

# 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 Gonnig-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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