Indigenous Foods and Diabetes Prevention

By the end of this training, you will understand the:

• Cultural Significance of Indigenous foods
• Different of access between Rural and Urban Areas
• Revitalization of Indigenous Foods and Subsistence Living
• Holistic Impact for Individuals and Families
Significance of Foraging, Harvesting, and Hunting

• Family or Community Effort
  • Building and honoring relationships

• Impacts not only nutrition but mental, emotional, and spiritual health

• Aids in Food Security for Families
## Clinical Differences for Urban and Rural Communities

### Urban
- Decreased access to indigenous foods
- Cost of travel back to villages
- Reliance on community members for access
- Decreased knowledge of land – foraging, harvesting, and hunting
- Decreased knowledge preparing indigenous foods
- Increased access to refined and processed foods

### Rural
- Increased access to indigenous foods
- Increased food security if indigenous foods are harvested
- Increased cost of conventional foods
- Rules and regulations regarding hunting and fishing for indigenous foods
Clinical Applications for Indigenous Foods

• Assess community access for indigenous foods
• Questions to Ask
  • How does culture influence your health?
  • How do you incorporate indigenous foods into meals/snacks?
• Advocacy Efforts
  • Connect with other Stakeholders in the community
SDPI Cookbook

• 19 tribal diabetes programs
• Complement ongoing wellness and diabetes prevention efforts
• Support tribal efforts to reclaim and revitalize indigenous ingredients
Goals

• Celebrate Alaska Native indigenous foods for the ways they support wellness (body, mind, emotion, and spirit) and prevent diabetes

• Promote Alaska Native cultural values

• Connect Alaska Native people with others who have knowledge of indigenous ingredients

• Suggest non-indigenous ingredients and recipes as an alternative to processed foods
Cookbook Timeline

1 Year / 88 recipes/ 5350 Cookbooks
Cookbook Format

- 6 x 9, spiral bound book
- Complete recipe on 1 page or facing pages
- High quality pictures and meaningful artwork throughout
- 5 sections – Gathered, Grown, Hunted, Fished & More Ideas – each displaying artwork and pictures of people harvesting or preparing food
- Page printed tabs

Eskimo Salad

Submitted by Elizabeth Tugawak

INGREDIENTS

1 cup each: carrots, onions, turnips, and cabbage, cut to bite size (cabbage can be shredded)

Black whale, cubed.

Dried seal meat (known as isningaq), cut to bite size

Boch Greens (known as Sea Sandwort or Koncherya)

Note: When picking sea sandwort or koncherya, be sure to pick the ones without white flowerings. They are often found near beaches in Seward or Homer.

Herring eggs, garnish. You can use dried herring eggs that have soaked overnight or herring eggs from herring branches.

Dried seaweed

Mouse food or Tundra Plant roots from Tull Cotton grass or the Negagert roots of the Hedyosmum Alpinum

Seal oil dressing

Salt to taste

PREPARATION

1. Mix all ingredients in large bowl to desired consistency.
People Connections

• Intentionally identify contributors and people by name to facilitate connections statewide
• Provide space for sharing personal meaning
Program Connections

resources

Resources are offered to help you locate information about these topics.

DIABETES
Diabetes Care Manual (2013); contact ANTHC Diabetes at 1-907-720-1125.

TRADITIONAL ALASKA NATIVE FOODS
Traditional Food Guide for the Alaska Native People (2015); contact ANTHC Health Promotion at healthpromotion@anthc.org.
Traditional Food Guide Youth Activity Book (2016); contact ANTHC Cancer Program cancer@anthc.org.
Qaamanuq, by Suanne Unger, Aleutian Pribilof Islands Association, Inc. (2014)
Plants That We Eat, by Anne Jones, University of Alaska Press, Fairbanks, 2nd printing (2010)
Alaska Native Harbor Seal Commission; 1-888-424-5882 or www.harborsalcommission.org

FOOD PROGRAMS
Food Distribution Program on Indian Reservations (FDPIR); www.anthcday.org/community/#fdpir
Alaska Supplemental Nutrition Assistance Program (SNAP); www.alASKsnap.com

LOCAL FOOD NETWORKS
Grow Palamer; facebook.com/growpalamer or growpalamer@gmail.com
Kenai Local Food Connection; www.kenailocalfood.org

Quagciq (Sourdock) Salad
One cup of sourdock has more vitamin A than five carrots. It's also a great source of iron, potassium and vitamin C. The iceberg lettuce supplies a crispness and sweetness that complements the Sourdock leaves.

INGREDIENTS
A fistful of sourdock leaves the length of your palm
½ full head iceberg lettuce, chopped
1 green or tart apple, chopped
1 can mandarin oranges, drained

PREPARATION
1. Sort sourdock leaves to remove grass and trim stems. Rinse leaves and dry on paper towel.
2. Cut leaves into shorter lengths for tossing in salad about 2 cups.
3. Place sourdock and iceberg lettuce into bowl. Toss. Add more lettuce or more sourdock leaves to suit family taste preferences.
4. Add apple and mandarin oranges to balance out flavors.
5. Serve plain or with favorite salad dressing.

Watch online: youtube.com/watch?v=0_wxBnCQYyI
This recipe comes from the “Kundra to Table” video cooking series. It was developed by the Center for Alaska Native Health Research at UAF Fairbanks in partnership with the Alaska Dept. of Health and Human Services, Division of Public Assistance, Family Nutrition Programs in 2016. Chef Jessica Lewis from Chefsnak demonstrated this recipe in the episode called Quagciq (Sourdock) Salad.
Living off the Land

How to Grow Microgreens

1. Find a container with a clear, tight fitting lid. Clean, recycled containers from restaurants or deli salad containers work well.

2. Fill container with soil or soil mix without fertilizer. Pro Mix BX soil mix can be purchased through Amazon.

3. Add water and mix into soil. Soil mix should be saturated, moist to the touch, but not soupy.
Non-Indigenous Options

• Healthier alternatives for processed snacks and desserts

Crispy Ranch Chickpeas

INGREDIENTS
1. low sodium chickpeas, drained and rinsed
2. granular ranch seasoning powder
3. cooking oil spray

PREPARATION
1. Preheat oven to 350°F.
2. Place chickpeas in bowl and toss with seasoning mix.
3. Spray sheet pan with cooking oil and pour seasoned chickpeas onto sheet pan.
4. Spray oil over the top of chickpeas and gently shake pan(s) to distribute evenly.
5. Bake at 350°F for one hour or until peas are dry and crunchy.
6. Cool completely. Store in an airtight container for up to 1 week.

White Bean Blondie

INGREDIENTS
1. ggreat northern beans, cooked
2. teaspoon baking powder
3. teaspoon baking soda
4. teaspoon salt
5. cup honey
6. tablespoons vanilla extract
7. cup plus 2 tablespoons rolled oats
8. cup butter, melted
9. cup vanilla chips

PREPARATION
1. Preheat oven to 350°F.
2. Line a 8 x 8 inch pan with parchment paper.
3. Combine all ingredients except vanilla chips in blender. Blend until smooth. It's okay to have some oats not completely ground up, but batter should be smooth.
4. Pour batter into prepared pan, sprinkle vanilla chips on top, be as sparing or liberal as you want.
5. Bake for 15-20 minutes until the top is medium brown. Careful not to undercook or brownies will stay gooey.
6. Allow to cool completely before cutting.
Qungasvik (Toolbox)
Indigenous Foods in Our Hospital
Network Distribution of Indigenous Foods
FOOD REGULATIONS

2014 FARM BILL

• The Agriculture Act of 2014 passed the Senate with an overwhelming bipartisan majority of 68-32 on Feb. 4, 2014; signed into law on Feb. 7, 2014

• Supported by former Alaska Sen. Mark Begich and Dr. Ted Mala

• Included Sec. 4004: Food distribution program on Indian reservations

2018

• U.S. Code Title 25. Indians- Chapter 18. Indian Healthcare-Subchapter VI Miscellaneous Section 1685

• Sec. 4033: Service of traditional foods in public facilities

• The term “food service program” includes:

• Food service at residential childcare facilities that have a license from an appropriate State agency

• Any child nutrition program, food service at hospitals, clinics and long-term care facilities and senior meal programs.
Alaska State Food Code and Municipality of Anchorage

- Traditional wild game meat, seafood, plants and other food donated to an institution or a nonprofit program.
- Includes residential childcare facility with a license from the DHSS, school lunch program and senior meal program.
- Food must be whole, gutted, gilled, as quarters or roasts without further processing.
- Animal is not diseased, food is butchered, dressed, transported and stored to prevent contamination, undesirable microbial growth or deterioration.
Alaska State Food Code and Municipality of Anchorage (con’t)

Prohibited Foods

• Molluscan shellfish, unless the operator complies with 18 AAC 31.200(c)(6) and (d) and 18 AAC 31.335
• Fox, polar bear, bear, and walrus meat
• Seal or whale oil, with or without meat
• Fermented game meat (beaver tail, whale flipper, seal flipper, maktak, and walrus)

• Fermented seafood products (i.e., salmon eggs, fish heads, other)
• Homemade canned or vacuum sealed foods
• Smoked or dried seafood products, unless those products are prepared in a seafood processing facility permitted under 18 AAC 34
ANMC Healing Garden Tyonek Garden
Seeds Of Change Alaska

Alaskan Grown Pilot Program with APU Farm

• Dandelion Roots
• Greens and buds
• Sorrel
• Lovage
• Kale
• Onions
• Cabbage
• Carrots
Alaskan Vegetation
Fruits and Vegetables Indigenous to Alaska

- Alaskan Blueberries
- Fiddlehead Ferns
- Spruce Tips
- Beach Asparagus
- Salmon Berries
- Cloud Berries
- High Bush Cranberries
- Lowbush Cranberries
- Beach Green
- Bull Kelp
- Seaweed
- Labrador Tea
- Birch Tree Sap
- Fireweed
Fish Found in Alaskan Waters

- Wild Caught Salmon
- Salmon Heads
- Herring Eggs
- Salmon Bellies
- Halibut
- Cod
- Hooligan
- Sheefish
- Salmon Roe
- Whitefish
Alaskan Fish
Alaskan Fish (con’t)
Hunted Game Indigenous to Alaska

• Reindeer
• Moose
• Caribou
• Blacktail Deer
• Harbor Seal
Donations
Grand Total of Donations = 21,586 pounds - over 10 tons!
CARING DURING COVID 19
Sample Patient Menu

• **Sample Main Dishes**
  • Moose Stew
  • Tundra Meat loaf
  • Reindeer Stroganoff
  • Baked Cod
  • Baked Sheefish with Pickled Beach Asparagus
  • Bone Broth
  • Salmon Chowder

• **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
Food is Medicine

“Let food be thy medicine, and let medicine be thy food.”
-Hippocrates
Additional Resources

Luz Smeenk, MS, RD, LD  
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Alaska Native Tribal Health Consortium Diabetes Program  
3900 Ambassador Drive, Anchorage, AK 99508  
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907-729-3925

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Nativefood4life@anthc.org for donation of traditional foods