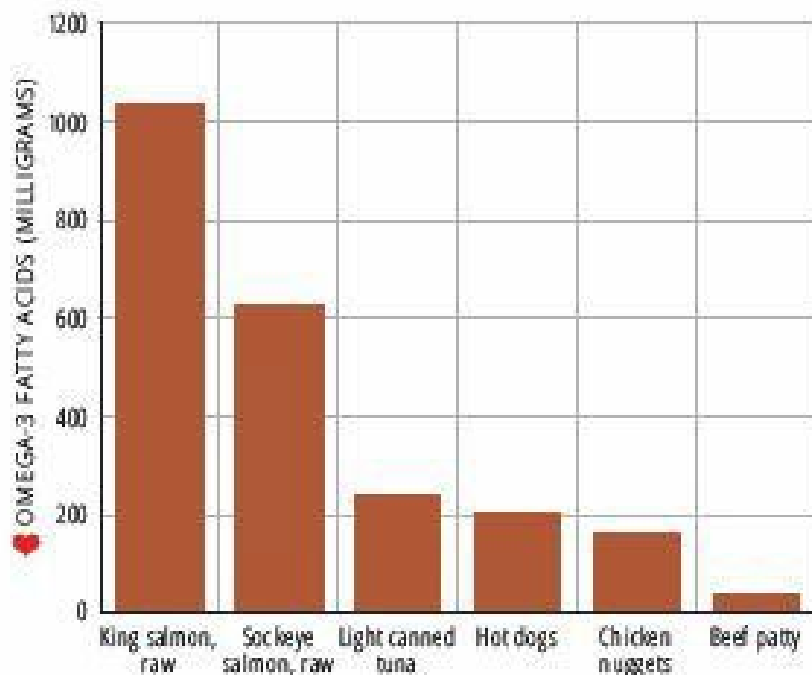
*Canned luncheon meat-pork/ham (57 ounces)*

\*3 ounces of bearded seal meat has 14 mg of iron, or 80% of the Daily Value.

% Daily Value is the amount of a nutrient you need each day (based on a 2000-calorie diet). (USDA, 2012)

## Nutrient highlight: OMEGA-3 FATTY ACIDS

Compare the amounts of heart-healthy omega-3 fatty acids in king salmon and sockeye salmon with other foods (3 ounces each). (USDA, 2012)



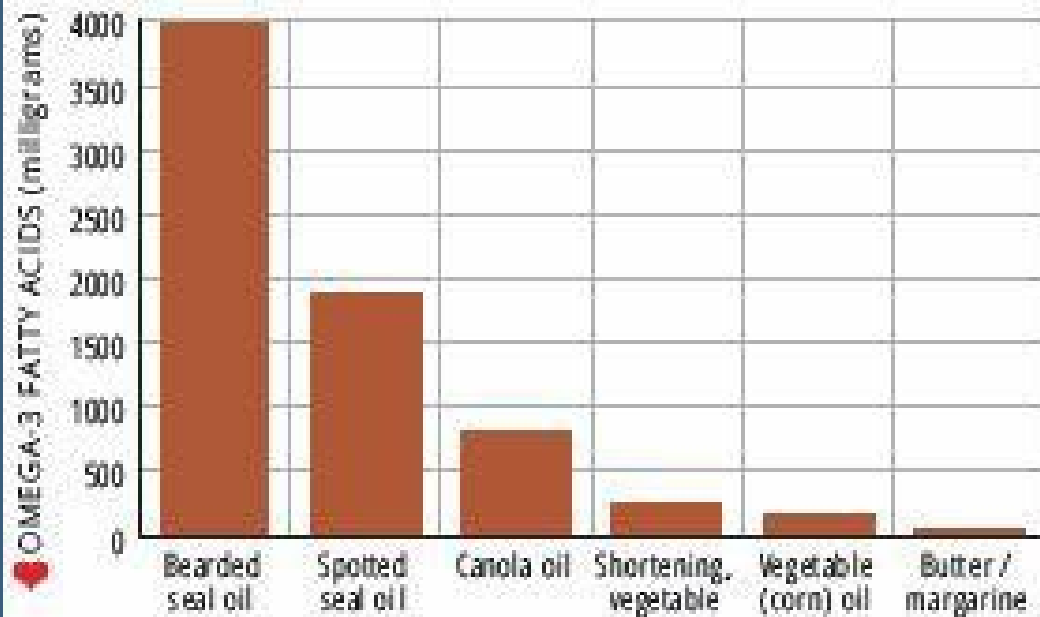
More heart-healthy  
omega-3  
fatty acids



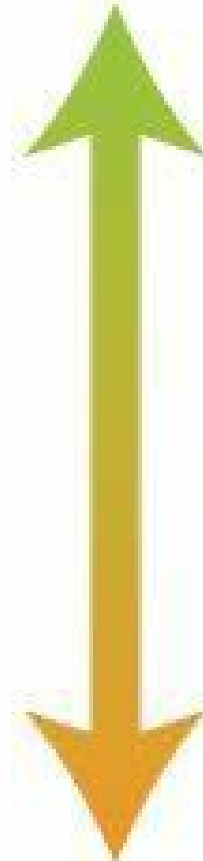
Less omega-3  
fatty acids

## Nutrient highlight: **OMEGA-3 FATTY ACIDS**

Compare the amounts of heart-healthy omega-3 fatty acids in one tablespoon of different fats.



*More heart-healthy  
omega-3  
fatty acids*



*Less omega-3  
fatty acids*



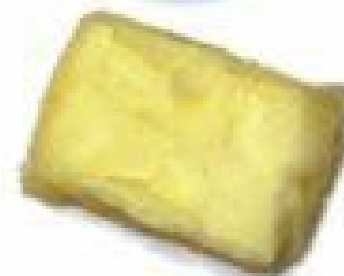
*Seal oil*



*Canola oil*



*Shortening*



*Butter & margarine*

# T/I Nutrition

- Three Sisters (Corn, Beans and Squash)
  - Provide a variety of nutrients that work together for health and wellness
  - Low in sodium, saturated fat and cholesterol
  - Corn – carbohydrates, fiber, vitamin C
  - Beans – carbohydrates, fiber and protein
  - Squash – carbohydrates, fiber, vitamins (vitamin A) and minerals (folate)
  - Seeds have quality vegetable fats



# T/I Nutrition

- Wild Rice
  - High in fiber
  - Minerals: magnesium, manganese and phosphorus
  - Low in saturated fat, cholesterol
  - Low in sodium



# T/I Nutrition

- Berries
  - Vary in nutrients depending on the berry
  - Rich in vitamins (vitamin C) and minerals (potassium)
  - Fiber
  - Antioxidants
  - Phytochemicals



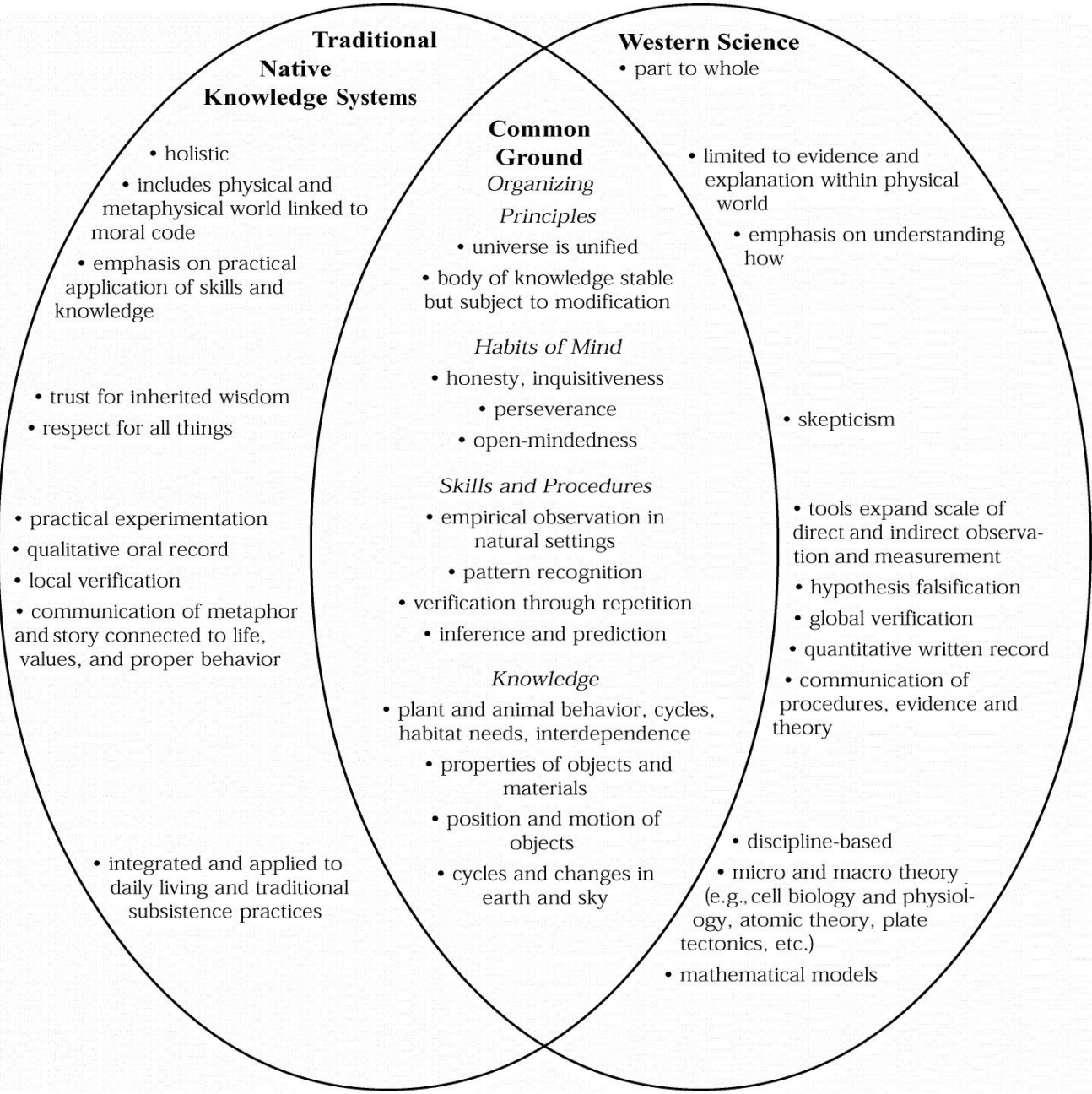
## T/I Nutrition

- Kalo (Taro)
  - Sacred Native Hawaiian plant
  - Often made into poi, a staple dish
  - High fiber
  - Taro root good source of calcium, iron and vitamin C



# Traditional Foods in Diabetes Care Plans



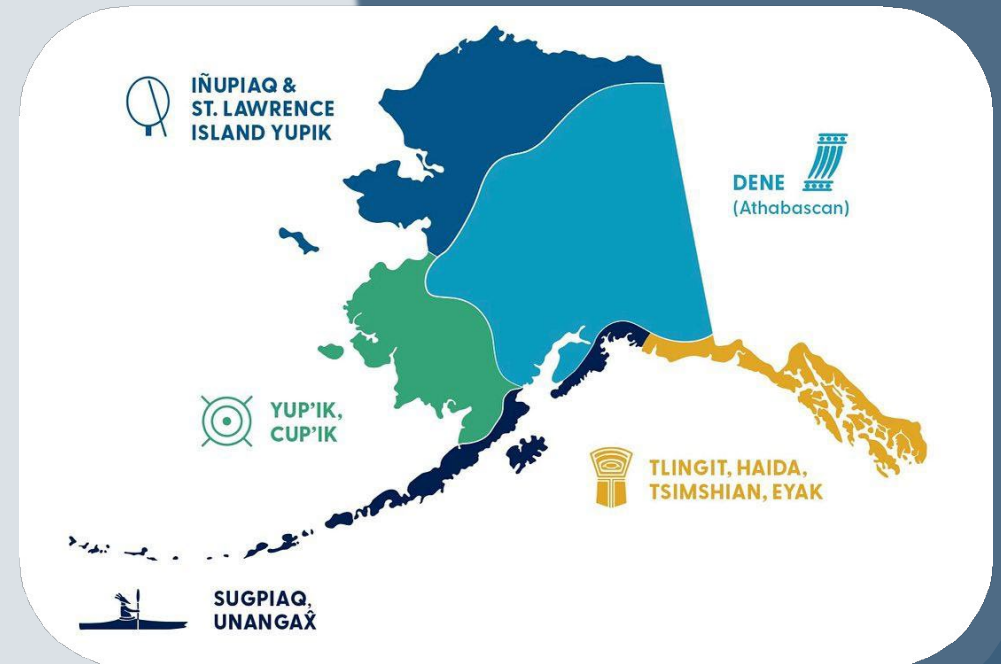


Barnhardt, R., & Kawagley, A. O. (2005). Indigenous Knowledge Systems and Alaska Native Ways of Knowing. *Anthropology and Education Quarterly*, 36(1), pp. 8-23. [http://www.ankn.uaf.edu/curriculum/articles/barnhardtkawagley/indigenous\\_knowledge.html](http://www.ankn.uaf.edu/curriculum/articles/barnhardtkawagley/indigenous_knowledge.html)

**Figure 2.**  
Qualities associated with traditional (Indigenous) knowledge systems and Western science.

# Care Plan

- Culture
- What's available?
- What's accessible?
- Emphasize:
  - Fiber (plants, roots, berries)
  - Protein (fish, wild game)
  - Healthy fats (seal oil, fish)



# MY NATIVE PLATE

Fruit



Water



Grain/  
Starch



**Use your plate as a guide to help you eat in a healthy way!**

1. Fill half of your plate with vegetables.
2. Fill the other half of your plate with a grain/starch and a protein.
3. Add a side of fruit.

**Pictured here:**

- Mixed berries
- Cooked spinach
- Baked squash with peppers and herbs
- Steamed wild rice
- Baked deer meat with sage
- Water

Take a picture with your cell phone. Look at the picture later as a reminder!



Vegetables

Protein

**Remember:**



Stay active



Drink water



Use a 9-inch plate

**Notes:**

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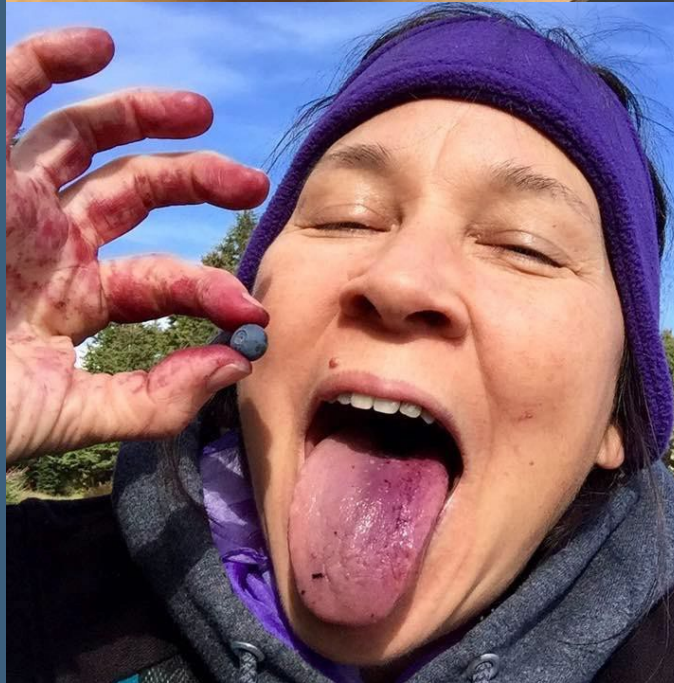




# Pōhaku Ku'i 'Aipono



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Website: [rootskalihi.com](http://rootskalihi.com)



# Journey to Alaska



# Alaska Native Medical Center (ANMC)

- ANMC Food and Nutrition Services team has looked at various ways to implement traditional foods into the patient menu
- Vendors/Procurement, donations, harvesting and cultivating





## • Traditional Tuesday

- Seal soup
- Moose stew
- Caribou stew
- Fish head soup
- Salmon belly and roe soup with bull kelp

## • Fishy Friday

- Smoked hooligan, salmon or sheefish
- Fried hooligan

## • Sweet Treat Saturday

- Birch sourdough bread with fireweed jelly
- Rhubarb bread
- Crab apple pudding
- High bush cranberry pudding
- Blueberry pudding

# The Siglauq



# Seal Oil

- Prohibited food in the Alaska Food Code
- [Botulism...A Deadly Food Poisoning](#)
- Maniilaq Seal Oil Project
- Brian Himelbloom and Chris Sannito
  - UAF - Kodiak Seafood and Marine Science Center
  - Measured pH, water activity and water content
- Eric Johnson
  - University of Wisconsin - Department of Bacteriology Botulinum Toxins Laboratory
  - Type E (associated with water environments)



# 9-STEP SEAL OIL HACCP PLAN

Obtaining the results from Wisconsin's heat inactivation experiment helped to support the development of a HACCP plan for seal oil. In collaboration with the University of Alaska-Fairbanks Kodiak Seafood and Marine Science Center, serving as the processing authority, an 9-Step HACCP Plan was created. Utilizing the traditional rendering process of seal oil, the proposed HACCP plan introduces a heat treatment step to control for *Clostridium botulinum* toxin.

**The current seal oil HACCP plan proposed involves the following steps:**

- 1. Trimming, Blubber Stripping and Sorting in the Siglauq**
- 2. 10-14 Day Ambient Temperature Blubber Rendering in Poly Buckets**
- 3. Oil/Cheesecloth Filtering and Straining**
- 4. Oil Heat Treatment 176°F for 10 min**
- 5. Pre-cool oil from 176°F to 70°F within 2 hrs**
- 6. Oil Filling into Clean Mason Jars**
- 7. Labeling/Inspection**
- 8. Cooling of Jars to 38°F within 4 hrs**
- 9. Frozen storage**



# Other Programs

- Food Assistance
  - Food banks and pantries
  - CACFP
- Child Nutrition
  - Fish to School
- Covenant House Alaska
  - “Fill Our Cache”





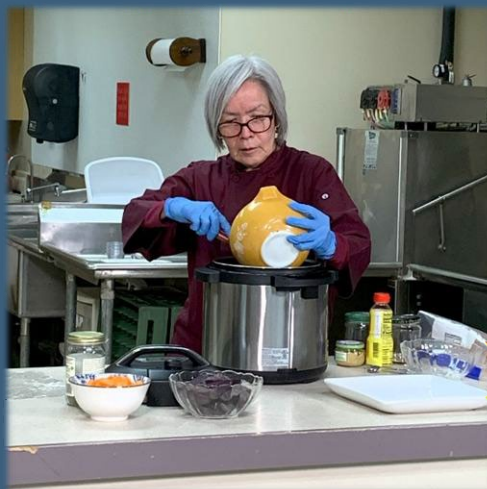
**UAA  
ALASKA  
TRADITIONAL  
KITCHEN**

# The Vision

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# Traditional Knowledge



# UAA Dietetics and Nutrition

## NATIONAL RESOURCE CENTER FOR ALASKA NATIVE ELDERS

The overarching goal for the NRC-ANE is to advance relevant knowledge and research for the wellbeing of Indigenous Elders through the creation and dissemination of products that inform caregiving, community support for active and healthy aging, and strengthening traditional ways that support positive aging. We aim to provide culturally-appropriate resources and other materials of relevance to Title VI programs and tribal communities, with the support of key community partnerships.

### NRC-ANE RESOURCES



## Dietetics & Nutrition

DEPARTMENTS / SCHOOL OF PREVENTIVE & THERAPEUTIC SCIENCES / DIETETICS NUTRITION



Dietetics & Nutrition  
UNIVERSITY of ALASKA ANCHORAGE

### Program Overview

UAA's Dietetics and Nutrition Program is a statewide education program that meets the growing needs of the dietetics and nutrition industry. This nationally accredited program trains entry-level, registered dietitian nutritionists, and community nutrition and nutrition science professionals throughout Alaska. Using an array of online and campus based courses, the UAA Dietetics and nutrition program offers a minor in Nutrition, a Bachelor of Science in Dietetics, and a Master of Science in Dietetics and Nutrition\*. The BS in Dietetics and the MS in Dietetics and Nutrition are both accredited by the [Accreditation Council for Education in Nutrition and Dietetics \(ACEND\)](#).

\*The MS in Dietetics and Nutrition program is designed to meet the educational requirements for professional licensure or certification in Alaska. However, the program might not meet the educational requirements for other states' professional licensure or certification. Please see UAA's [Licensure and Certificate website](#) for more information.

### What is a dietitian?

Registered dietitian nutritionists are healthcare professionals who provide medical nutrition therapy and consultant services in health care and wellness settings. To be successful in their field, RDN's need a strong science foundation along with courses in management, clinical and community nutrition, food science, communication, counseling, therapeutic nutrition, and nutrition for the lifespan.

#### DIETETICS NUTRITION

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[M.S. Dietetics for RDNs](#)

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# Logo Development



Alaska Traditional Kitchen  
UNIVERSITY of ALASKA ANCHORAGE



- Alaska Native youth
- Developed by Qanchi Crafts
- Created to represent all Alaska Native cultures





**Ulu**



**Salmon**



**Muktuk**





**Berries**



**Forget-me-not**



# Digital Media

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 **Website**



 **Facebook**



 **Instagram**

# Space



**Colleague's  
Kitchen**



**Church  
Kitchen**



**Mobile  
Kitchen**

# Bison Sausage Stuffed Sweet Potatoes

By Indigenous Chef Flora Deacon

## Ingredients

- 2 medium sweet potatoes, washed and dried
- 1 tablespoon olive oil
- 1 sweet onion, small dice
- 1 red bell pepper, small dice
- 2 stalks celery, small dice
- Salt and pepper to taste
- 1 to 2 teaspoons fresh thyme, chopped or ½ teaspoon dried
- 3 cloves garlic, minced or ¾ teaspoon garlic powder
- 1 pound ground bison sausage (see our bison sausage recipe)
- 2 cups kale, torn or chopped or fresh spinach, chard, turnip/kohlrabi tops
- ¾ cup Parmesan cheese, grated or dairy-free, divided







# Resources





Search DEC



You Are Here: DEC / EH / FSS / Food / Retail / Traditional Foods

### TRADITIONAL FOODS



You can donate hunted and gathered food to food service programs, senior meals, food banks, schools, hospitals, etc.

- Meats: whole, quartered, or roasts
- Fish: gutted and gilled, with or without heads
- Plants: whole, fresh, or frozen

The Alaska Food Code allows the donation of traditional wild game meat, seafood, plants, and other food to a food service of an institution or a nonprofit program with the exception of certain foods that are prohibited because of significant health hazards.

For more information contact your local Environmental Health Officer.

#### Donating Alaskan Foods to Food Service Programs

The short answer to the question "Can we serve traditional foods in food service programs?" is "Yes!" However, there are still guidelines that must be followed in order to comply with regulations.

There has been much confusion about the ability to serve traditional Alaskan foods in food service programs. For the purpose of this guide, a food service program is defined as an institution or nonprofit program that provides meals. Examples include licensed residential child care facilities, food banks and pantries, school lunch programs, and senior meal programs. Meals served at hospitals, clinics, and long-term care facilities also fall within the definition of food service programs.

Foods that are prepared and served by these programs are subject to local, state, and federal guidelines. These guidelines can be very confusing. This document will lead you through the regulations that govern Alaska's traditional foods and offer you a condensed, easily understood version of the regulations. Once you understand the regulations you will be able to serve the needs of your clients and safely provide local, healthy foods.

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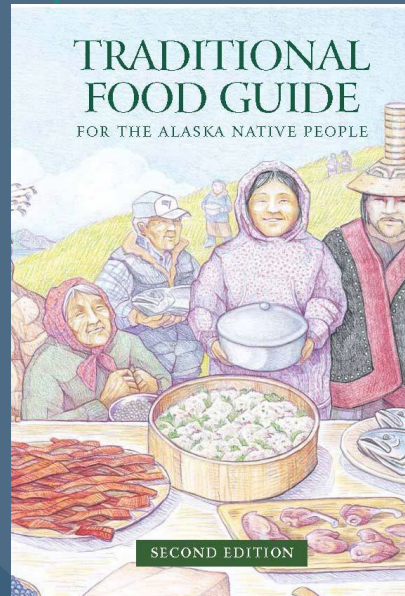
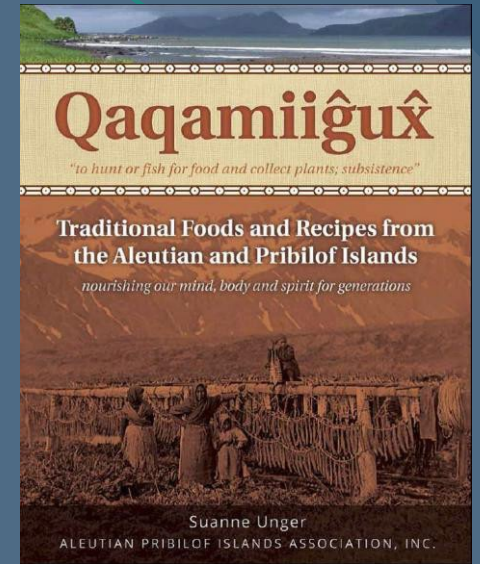
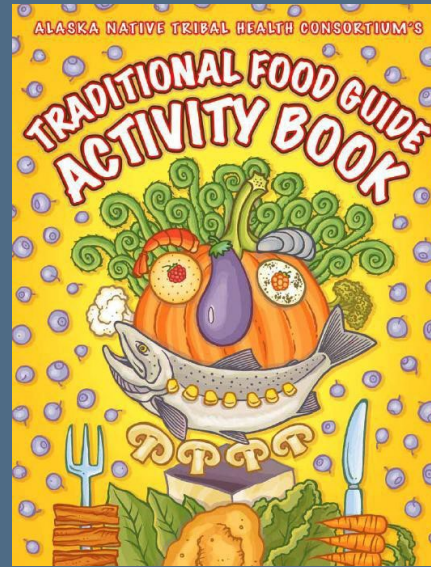
- Donating Alaskan Foods to Food Service Programs
- Community Building
- Plants, Mushrooms and Berries
- Food Safety
- Traditional Foods Are Important
- Traditional Foods in Food Service Programs
- Meats, Mammals, Fish and Eggs
- Accepting Donated Game or Fish
- Prohibited Foods
- Preparation
- Food Storage
- Processing Foods

# Traditional Food Guide

FOR ALASKA NATIVE CANCER SURVIVORS



Alaska Native Tribal Health Consortium  
Cancer Program



## STORE OUTSIDE YOUR DOOR

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# ***Thank You!***

**Aang  
(Unungax)**

**Ugheli nanghal'aeni  
(Ahtna Athabaskan)**

**Waqaa  
(Yup'ik)**

**Tats gwiik  
(Haida)**

**Daneyosh  
(Upper Kuskokwim)**

**Yuxudz yuxogh srigisddheyh go ninuxdatl  
(Deg Xinag Athabaskan)**

**Nakhwal'in shoo ihlii  
(Gwich'in Athabaskan)**

**Ts'Im'wii'amhaw  
(Tsimshian)**

**Enaa neenyo  
(Koyukon Athabaskan)**

**Chin'an gu nin yu  
(Dena'ina Athabaskan)**

**Quyakamsi tagilghiisi  
(St. Lawrence Island Yupik)**

**Quyana tailuci  
(Cup'ik)**

**Tsen-'ii, shign'ahdal  
(Tanana Upper)**

**Paġlagivsigiñ  
(Iñupiaq)**

**Yak'ei haat yigoode'e  
(Tlingit)**

**Cama'i  
(Alutiiq)**

**Quyana taaluten  
(Cup'ik Nunivak Island)**

**Awa'ahdah aanda'laxsa'a'ch't  
(Eyak)**



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**#TRADITIONALFOODSHEAL**  
**#TRADITIONALFOODSHEALOURPATIENTS**