

**USDA, Food and Nutrition Service (FNS)  
Food Distribution Programs (FDPIR) on Indian Reservations**

**Food Distribution Program Nutrition Education (FDPNE) Project Summaries  
FY 2013**

**Cheyenne and Arapaho Tribes of Oklahoma, \$87,884**

This organization will continue their community garden program and will build a new greenhouse to encourage more FDPIR participant involvement in fruit and vegetable gardening. They will also conduct workshops that encourage participants to increase daily intake of fruits and vegetables on a regular basis.

**Chickasaw Nation of Oklahoma, \$144,484**

To support the project goal ‘make half your plate fruits and vegetables’ the project will develop a teaching garden and offer nutrition and garden education classes. They will also use “Let’s Move in Indian Country” curriculum components to provide physical education activities to program participants.

**Chippewa Cree Tribe for the Mountain Plains Region Nutrition Advisory Committee,  
102,230**

The consortium will provide nutrition and physical education to youth during summer camp programs conducted at six FDPIR sites.

**Choctaw Nation of Oklahoma, \$9,831**

The Choctaw Nation of Oklahoma will conduct sessions based on the “Eat Healthy – Be Active Community Workshops” curriculum that is based on the Dietary Guidelines for Americans 2010 and the 2008 Physical Activity Guidelines for Americans. This activity will focus on the elderly and families with young children. Additionally, the organization will provide “Cooking with Carmen” classes that teach slow cooking methods and classes that teach basic nutrition principles.

**Confederated Salish and Kootenai Tribes of the Flathead Nation, \$59,235**

This project is a collaborative effort between the Confederated Salish and Kootenai Tribes’ FDPIR and the Extension Program at the Salish Kootenai College. They will expand community gardens and develop a new youth garden, conduct healthy cooking demonstrations, provide nutrition education during summer camps, and conduct physical education activities during summer camps.

**Lac Courte Oreilles Band of Lake Superior Chippewa, \$82,421**

The Food Distribution Program will encourage behavior that promotes healthier food choices by conducting food demonstrations and cooking classes that focus on recipes that use USDA Foods.

**Lac du Flambeau Band of Lake Superior Chippewa Indians, 45,147**

The program will conduct weekly nutrition education and food demonstration sessions at the FDPIR program site, the Wellness Center, and the organization's youth center. They will also provide nutrition education while making home deliveries of USDA Foods to homebound participants of FDPIR.

**Little Traverse Bay Bands of Odawa Indians, \$3,629**

The project goal is to promote healthy food and lifestyle choices recommended by The Dietary Guidelines for Americans, 2010. Interactive workshops targeted for FDPIR youth between the ages of 13 and 18 years old will focus on tips and recommendations that promote the food offered by the FDPIR program and how to incorporate dietary changes.

**Menominee Indian Tribe of Wisconsin, \$41,813**

The Menominee Tribe will continue their community garden program and collaborate with the University of Wisconsin-Extension Menominee County to provide healthy cooking classes, recipes, and nutrition education handouts to FDPIR eligible participants.

**Pueblo of Zuni Food Distribution Program, \$27,784**

The project will conduct nutrition education sessions and food demonstrations that feature fruits and vegetables.

**Red Cliff Band of Lake Superior for the Midwest Region Nutrition Advisory Committee, \$96,260**

This consortium of 23 Indian Tribal Organizations focuses on health promotion activities that help FDPIR participants establish healthier dietary and physical activity habits. Projects funded to help accomplish these goals include the development of a culturally relevant calendar and nutrition guide for FY 2014, providing a copy of two cookbooks with healthy recipes, and visiting Food Distribution Programs throughout the region to teach them how to conduct nutrition education activities.

**Sherwood Valley Band of Pomo Indians, \$54,341**

A youth leadership club will learn about the benefits of increasing fruits and vegetable in the diet. Training on how to share these lessons with their peers, families, and other tribal groups is a component of this activity. Additionally, this program will provide food and physical activity demonstrations, and nutrition workshops at the FDPIR warehouse and fifteen remote sites where USDA foods are distributed.