

Partnering for Success in Tribal Communities

May 18, 2016



Today's Speakers



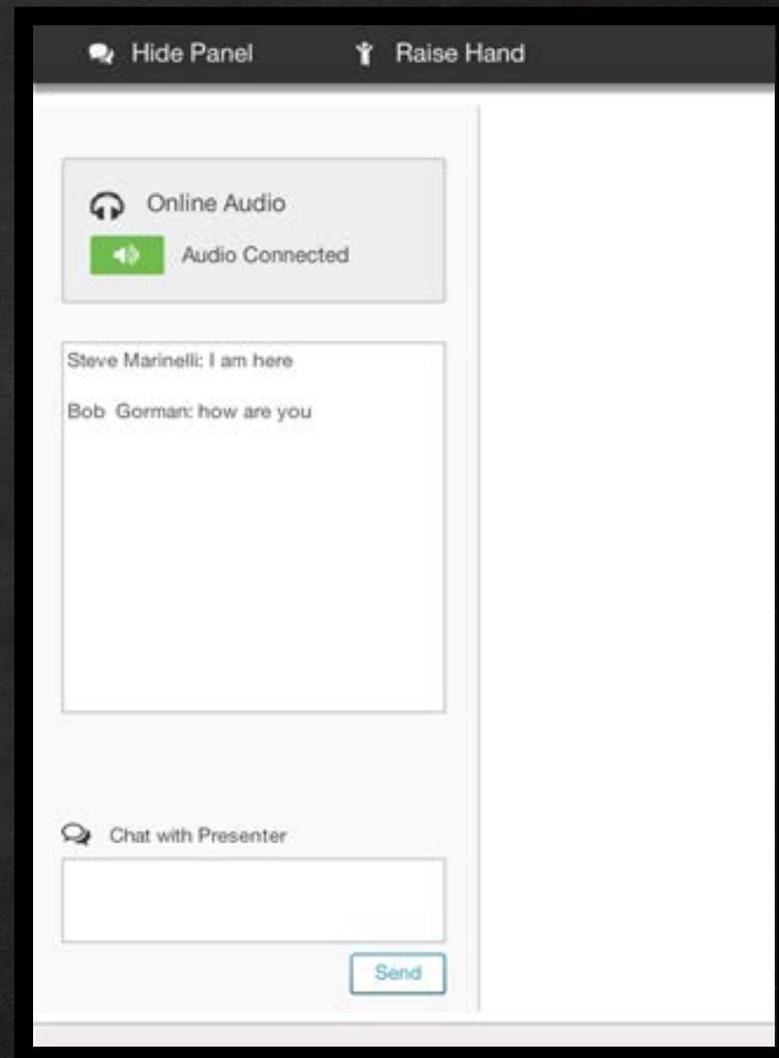
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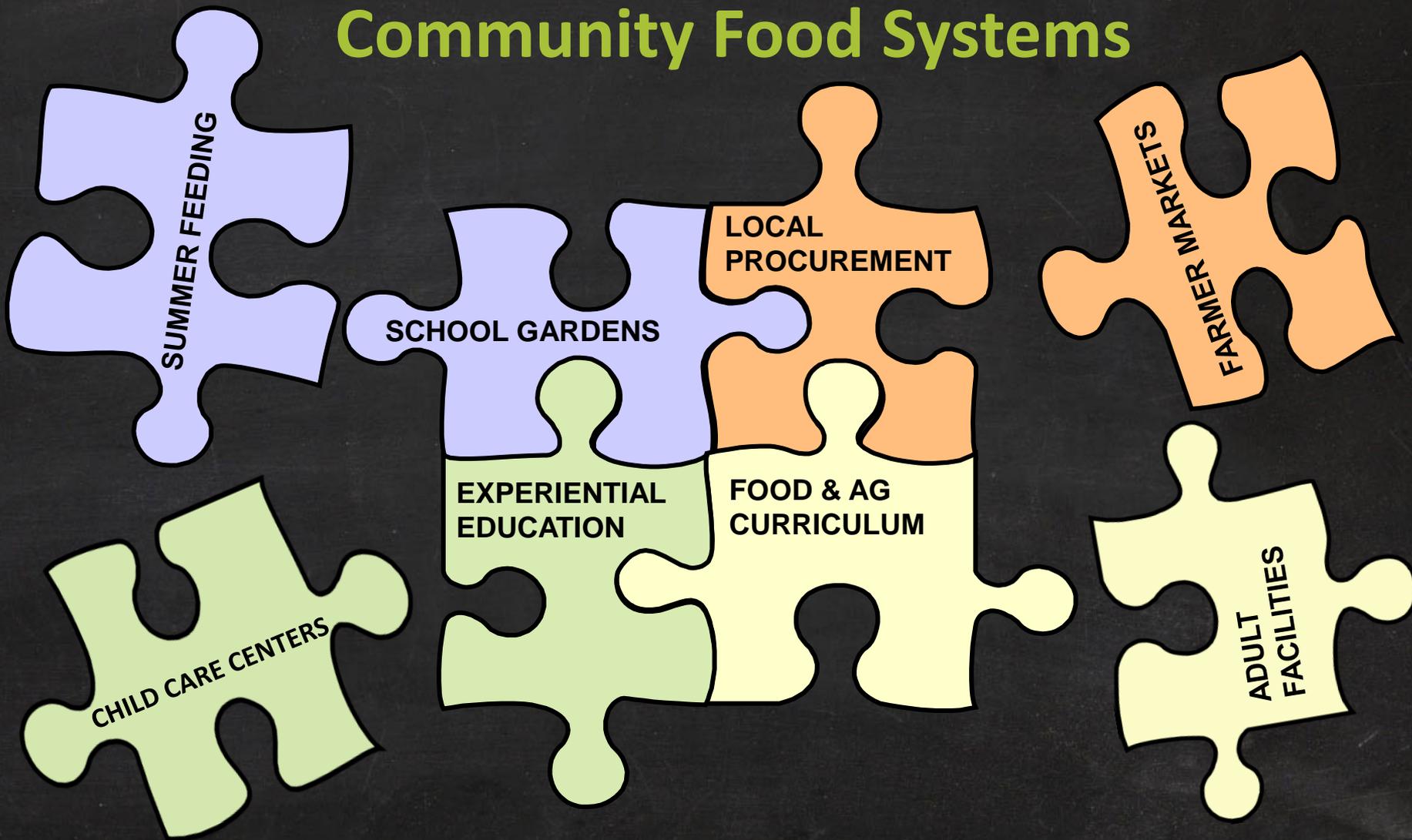
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Housekeeping

- To make a comment or ask a question, use the *chat* function
- This webinar will be recorded and available on our website
- A PDF of the slides and any attachments will be emailed to you after the webinar
- Please take the survey after the webinar



What is Farm to School? Community Food Systems



Benefits of Community Food Systems



Selling to local communities can be a win-win

Communities win because:

- Receive your local product
- Food are more nutritious
- Market their food service program
- Farm Education possibilities

Producers win because:

- Another revenue source
- Market your farm/company
- Know where your food goes
- Feed your community
- Grow your next generation of customers





THE
FARM to SCHOOL
PROGRAM

National Results *

Farm to School (F2S)



by:

Jim Stone, Executive Director

InterTribal Buffalo Council

May 18, 2016



InterTribal Buffalo Council

- Inter Tribal Buffalo Council (ITBC) has a membership of 63 tribes throughout 19 states.
- One role of ITBC, established by its Membership, is to act as facilitator in coordinating education and training programs and to develop marketing strategies.

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Farm to School (F2S)

- The Inter Tribal Buffalo Council (ITBC) received a one-year USDA Support Service Grant working with Tribal Schools in the State of South Dakota.
- The role is to help Tribes incorporate buffalo meat and fresh produce into their Tribal School lunch menu.



Farm to School (F2S)

- The role of ITBC is to help tribes incorporate buffalo meat and fresh produce into their school lunch program.
- The purpose of introducing buffalo meat and fresh produce is because of the positive affect it has on our Native peoples' health.



Farm to School (F2S)

- The Native American Indian population currently suffers from the highest rates of type 2 diabetes. In some communities the rate is as high as 60%.
- The Indian population further suffers from high rates of heart disease and various other diet related diseases. Studies indicate that Type 2 diabetes commonly emerges when a population undergoes radical diet changes.



Farm to School (F2S)

- Meat from grass-fed buffalo can contain nearly four times the amount of vitamin E and vitamin B-12 than found in feedlot cattle.
- Because the buffalo meat is lower in fat, means that it has fewer calories and more omega-3 acids and less omega-6 fatty acids.



Farm to School (F2S)

Benefits of Buffalo Meat Nutritional Comparison

Per 100-gram serving, cooked meat

Meat	Protein (g)	Fat (g)	Calories	Iron (mg)
Buffalo	28.5	2.5	143	3.42
Beef	29.5	10	219	2.99
Pork	29.5	9.5	212	1.1
Chicken	29	7.5	190	1.29
Salmon	27	11	216	0.55

Sources: National Bison Associations, USDA



Farm to School (F2S)

- Many of the Tribes would like to incorporate buffalo meat and fresh produce into their schools or tribal entities, but there are many different steps to take, before the tribes decide to make this commitment.



Farm to School (F2S)

- Determine the supply level such as:
 - Number of buffalo available to process.
 - Ability to harvest: monthly, quarterly, or annually.
 - Identify customers-their product needs (quantity, cuts, packaging, labeling, delivery time, price points).
 - Who will be hauling the buffalo to and from the plant.



Farm to School (F2S)

- If the Tribes are supplying buffalo meat to the schools, what are the school requirements?
- Is the school Bureau of Indian Affairs (BIA), Bureau of Education (BIE), Contract School, or Public Schools?
- Each school will have different requirements.



Farm to School (F2S)

- Do the schools require a Nutrition Fact (NF) label ?
- No, but most schools request the Nutrition Fact label.
- How do you get a Nutrition Fact Label?
- Some Tribes send off a sample of their buffalo meat to a lab and they will send back the results.



Farm to School (F2S)

- What is a CN label?
 - a CN label has the ounces of the meat, the nutrition facts, and how the product is cooked (Use of CN logo and statement authorized by the Food and Nutrition Service, USDA).

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Farm to School (F2S)

Nutrition Facts			
Serving Size 4 oz (112g)			
Servings Per Container: Varies			
Amount Per Serving			
Calories 130	Calories from Fat 30		
% Daily Value*			
Total Fat 3.5g	5%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 70mg	23%		
Sodium 70mg	3%		
Total Carbohydrate 0g	0%		
Dietary Fiber 0g	0%		
Sugars 0g			
Protein 3g			
Vitamin A 0%	Vitamin C 0%		
Calcium 2%	Iron 20%		
*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Buffalo Chuck Roast

Ease of preparation:

- Cooks quicker than other red meats.
- Cook to desired doneness with an internal temperature of 160°F
- Can be easily substituted for beef in any of your favorite dishes.

Safe Handling Instructions: This product was prepared from inspected and eviscerated meat and is ready to cook. Some top products may contain leavening that could cause leavening if the product is mishandled or cooked improperly. For your convenience, please refer to safe handling instructions.

Keep Refrigerated or Frozen. Thaw in refrigerator or microwave.

Always use meat and poultry separately from other foods. Always wash your hands including cutting boards, utensils, and hands after handling raw meat or poultry.

Good Housekeeping

Net to Net Weight: Net, Barter/Gross to Net

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Farm to School (F2S)

- Benefits to Incorporating buffalo meat into Tribal Schools
- Students are eating healthier by having buffalo meat in their lunch program.
- Students get to participate in their culture by participating in sweats, ceremonies, and in buffalo harvesting.



Farm to School (F2S)

- The schools are paying the price of beef (because the price of buffalo is so high).
- Some Tribes are donating buffalo meat to the schools.
- Purchasing live wt. buffalo at a low cost and doing a traditional kill.



Farm to School (F2S)

- If the Tribe is short on buffalo, they cut back (rather than having the buffalo meat served 1 day a week they will serve it 1 time a month).
- ITBC is willing to work with the Tribes to do our best to keep our Native children healthy!

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Questions?



Thank You!
Questions?



THE
FARM *to* **SCHOOL**
PROGRAM

Upcoming Webinar: Engaging Students: May 25, 3:00 PM EST

Incorporating nutrition education related to traditional food items into cultural activities such as ceremonial songs and storytelling helps students to identify food as part of Native American heritage.

