Traditional Foods on the Ground

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Session Overview

- Introductory Questions
- Jean Lloyd
- Stacy Hammer
- Debra Echo-Hawke
- Micah Masten
Questions

• Why do we care about traditional foods?
• Do you use traditional foods in your menus or at community gatherings? Do you cook in traditional ways? Do people like the foods? Why or why not?
• How do you obtain traditional foods?
• How does your tribe preserve traditional food ways?
• Do you use donated wild meats, plants, or fish?
Traditional Foods are a Way of Life
American Indian/Alaska Native

'Always give your first catch to an Elder. Respect the land and the animals. Harvest only what you need and be sure to take care of what you harvest.'
Denali Whitting, Kotzebue, Alaska
What is Traditional?

- Each region, tribe, village, or family will have different traditions
- Relied upon the protein source which was in the area
- Relied upon vegetation for seeds, shoots, roots
- LOTS of TRADE
Traditional Foods Vary

- Northeast
- Southeast
- North Central Plains
- Southern Plains
- Southwest
- Southwest Coast
- Northwest Coast
- Alaska Natives
- Native Hawaiians
- BLENDING
Traditional Foods are Not Everyone’s Tradition!

Way-North Indian Ice Cream

Not-so-North Indian Ice Cream

Whipped Cloud Berries

Commercial American Hot Fudge Sundae
Regardless of Tradition, Native American foods are

- Low in sodium
- Low in unhealthy saturated fat
- Low in simple carbohydrates
- Low in added sugars
- High in potassium
- Higher in good fat
- High in complex carbohydrates
- High in fiber

AND THEY TASTE GOOD!!!!
Traditional Foods in Meal Programs

- Traditional Foods are healthy
- Food safety is important
  - Harvesting
  - Processing
  - Preparation
  - Making them taste good
- But do the rules allow traditional foods?
Title VI Requirements

https://legcounsel.house.gov/Comps/Older%20Americans%20Act%20of%201965.pdf

- Nutrition services comparable to Title III (Section 601)
- “...provided in a manner that preserves and restores their respective dignity, self-respect, and cultural identities” (Section 602)
- Nutrition services provided to be “substantially in compliance with the requirements for Title III” (Section 614)
- “...the Assistant Secretary shall provide maximum flexibility to an applicant that seeks to take into account subsistence needs, local customs, and other characteristics that are appropriate to the unique cultural, regional, and geographic needs of the Indian populations to be served.” (Section 614)
Older Americans Addresses Food Safety

• Title III Section 339 (2)
  – (F) comply with applicable provisions of State or local laws regarding the safe and sanitary handling of food, equipment, and supplies used in the storage, preparation, service, and delivery of meals to an older individual...
2017 Food Code is the Basis for the Tribal Food Code

- Published by the Food & Drug Administration and U.S. Public Health Service of Department of Health & Human Services at https://www.fda.gov/food/guidanceregulation/retailfoodprotection/foodcode/ucm595139.htm

- Adopted by most States, Territories, Tribes & the military

- Used by many Indian Health Service sanitarians & Tribal environmental health departments
2017 Food Code Addresses Wild Food

• Section 1-2 defines: food, fish, game animals, meat, poultry including waterfowl and game birds

• Section 3-201.17 (A)(3) & (4) addresses in detail information about non-commercial fish, game, and mushrooms

• The Food Code does not address wild plants other than mushrooms
2017 Food Code Recognizes that Older American Act Nutrition Programs Serve People at Risk of Foodborne Disease

- Populations that are “highly susceptible” to food borne disease include:
  - Older adults
  - Individuals obtaining food at a facility such as child or adult day care, hospital, **nursing home** or nutritional or socialization services such as a **senior center**
The 2014 Farm Bill Defines Traditional Foods.

- USDA has a definition in the Farm Bill of 2014
- Traditional foods mean “food that has traditionally been prepared and consumed by an Indian tribe…”
- Traditional foods include: wild game meat, fish, seafood, marine mammals, plants and berries.
USDA 2014 Farm Bill allows the service of these traditional foods in a variety of USDA programs such as School Lunch and food service in non-USDA programs such as OAA nutrition programs like Title VI, hospitals & nursing homes.

- These traditional foods are to be donated.

- Donation is the key concept.

- Tribes cannot be held liable for in any civil action for any damage, injury, or death caused to any person by the donation to or serving of traditional foods through food service programs.
What Is the Responsibility of the Title VI Program Receiving Donated Traditional Foods?

- The Farm Bill provision requires that program operators that choose to accept the donation of traditional food must:
  - ensure that the food is received whole, gutted, gilled, as quarters, or as a roast, without further processing;
  - make a reasonable determination that the animal was not diseased;
  - the food was appropriately butchered, dressed, transported, and stored to prevent contamination, undesirable microbial growth, or deterioration; and
  - the food will not cause a significant health hazard or potential for human illness;

What Is the Responsibility of the Title VI Program Receiving Donated Traditional Foods?

• The Farm Bill provision requires that program operators that choose to accept the *donation* of traditional food must:
  
  – carry out any further preparation or processing of the food at a different time or in a different space from the preparation or processing of other food for the applicable program to prevent cross-contamination;
  
  – clean and sanitize food-contact surfaces of equipment and utensils after processing the traditional food;
  
  – label donated traditional food with the name of the food;
What Is the Responsibility of the Title VI Program Receiving Donated Traditional Foods?

• The Farm Bill provision requires that program operators that choose to accept the donation of traditional food must:
  
  – store the traditional food separately from other food for the applicable program, including through storage in a separate freezer or refrigerator or in a separate compartment or shelf in the freezer or refrigerator;
  
  – follow Federal, State, local, county, Tribal, or other non-Federal law regarding the safe preparation and service of food in public or nonprofit facilities; and
  
  – follow other such criteria as established by the Secretary of Agriculture and Commissioner of the U.S. Food and Drug Administration.
Can We Use Food Grown in the Elder Garden in the Meals for Title VI?

- Yes, in the Title VI program, if the food is **donated**
- Check with your Indian Health Service sanitarian to make sure that the Tribal Food Code allows this or if there are any guidelines for community garden food safety and sanitation
- If a Tribe receives both Title III and VI funds, the Tribe may need to contact the Area Agency on Aging or State Unit on Aging regarding policy in this area
Can We use Title VI Funds to Buy Supplies to Build and Maintain a Garden?

• The Older Americans Act does not specifically address this question

• The AoA prefers that Title VI programs use other funds, not Title VI funds
  – Limited Title VI funds
  – Reduction in funding available for meals (reduced NSIP funding), transportation, other services
  – Possible other sources: Tribal; small grants; fund-raising

• Tribal decision about best use of limited funding
Can We **Purchase** Food from Tribal Businesses?

- Yes

- If you are purchasing food products such as meat, fish other products from a *Tribal commercial operation*, there is no difference if it is Tribal or not

- Commercial food products, whether Tribal or not, must be produced in compliance with appropriate food safety and sanitation codes
Can We **Purchase** Game from a Local Non-Commercial Hunter or Fish from a Local Non-Commercial Fisherman?

- No
- Title VI programs **cannot purchase** game, fish, or foraged plants or berries from a local non-commercial entity
- Title VI programs may accept **donated** game, fish or foraged plants and berries
Can a Title VI Program **PAY** a Local Hunter, Fisherman, or Forager to Find, Harvest and Donate Food?

- Yes

- A Title VI program may pay the expenses for a local hunter, fisherman, or forager

- These expenses may include tags, gas, ammunition, costs directly associated with the activity, etc.
Can Title VI Use Traditional Foods?

• **YES!!!**

• May accept *donated* fresh garden produce, fresh gathered plants and berries

• May accept *donated* fish, game which is safely processed

• May **pay for a hunter/fisherman/forager** with Title VI funds, including gas, ammunition, etc.

• May **not accept home-canned** food products, or home-processed foods such as canned fruits and vegetables, baked goods, etc.
Traditional Foods Conferences

• Intertribal Food Sovereignty Summit
  • Sponsors:
    • Mashantucket Pequot Tribal Nation
    • Narragansett Indian Tribe
  • Date & Place
    • August 20-23, 2018, Mashantucket Pequot Museum & Research Center, Ledyard, CT
  • Website: https://www.eventbrite.com/e/intertribal-food-sovereignty-summit-tickets-45720988708

• Seeds of Native Health: Third Annual Conference on Native American Nutrition
  • Sponsors:
    • Shakopee Mdewakanton Sioux Community
    • University of Minnesota’s Healthy Foods, Healthy Lives Institute
  • Date & Place
    • October 2-5, 2018, Mystic Lake, MN
  • Website https://seedsofnativehealth.org/conference/
Resources
Resources

• Administration for Community Living – Older Indians https://olderindians.acl.gov/
  – Nutrition resource links https://olderindians.acl.gov/links#nutrition
  – Title VI manual https://olderindians.acl.gov/manuals-and-toolkits

• National Resource Center on Nutrition and Aging
  http://nutritionandaging.org/
  – http://nutritionandaging.org/native-foods/
Resources

• Food and Drug Administration
  – Food Code  
    https://www.fda.gov/food/guidanceregulation/retailfoodprotection/foodcode/default.htm
  – Food Recalls, Outbreaks and Emergencies  
    https://www.fda.gov/Food/RecallsOutbreaksEmergencies/default.htm
  – Foodborne Illness and Contaminants  
    https://www.fda.gov/Food/FoodborneIllnessContaminants/default.htm
Resources

- Alaska Native Tribal Health Consortium
  https://anthc.org/
  - https://anthc.org/what-we-do/traditional-foods-and-nutrition/
Alaska Traditional Foods Sites

• Alaska Department of Health

• Alaska Cooperative Extension
  – http://www.uaf.edu/ces/foods/
Alaska Traditional Foods Sites

• Department of Wildlife Management – North Slope Borough

• State of Alaska Division of Environmental Health – Food Safety and Sanitation Program
  – http://dec.alaska.gov/eh/fss/food/traditional_foods.html
Food Safety Resources for First Nations from Canada

• Professional: Food Safety for First Nations People of Canada: A Manual for Healthy Practices

• Professional: Traditional Foods: Are They Safe for First Nations Consumption?

• Consumer: Food Safety Tips,
Resources-African Indians/Alaska Natives

- Seeds of Native Health http://seedsofnativehealth.org
  - http://seedsofnativehealth.org/resources/
  - Feeding Ourselves: Food Access, health disparities, and the pathways to healthy Native American Communities
Resources-American Indians/Alaska Natives

- First Nations Development Institute
  http://www.firstnations.org/
  - Nourishing Native Foods and Health
    http://www.firstnations.org/programs/foods-health
  - Knowledge Center http://www.firstnations.org/knowledge-center/foods-health
  - Senior Hunger and Food Insecurity in Indian Country: Community Based Solutions to Improve the Health and Well-Being of Tribal Elders
Thanks

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