Nizhonigo lina

STAR School Wellness Program
Created by Louva Montour and Loretta Jones
Wellness through Path of the Sun

Evaluation
Reflections

Thinking - who will be involved, farmers, wellness program

Accomplishment
Harvest Feast

Planning;
Irrigating
Planting sites

Accomplishing maintaining the gardens, on going
Physical Education
Navajo Traditional Foods from Seeds to Tummy
Annual Health Fair
Annette Gonnie-Navajo Wellness Model
Monthly School Walks
Culinary Class

Taste-testing and Recipe Making: Students are preparing Zucchini and Yellow Crooked neck Squash to be used in Navajo White Corn and Squash Sautee recipe.
Student Journals

• To begin this recipe was really good. I enjoyed how we all had to work together and cooperate with each other so we don’t add too much of the same ingredients. I recommend doing this again.

• Lauren, Middle School
Farm to School

White House Garden
Harvesting with First Lady Michelle Obama
Seed Saving and Drying Navajo White Steamed Corn
Butchering-Cleaning Achii
After School Program
Pee Wee Running Club
Arizona Food Corp Service Member
Student Journal

• Blue Corn Tortilla with Kale recipe-

• I really really love this recipe and I like the bread, it’s really really good. What I have learned is that kale can be in our bread. It tastes amazingly good and I like it. Some day and time I will make it at home.

• Ronnae, Middle School
Summer Wellness Program  Culinary and Gardening
Salsa ingredients from STAR green house; garlic, tomatoes and jalapenos
Service Learning
Lamb Tail Cutting Day
Funders

• Navajo Coordinated Approaches to School Health-IHS diabetes prevention/physical activities
• Newman’s Own Foundation-gardening
• First Nations Development Institute-food sovereignty
• Notah Begay III Foundation-diabetes prevention/physical activities
• Wellness Program Fundraising-camping trips, incentives, all activities
Contact Information

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