



# ***Alaska Traditional Foods Movement***

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Utqiagvik  
(Barrow)

ARCTIC OCEAN

FAR NORTH

CHUKCHI SEA

BEAUFORT SEA

GULF OF ANADYR

CHUKOTKA

RUSSIA  
UNITED STATES

GATES OF THE ARCTIC  
NATL PARK & PRESERVE

ARCTIC NATIONAL  
WILDLIFE REFUGE

ARCTIC  
CIRCLE

INTERIOR

Fairbanks

BERING SEA

SOUTHWEST

PRIPILOF ISLANDS

ST. PAUL ISLAND

ST. GEORGE ISLAND

ALEUTIAN ISLANDS

Dutch Harbor

Adak

False Pass

Cold Bay

King Cove

Chignik

Sand Point

ANNUCHAK NATL  
MONUMENT & PRESERVE

KODIAK ISLAND

Kodiak

Old Harbor

KODIAK NATL  
WILDLIFE REFUGE

SOUTHCENTRAL

GULF OF ALASKA

PACIFIC OCEAN

INSIDE PASSAGE

Prince Rupert

N.W. TERRITORY  
YUKON

Carmacks

Ross River

Watson Lake

Whitehorse

Carcross

White Pass

Skagway

Juneau

Alaska Bay

Haines

Glacier Bay

Glacier Bay NATL  
PARK & PRESERVE

Elfin Cove

Pelican

Tongue

Sitka

Wrangell

Hydco Stewart

Petersburg

Ketchikan

Metchikan

Wrangell

Hydco Stewart

Misty Fjords NATL  
MONUMENT WILDERNESS

Wrangell

Hydco Stewart

Misty Fjords NATL  
MONUMENT WILDERNESS

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Misty Fjords NATL  
MONUMENT WILDERNESS

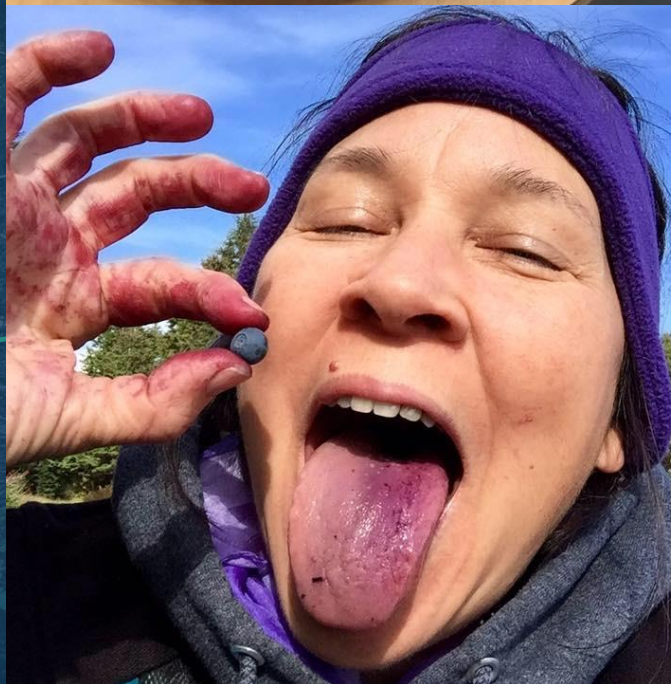














**CLOSE YOUR EYES**





## IN THE HOSPITAL

- Constant interruptions
- Medications
- IVs
- No control
- Blood drawn
- What are people saying?
- What is that piece of equipment?















**“Let food be thy medicine, and let medicine be thy food.”**

- Hippocrates, father of modern medicine



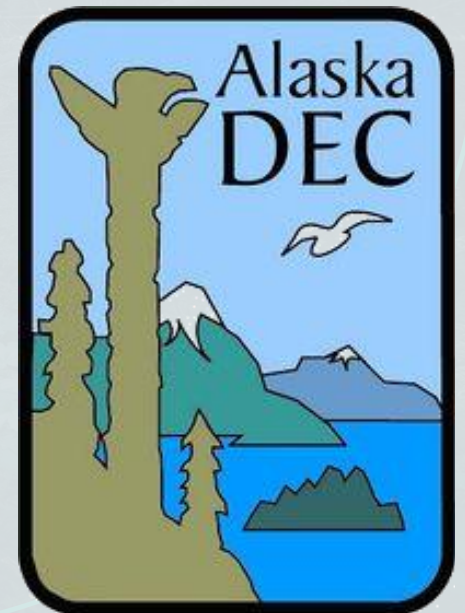
# REGULATIONS





# AK DEC FOOD CODE

- Has included verbiage about traditional foods for a number of years
- Traditional wild game meat, seafood, plants and other food donated to an institution or a nonprofit program
- Includes residential child care facility with a license from the DHSS, school lunch program and senior meal program
- Food must be whole, gutted, gilled, as quarters or roasts without further processing
- Animal is not diseased
- Food is butchered, dressed, transported and stored to prevent contamination, undesirable microbial growth or deterioration





# AK DEC FOOD CODE

- Prohibited food
  - Molluscan shellfish, unless the operator complies with 18 AAC 31.200(c)(6) and (d) and 18 AAC 31.335
  - Fox, polar bear, bear and walrus meat
  - Seal or whale oil, with or without meat
  - Fermented game meat (beaver tail, whale flipper, seal flipper, maktak and walrus)
  - Fermented seafood products (salmon eggs, fish heads and other)
  - Homemade canned or vacuum sealed foods
  - Smoked or dried seafood products, unless those products are prepared in a seafood processing facility permitted under 18 AAC 34





# 2014 FARM BILL

- The Agriculture Act of 2014 passed the Senate with an overwhelming bipartisan majority of 68-32 on Feb. 4, 2014; signed into law on Feb. 7, 2014
- Supported by former Alaska Sen. Mark Begich and Dr. Ted Mala
- Included Sec. 4004: Food distribution program on Indian reservations and Sec. 4033: Service of traditional foods in public facilities
- The term “food service program” includes:
  - Food service at residential child care facilities that have a license from an appropriate State agency
  - Any child nutrition program
  - Food service at hospitals, clinics and long-term care facilities
  - Senior meal programs







# FARM BILL

DECISIONS, CHOICES

2018





# MUNICIPALITY OF ANCHORAGE (MOA)

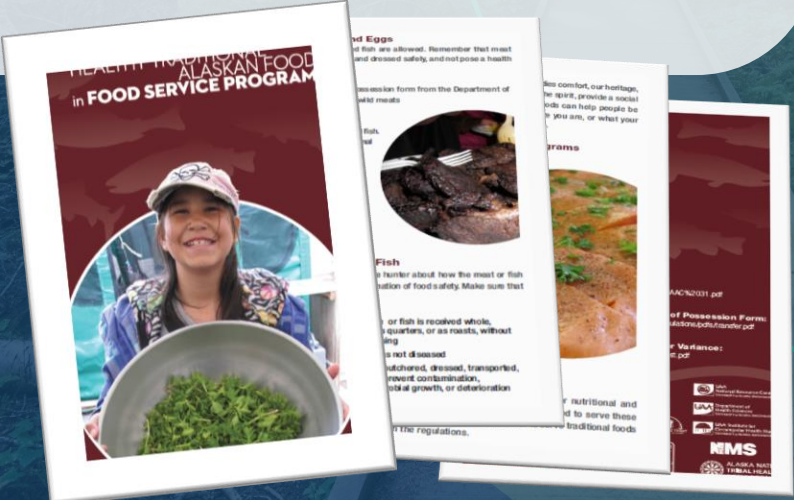
- Food Code
  - Updated in December 2017
  - Added the ability to donate wild game meat, seafood and plants to a food service of an institution or a non-profit (i.e. child care facilities, senior meal programs, shelters) in accordance with State of Alaska code and specific handling requirements.





# TRADITIONAL FOOD POSTER & TOOLKIT

- Alaska traditional foods poster and toolkit
  - Developed by Nancy Furlow and Sarah Shimer (formerly with UAA) in collaboration with NMS, ANTHC, AK Food Policy Council, AK DEC, and others





# HEALTHCARE





# ALASKA NATIVE MEDICAL CENTER (ANMC)

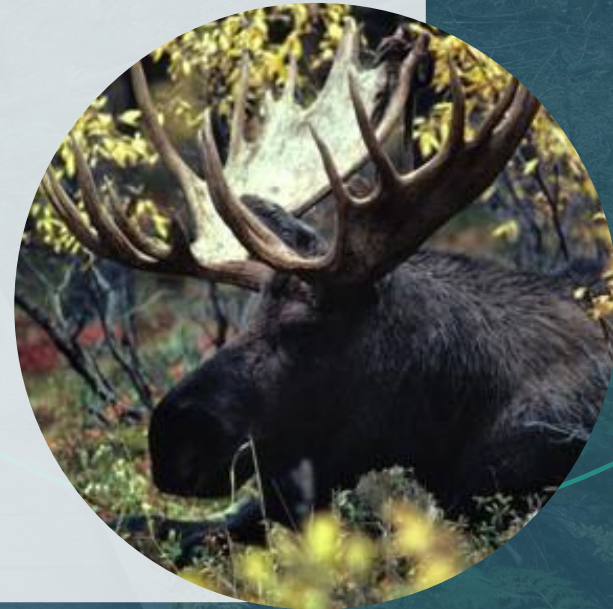
- ANMC Food and Nutrition Services team has looked at various ways to implement traditional foods into the patient menu
- Vendors/Procurement, donations and harvesting
- ANTHC/APU high tunnel or garden





# ANMC – THINKING OUTSIDE OF THE BOX

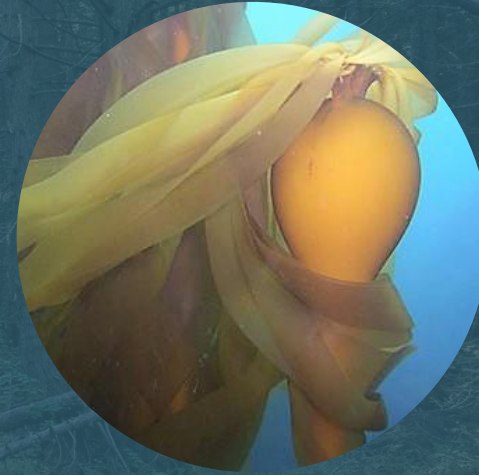
- Harvesting
  - Spruce Tips
  - Dandelions
  - Salmonberries
  - Blueberries
  - Crowberries
  - Arctic Cranberries
  - Fireweed
  - Rosehips
  - Crab Apples
- Alaska Moose Salvage Program
- Alaska Professional Hunter Association





# ANMC – THINKING OUTSIDE OF THE BOX

- Vendors/Procurement
  - Reindeer
  - Wild Alaska salmon
  - Fiddlehead ferns
  - Beach Asparagus
  - Bones
  - Fish heads
  - Chaga
  - Bull Kelp





# ANMC TRADITIONAL FOODS DONATION LOCATIONS

- 
- A map of Alaska is shown in the background, with 32 numbered locations marked. The locations are distributed across the state, with a higher concentration in the southern and central regions. The numbers correspond to the list provided below.
1. Eureka
  2. Eagle River
  3. Anchorage
  4. Fairbanks
  5. Ketchikan
  6. Willow
  7. Healy
  8. Wasilla
  9. Soldotna
  10. Kenia
  11. Homer
  12. Kotzebue
  13. Noatak
  14. Eastern Aleutian Islands
  15. Hope
  16. Bird creek
  17. Girdwood
  18. Cantwell
  19. Petersburg
  20. Kodiak
  21. Haines
  22. North pole
  23. Valdez
  24. Cordova
  25. Whittier
  26. Seward
  27. Chugiak
  28. Sitka
  29. Nome
  30. Port Alsworth
  31. Bethel
  32. Utqiagvik







# ANMC 2017 TRADITIONAL FOODS DONATIONS

- Game

- 800# Deer
- 1920# Moose
- 50# Caribou

- Fish

- 250# King Salmon
- 60# Cod
- 896# Sheefish
- 200# Whitefish
- 200# Hooligan

- Plants/Berries

- 5# Fiddlehead Ferns
- 80# Spruce Tips
- 40# Dandelions & Buds
- 112# Arctic Berries
- 2# Tundra Tea

- Local

- 20# Rhubarb
- 60# Crab Apples
- 100# Broccoli





# ANMC 2018 TRADITIONAL FOODS DONATIONS

- Game

- 430# Harbor Seal
- 240# Deer
- 85# Moose

- Fish

- 420# Salmon Heads
- 465# Hooligan
- 2 each Whitefish

- Local

- 40# Rhubarb
- 120# Crabapples

- Plants/Berries

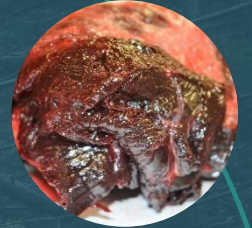
- 8# Fiddlehead Ferns
- 20# Spruce Tips
- 2 gallons Fireweed
- 10# Dandelions
- 40# Arctic Berries
- 3# Tundra Tea
- 11# Bladder Wrack
- 2# Crowberries





# ANMC 2019 TRADITIONAL FOODS DONATIONS

- Game
  - 345# Harbor Seal
- Plants/Berries
  - 1 gallon Cranberries
  - 4 gallons Beach Greens





# MOOSE, CARIBOU & DEER MEAT





# MOOSE

8 JANUARY - MARCH 2018

The Mukluk Telegraph

## ANMC ANMC patients served Tundra Meatloaf after generous hunter donation

The fall season often means the return of moose stew, moose burgers and moose meat. Thanks to a generous donation by a local hunter, ANMC patients will get to enjoy these comforting foods that help in the healing process.

If you are interested in donating, or have questions about traditional foods being served for our patients at ANMC, please email [NativeFoods4Life@anthc.org](mailto:NativeFoods4Life@anthc.org).



*Joe Schuster, from Sportsman's Air Service, Alaska Professional Hunting Association Board Member, donated four moose quarters to ANMC's Traditional Foods Program on Tuesday, Oct. 25. Executive Chef Amy Foote (left), ANMC VP of Professional and Support Services Vivian Echavarria (middle right) and General Manager of hospital food services at ANMC Cynthia Davis (right), were thrilled with the offering, which provided hearty, home-cooked meals that are a comfort food for our patients at ANMC.*





# HERRING EGGS





# SEAL MEAT

- Traditional Tuesdays in conjunction with the Culture Committee, seal soup is offered to patients and families







# WILD ALASKA KING SALMON





# FIDDLEHEAD FERNS & BEACH ASPARAGUS





# SERVING A MENU OF TRADITION



#TRADITIONALFOODSHEALOURPATIENTS



DIAL 5656 TO ORDER

DIAL 5656 TO ORDER

DIAL 5656 TO ORDER



### ENTRÉE SALADS

#### THE CEDAR PLANK

Salmon, Romaine, Homemade Croutons,  
Roasted Red Peppers, Parmesan with Creamy Caesar Dressing

#### THE HATCHER PASS

Smoked Salmon with Wild Berries, Candied Pecans, Cucumbers  
on a bed of Mixed Greens with Balsamic Dressing

#### THE BIRCH BASKET

Carrots, Celery, Broccoli, Tomatoes, Cucumbers, Mushrooms,  
Black Olives, Roasted Beets, Cauliflower  
on a bed of Spinach with Raspberry Dressing

#### THE STRAWBERRY PATCH

Strawberries and Toasted Walnuts,  
on a bed of fresh Spinach with Balsamic Dressing

Add Chicken or Salmon to Any Entrée Salad

### SIDE SALADS

Green Salad   Caesar Salad   Creamy Coleslaw  
Soy Sesame Slaw   Balsamic Roasted Beet Salad

### CHOICE OF DRESSING

Ranch • Thousand Island • Caesar • French  
Blue Cheese • Italian • Balsamic • Raspberry

### PIZZA

Your choice of

CHEESE • CANADIAN BACON PINEAPPLE • PEPPERONI  
FIDDLEHEAD FERNS WITH ROASTED RED PEPPERS & PESTO

### PASTA

#### SMOKED SALMON PESTO LINGUINE

Smoked Salmon on a bed of Pesto Linguine

#### ROASTED GARLIC CHICKEN PENNE

Creamy Roasted Garlic Alfredo topped with Grilled Chicken Breast

#### REINDEER MACARONI & CHEESE

Creamy Baked Macaroni & Cheese with Reindeer Sausage

#### CLASSIC SPAGHETTI & MEAT SAUCE WITH REINDEER

All Pasta Served with Charbroiled Garlic Bread

### SNACKS

Hard Boiled Eggs	Pilot Bread With Jam or Butter
Smoked Salmon	String Cheese
Sardines	Chips & Homemade Pico de Gallo
Cottage Cheese Parfait	Fresh Apple with Peanut Butter
Reindeer Jerky	Baby Carrots with Ranch
Baked Potato Chips	Fruit & Yogurt Granola Parfait
Hummus with Veggies	Reindeer Sausage with Cheese & Crackers
Cheese & Grapes	

Blanched Kelp Herring Eggs Plain or with Mayo, Soy Sauce or Olive Oil Blend

### FRUITS

Wild Blueberries	Mandarin Oranges	Wild Mixed Berries
Apple Sauce	Fresh Cut Pineapple	Melon Kebab
Pears	Fruit Cocktail	Fresh Banana
Peaches	Fresh Grapes	Honeydew
Prunes	Strawberries	Cantaloupe
Fresh Fruit Cup	Fresh Orange	Fresh Apple

### DESSERTS

#### CAKES & SWEETS

Dutch Apple Tart  
Mini Chocolate Bundt Cake  
Cheesecake  
Moose Tracks Cheesecake  
Angel Food Cake with Wild Berries  
Wild Berry Crunch Tart  
Chocolate Chip Cookie

#### PUDDINGS & GELATIN

Chocolate Pudding  
Vanilla Pudding  
Gelatin  
Fruited Gelatin

Whipped Topping on Request

#### ICE CREAM & SHAKES

Eskimo Ice Cream  
(with Pacific Cod or Without)  
Orange Sherbet  
Raspberry Sherbet  
Vanilla Ice Cream  
Chocolate Ice Cream  
Strawberry Ice Cream  
Chocolate Milkshake  
Vanilla Milkshake  
Blueberry Pomegranate Smoothie  
Wild Berry Smoothie  
Strawberry Banana Smoothie  
Sugar Free Pudding, Gelatin and  
Ice Cream Available

### BEVERAGES

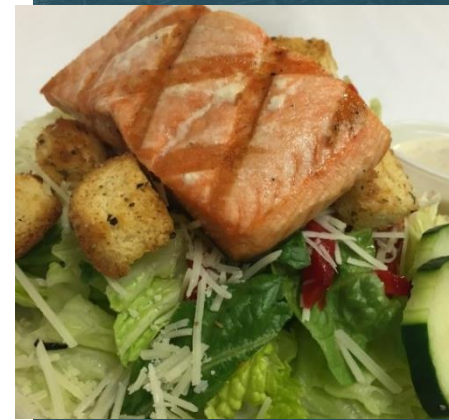
Coffee	Cranberry Cocktail	Skim Milk
Hot Tea	Orange Juice	2% Milk
Decaf Coffee	Apple Juice	Whole Milk
Decaf Hot Tea	Grape Juice	Rice Milk
Hot Chocolate	Prune Juice	Soy Milk
Sugar Free Hot Chocolate	Low Sodium V-8	Chocolate Milk
Tazo Hot Teas	Crystal Light	Ginger Ale
(Awake, Zen, Chamomile, Early Grey, Sweet Orange)	Iced Tea	Diet Ginger Ale
	Decaf Iced Tea	Bottled Water



ALASKA NATIVE  
MEDICAL CENTER



## Patient Menu



### HOURS

6:15 AM- 8:15 PM

DIAL 5656

TO PLACE YOUR ORDER

ALL MEALS ARE MADE FRESH TO ORDER  
PLEASE ALLOW UP TO 45 MINUTES FOR TRAY DELIVERY





DIAL 5656 TO ORDER



BREAKFAST SERVED ALL DAY

### HOT OFF THE GRILL

#### SCHOONER BEACH

Scrambled Eggs with Beach Asparagus and Sprinkled with Salmon Bacon Served with Red Potato Hash

#### HUNGRY BEAR

Scrambled Eggs, Bacon, Hash Brown Potatoes and Toast with Homemade Wild Berry Jam

#### REINDEER SCRAMBLE

Scrambled Eggs with Peppers, Onions, Red Potatoes and Reindeer Sausage

#### GLACIER SKILLET

Scrambled Eggs with Broccoli, Tomatoes, Mushrooms and Onions on a bed of Wilted Spinach and Hash Browns topped with Cheddar Cheese

#### BREAKFAST BURRITO

Scrambled Eggs, Cheddar Cheese, Choice of Canadian Bacon or Turkey Sausage

#### PANCAKES

Whole Wheat or Buttermilk

#### FRENCH TOAST

Texas Toast Dipped a Cinnamon Egg Batter and Grilled

*Ask to add Bananas, Strawberries, Wild Blueberries, Wild Mixed Berries, Walnuts, or Dried Cranberries to Any Breakfast or Cereal*

### BREAKFAST SIDES

Scrambled Eggs

Low Cholesterol Eggs

Hard Boiled Eggs

Cottage Cheese

Cottage Cheese Fruit Parfait

Yogurt Choices

Blueberry, Strawberry, Vanilla Fruit and Yogurt Granola Parfait

### BREAKFAST MEATS

Smoked Salmon

Canadian Bacon

Crispy Bacon

Turkey Sausage Links

Reindeer Sausage

### BREAKFAST BREADS

Homemade Cinnamon Roll

Fresh Baked Danish

Wheat or White Toast

Wheat English Muffin

Cranberry Orange Muffin

Banana Nut Muffin

Wild Blueberry Muffin

Fry Bread with Homemade Wild Berry Jam

### CEREALS

Oatmeal

Raisin Bran

Frosted Flakes

Cheerios

Cream of Wheat

Granola

Rice Krispies

DIAL 5656 TO ORDER



### REINDEER SAUSAGE SANDWICH

With Grilled Onions on a Toasted Hoagie with Dijon Mustard

### SALMON BURGER

Grilled Salmon Patty with Soy Sesame Slaw

### CLASSIC HAMBURGER

Charbroiled Beef Patty With Your Choice of Toppings

### REINDEER BURGER

Handmade Reindeer Patty Charbroiled to Order

### GARDEN BURGER

Grilled Vegetarian Black Bean Patty

### GRILLED CHICKEN SANDWICH

Marinated and Grilled Chicken Breast

### TURKEY BURGER

Charbroiled Turkey Patty

### Your Choice of Toppings

Lettuce, Tomato, Onion, Pickles, Bacon, Choice of Cheese



### HOMEMADE SOUPS

Clam Chowder  
Reindeer Stew  
Chicken Noodle

Bone Broth  
Fish Soup  
Garden Vegetable

Fish Broth  
Beef Broth  
Chicken Broth  
Vegetable Broth

### BUILD YOUR OWN SANDWICH

#### MEAT

Smoked Turkey  
Tuna Salad  
Grilled Chicken  
Canadian Bacon  
Roast Beef  
Crispy Bacon  
Smoked Salmon

#### CHEESE

Cheddar  
Swiss  
Provolone  
American

#### BREAD

Wheat  
White  
Kaiser Roll  
Tortilla Wrap  
Hoagie

#### CONDIMENTS

Lettuce  
Tomatoes  
Red Onions  
Mayo  
Pesto Mayo

PORTION SIZES & TEXTURE MAY BE MODIFIED  
TO FIT WITH YOUR DOCTOR PRESCRIBED DIET

DIAL 5656 TO ORDER



### SMOKED SALMON QUESADILLA

With Spinach and Mozzarella on a Whole Wheat Tortilla  
Served with Homemade Pico de Gallo

### FISH TACOS

Pacific Cod Tacos with Shredded Cabbage & Mandarin Orange Salsa

### PULLED PORK & RICE BOWL

Served with Grilled Peppers & Onions and Brown Rice  
Topped with Homemade Pico de Gallo



### PIROK

Homemade Pie Filled with Alaskan Salmon, Rice, Cabbage and Onions

### WILD CAUGHT ALASKAN SALMON

Baked, Grilled or Poached

### CLASSIC BEEF POT ROAST

With Rich Beef Gravy

### SLOW ROASTED PULLED PORK

With Smokey Barbeque Sauce

### REINDEER RICE & GRAVY

Traditional recipe served over Brown Rice

### HERBED CHICKEN BREAST

Marinated and Grilled to perfection

### REINDEER POT PIE

Our Homemade Reindeer Stew Served in a Fresh Baked Pastry Bowl

### FISH & CHIPS

Breaded and Baked Cod with Steak Fries and Creamy Coleslaw

### LUNCH & DINNER SIDES

Fiddlehead Fern and Rice Pilaf  
Apple Glazed Baby Carrots

Sweet Baby Peas

Green Beans

Steamed Broccoli

Sweet Corn

Steamed Carrots

Grilled Peppers & Onions

White Rice

Brown Rice

Macaroni & Cheese

Steak Fries

Mashed Red Potatoes

Roasted Sweet Potatoes

Baked Potato Chips

Homemade Dinner Roll



We Proudly Serve Only Wild Caught Alaskan Salmon

HOURS OF SERVICE 6:15 AM—8:15 PM



# SEARHC – MT. EDGECUMBE HOSPITAL

- December 2017 implemented traditional foods program
- <http://alaska-native-news.com/mt-edgecumbe-hospital-patients-now-have-traditional-food-options-32491>
- <https://www.kcaw.org/2018/02/27/healing-local-foods-mt-edgecumbe-hospital/>





# SEARHC TRADITIONAL FOODS DONATIONS

- Game
  - 35# Venison
  - 9# Mountain Goat
- Fish
  - 25 each King Salmon Heads
  - 35 each Sockeye Salmon
- Plants/Berries
  - 5 # Beach Asparagus
  - 3# Huckleberries
  - 3# Blueberries





# LONG-TERM CARE





# UTUQQANAAT INAAT (A Place for Elders)

- October 2011: Maniilaq Association opened an 18-bed, long-term care facility
- Elders prefer traditional foods served on a more regular basis
- Maniilaq Hunter Support Program
- DEC and State surveyors
  - Let the tundra be considered as the Elders' garden
  - Any kitchen with a DEC permit can receive traditional game directly





# THE SIĠLAUQ

- Traditional foods processing facility
  - An Inupiaq name meaning *ice cellar* or *cold storage*
  - Grand opening was July 7, 2015
  - Processed 200lb of muskox in September 2015
  - Beginning of traditional foods offerings on Utuqqanaat Inaat's menu





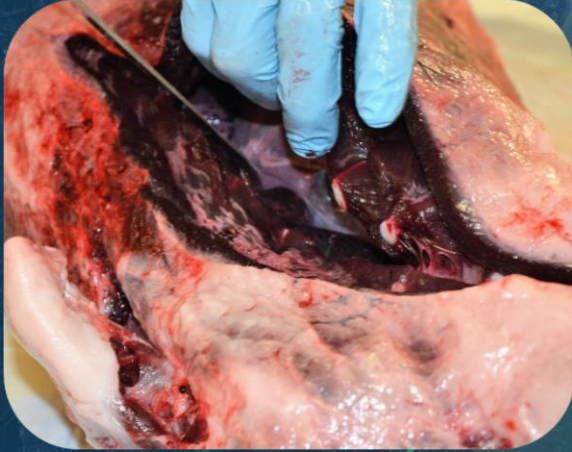
# THE SIGLAUQ





# NIQIPAQ

(Inuit for Native food/real food)









# TUNDRA GARDEN





# SCHOOLS





# ALASKA SCHOOLS

- Try to offer as many traditional foods as they can...within the guidelines
- Fish to school program
  - Donations through the commercial fleets directly to the commercial processors
- Salvage (aka roadkill) list
  - Haines Borough School District





# ALASKA FOOD BANK & COALITION





# HELP **MEAT** THE NEED

- Food Bank of Alaska welcomes gifts of moose, caribou, deer and sheep meat, as well as salmon and halibut.
- Hunters who would like to donate should:
  - Complete the State of Alaska Transfer of Possession form
  - Deliver their meat to a commercial processor
  - Notify the Food Donation Coordinator at the Food Bank
- Food Bank of Alaska pays for meat to be processed into 1-pound ground meat packages that are easiest for hungry families to use.
- Northern Air Cargo will transport meat to Anchorage from rural locations free of charge.





# DEPARTMENT OF CORRECTIONS





# YUKON KUSKOKWIM CORRECTIONAL CENTER

- During fishing season, fish are donated to the correctional center to help minimize food costs and provide traditional foods to inmates.





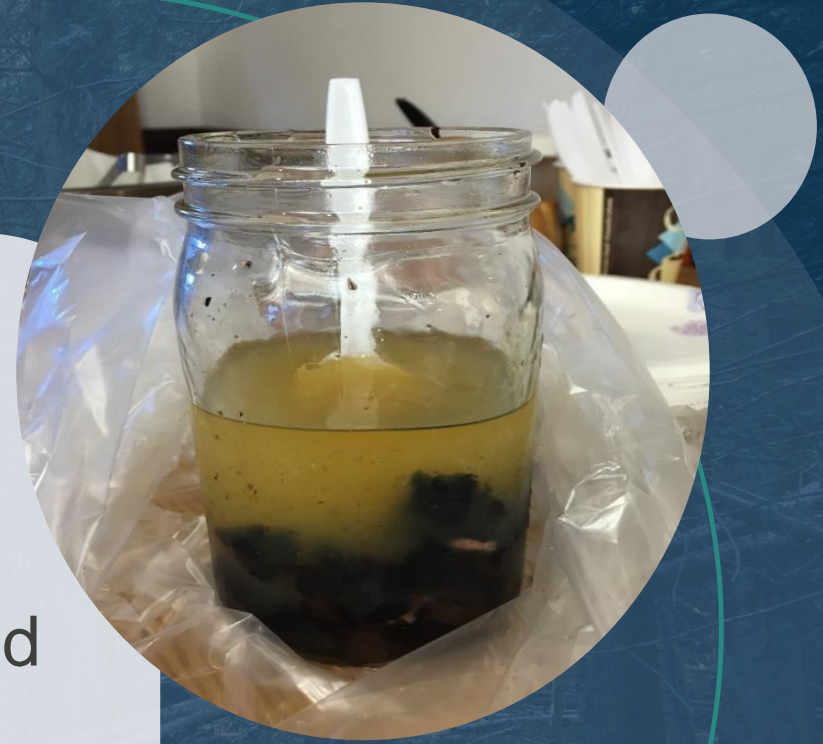
# SEAL OIL: ALASKA'S CONDIMENT





## SEAL OIL (Uqsruq in Inupiaq)

- Seal Oil Task Force developed in 2015
- Prohibited food in the Alaska Food Code
- Because of significant health hazards and the potential for human illness, the operator of a food establishment may not allow seal oil in the food establishment under any circumstance
- Can we traditionally render seal oil, develop necessary safety procedures and offer it in healthcare and long-term care facilities, senior meal programs and schools?





# SEAL OIL

- Maniilaq Seal Oil Project
- Brian Himelbloom and Chris Sannito
  - UAF - Kodiak Seafood and Marine Science Center
  - Measured pH, water activity and water content
- Eric Johnson
  - University of Wisconsin - Department of Bacteriology Botulinum Toxins Laboratory
  - Type E (associated with water environments)
  - UAF Cooperative Extension Service
- Botulism...A Deadly Food Poisoning

<http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00268.pdf>





**HOW CAN YOU DO THIS?**





# BEST PRACTICES – YOU CAN DO THIS TOO!

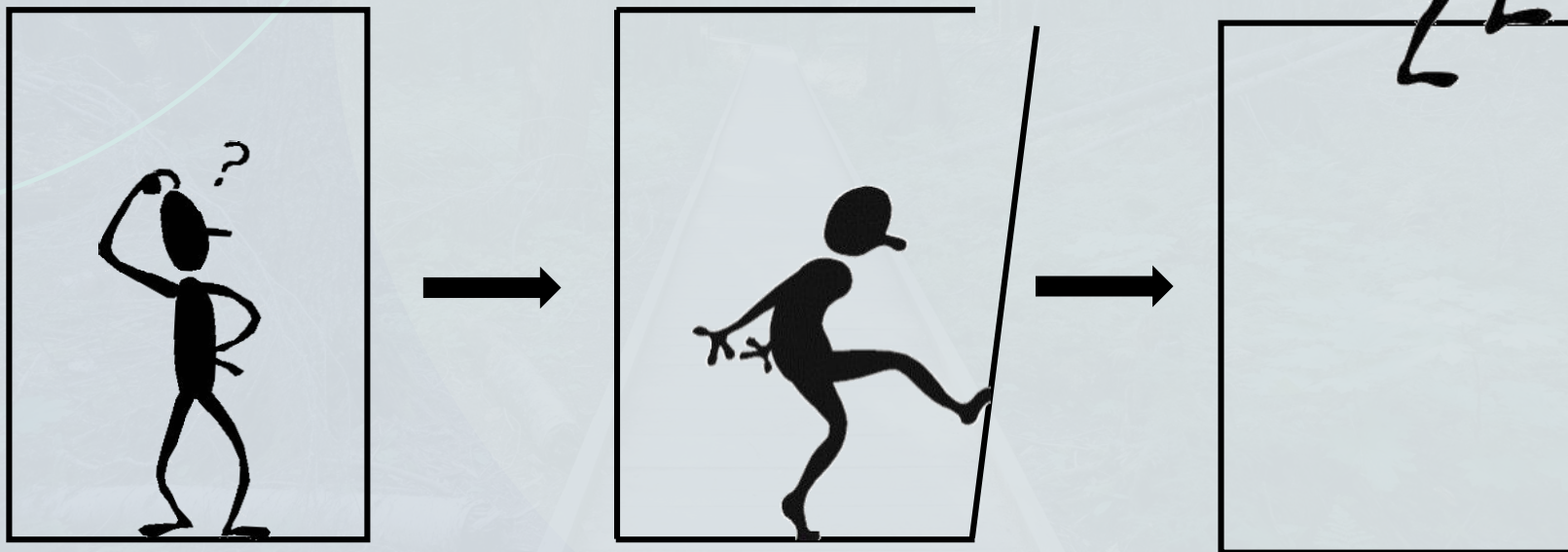
- Build support (organization, local, tribal, government)
- Procure and process the food
  - Determine acceptable traditional/indigenous (T/I) foods for the menu based on the population
  - Develop P&P for the donated T/I foods, including a HACCP plan
  - Network with vendors and donors
  - Determine potential waste management practices
- Develop a menu that meets nutrition requirements





# PROCUREMENT: THINK OUTSIDE OF THE BOX

- Purchase
- Harvest (Donations)





# RESOURCES





[nativefood4life@anthc.org](mailto:nativefood4life@anthc.org)

State of Alaska myAlaska My Government Resident Business in Alaska Visiting Alaska State Employees

Division of Environmental Health  
**Food Safety & Sanitation Program**


HOME HOW DO I FOR BUSINESSES FOR CONSUMERS FOR FOOD WORKERS FORMS RESOURCES

State of Alaska > DEC > EH > Food Safety and Sanitation > Food Establishments > Traditional Foods

### TRADITIONAL FOODS

The Alaska Food Code allows the donation of traditional wild game meat, seafood, plants, and other food to a food service of an institution or a nonprofit program with the exception of certain foods that are prohibited because of significant health hazards. Examples of facilities that can accept these donations include residential facilities, school lunch programs, head starts and elder meal programs.

For more information contact your local Environmental Health Officer.



#### REQUIREMENTS

- Donated Traditional Foods Poster
- Donated Traditional Foods Toolkit

#### RESOURCES

- Alaska Cooperative Extension Publications
- Alaska Family Nutrition Program
- Botulism—A Deadly Food Poisoning
- Bringing Tribal Foods and Traditions into Cafeterias, Classrooms, and Garden (USDA)
- Donated Game Freezer Labels
- Food Safety for First Nations People of Canada
- Harbor Seal Oil and Meat Brochure
- Home Freezing of Fish
- Hunting Regulations
- Native Foodways Magazine
- Processing Game Meat
- Receipt of Donated Game Form
- Recipes
- Service of Traditional Foods in Public Facilities (USDA)
- Store Outside Your Door
- Traditional Food Guide
- Traditional Foods Resource Guide
- Transfer of Possession Form
- Tundra to Table Videos
- What Is Legal to Trade or Barter

#### HELPFUL ALASKA LINKS

- ADEED Child Nutrition Program
- ADHSS Obesity Prevention and Control Program
- ADHSS Family Nutrition Programs
- Alaska Department of Fish and Game
- Farm to School Program
- National Resource Center for Alaska Native Elders

#### IN THE NEWS

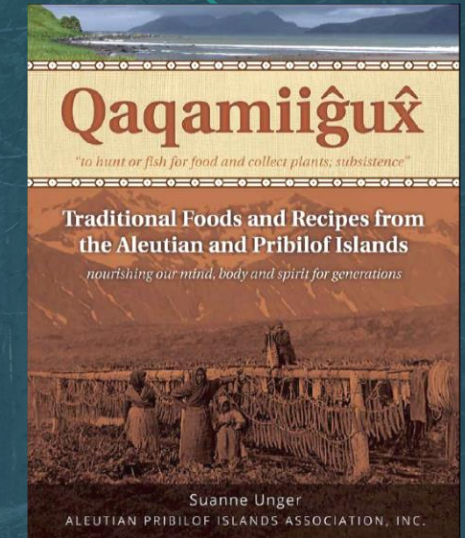
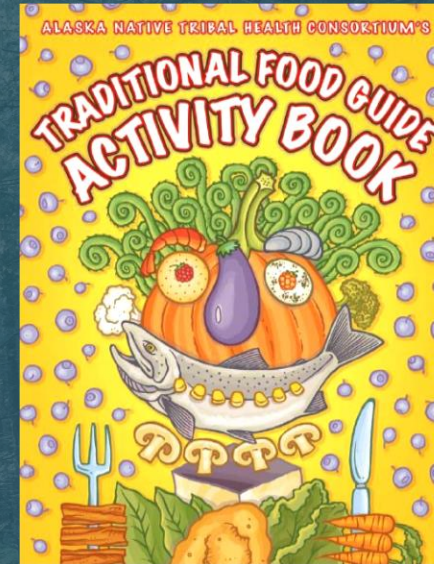
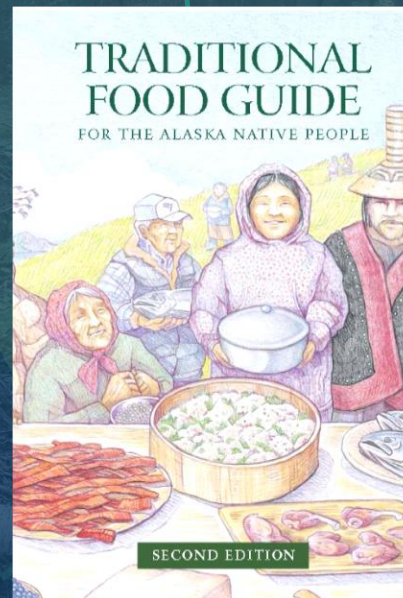
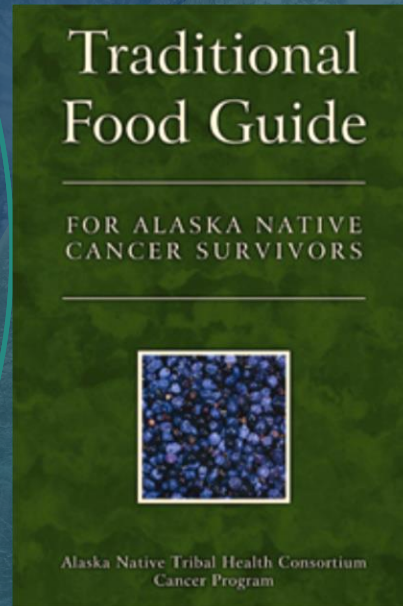
- Alaska Nursing Home Asks to Serve Seal Oil to Native Clients
- Harvesting Alaska—Eating What We Want
- Kotzebue's New Elder Tundra Garden
- Sigluac-Manilaq Elder's Traditional Food Facility
- It takes a village: Providing subsistence foods for Alaska hospitals and health care facilities
- Traditional foods on menu for Kotzebue elders

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## STORE OUTSIDE YOUR DOOR

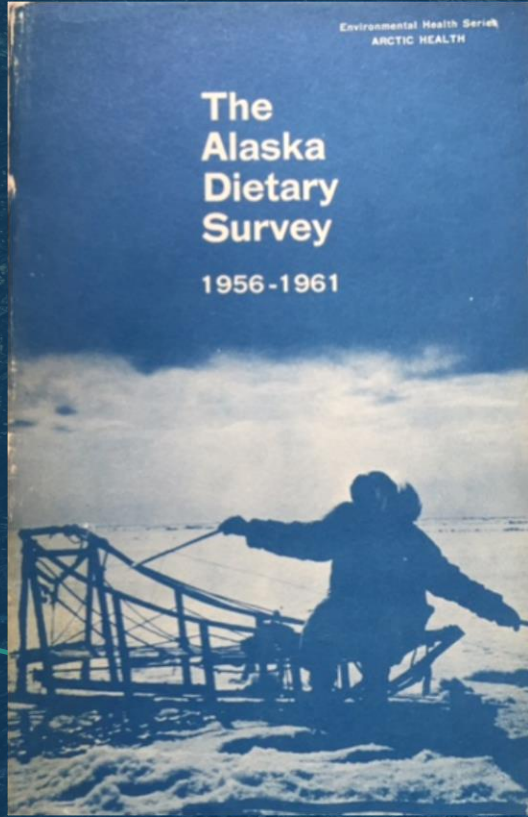
HUNT • FISH • GATHER • GROW



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### Southeast Alaska Traditional Food Guide

A weekly reminder to encourage gathering and using local plants and berries  
Compiled by SEARHC Health Promotion

**SEARHC**  
Southeast Alaska Regional Health Consortium  
*Your Partner in Health*

### NATIONAL NATIVE NETWORK TRADITIONAL FOODS RESOURCE GUIDE

for Indian Health Service areas - Alaska, California, Great Plains and Portland

**SEARHC**  
SOUTHEAST ALASKA REGIONAL HEALTH CONSORTIUM

**LIFE IS SACRED**  
NATIONAL NATIVE NETWORK

### A SEASONAL CELEBRATION OF TLINGIT TRADITIONAL FOODS

**MARCH • APRIL • MAY**

**TAAKW.EETI  
Spring**

- Beach Greens
- LAAG'ASK (Black Seaweed)
- TAYEDI (Blackdewack) • Field Mint
- GEESH (Bull Kelp) • LOOL (Fireweed)
- KAYANI TLAAZI (Clover) • YAN (Hemlock)
- K'WALX (Fiddlehead Fern) • TOOK (Nettle)
- SUKTEITU (Goose Tongue) • Sea Lettuce
- YANNALEIT (Indian Galaxy) • CH'AL (Willow)
- STIKSHALDEEN (Labrador Tea) • S'JUT (Devil's Club)
- K'AACH (Ribbon Seaweed) • K'INCHENI (Rosehips)
- X'AL (Skunk Cabbage) • SH'ENI (Spruce, Sitka Spruce)
- TLEGW KAHNTI (Watermelon Berry, Twisted Staff) • CH'ATL (Halibut) • Steadhead
- GAAX'W (Herring Eggs) • YAAW (Herring)
- SAAK (Hooligan) • X'WAAT (Dolly Varden)

**JUNE • JULY • AUGUST**

**KUTAAN  
Summer**

- SUKADZI (Beach Asparagus)
- WAS'XAAN TLEGU (Salmonberry)
- KANAT' (Blueberry) • Burnet
- NEX'W (Cloudberry) • S'AXT (Devil's Club)
- YEIL (Elderberry) • SHAAZ (Gray Currant)
- KAXWEIX (High Bush Cranberry) • TLEKATANK (Huckleberry) • KOOK (Indian Rice)
- K'EKAKETIX (Jacob's Berry) • Pineapple Weed
- NEIGOON (Nagoonberry) • SHAKW (Strawberry)
- S'IGEEKAAWU LEIX'U (Puffball) • X'AY (Yellow Cedar)
- TUKKAAYUK (Sea Lovage) • X'WEIX (Sourdock)
- CH'EEZ (Thimbleberry) • KAGAKWULDI (Yarrow)
- SHAAW (Gambusia) • YEN (Sea Cucumber)
- Octopus • GAAT (Sockeye) • CH'AS (Pink Salmon)
- TA (King Salmon)

**SEPTEMBER • OCTOBER • NOVEMBER**

**YEIS  
Fall**

- LINGIT X'AXXI (Crab Apple)
- DAXW (Low Bush Cranberry)
- TSAA (Seal)
- JANWU (Mountain Goat)
- TEEL (Dog Salmon)
- LOOK (Coho Salmon)
- JIN (Goose)
- EUWAKAAN (Deer)
- DZISKW (Moose)
- GAAXW (Duck)

**DECEMBER • JANUARY • FEBRUARY**

**TAAKW  
Winter**

- S'EDCAT (Shrimp)
- SA'AW (Dungeness Crab-CAUTION)
- K'ALKATSK (Clams-CAUTION)
- YALOOLEIT (Cockles-CAUTION)
- YAAK (Mussels-CAUTION)

**BERRY VARIETIES**

- Alaska Blueberries
- Elderberry
- Gray Currant
- High Bush Cranberry
- Huckleberry
- Jacob Berry
- Nagoonberry
- Strawberry
- Thimbleberry
- Lingonberry
- Watermelon Berry


**FISH AND OTHER FOODS FROM THE SEA**

- Gambusia
- Sea Cucumber
- Dog Salmon
- Coho Salmon
- Shrimp
- Crab
- Clams
- Halibut
- Octopus
- Black Seaweed
- Bull Kelp
- Ribbon Seaweed
- Sea Lettuce
- Herring Eggs

**INDICATES FOOD IS AVAILABLE FOR MORE THAN ONE SEASON**  
CONTACT A LOCAL FISH AND GAME OFFICE FOR MORE INFORMATION ON HUNTING AND FISHING REGULATIONS.  
CAUTION: FOR MORE INFORMATION ON PARALYTIC SHELLFISH POISONING, CONTACT THE ALASKA DEPT. OF ENVIRONMENTAL CONSERVATION.







Health  
Canada


Santé  
Canada





Your health and  
safety... our priority.

Votre santé et votre  
sécurité... notre priorité.

# Food Safety for First Nations People of Canada:

## A Manual for Healthy Practices





Canada







## ALASKA TRADITIONAL FOODS MOVEMENT SUPPORTED BY

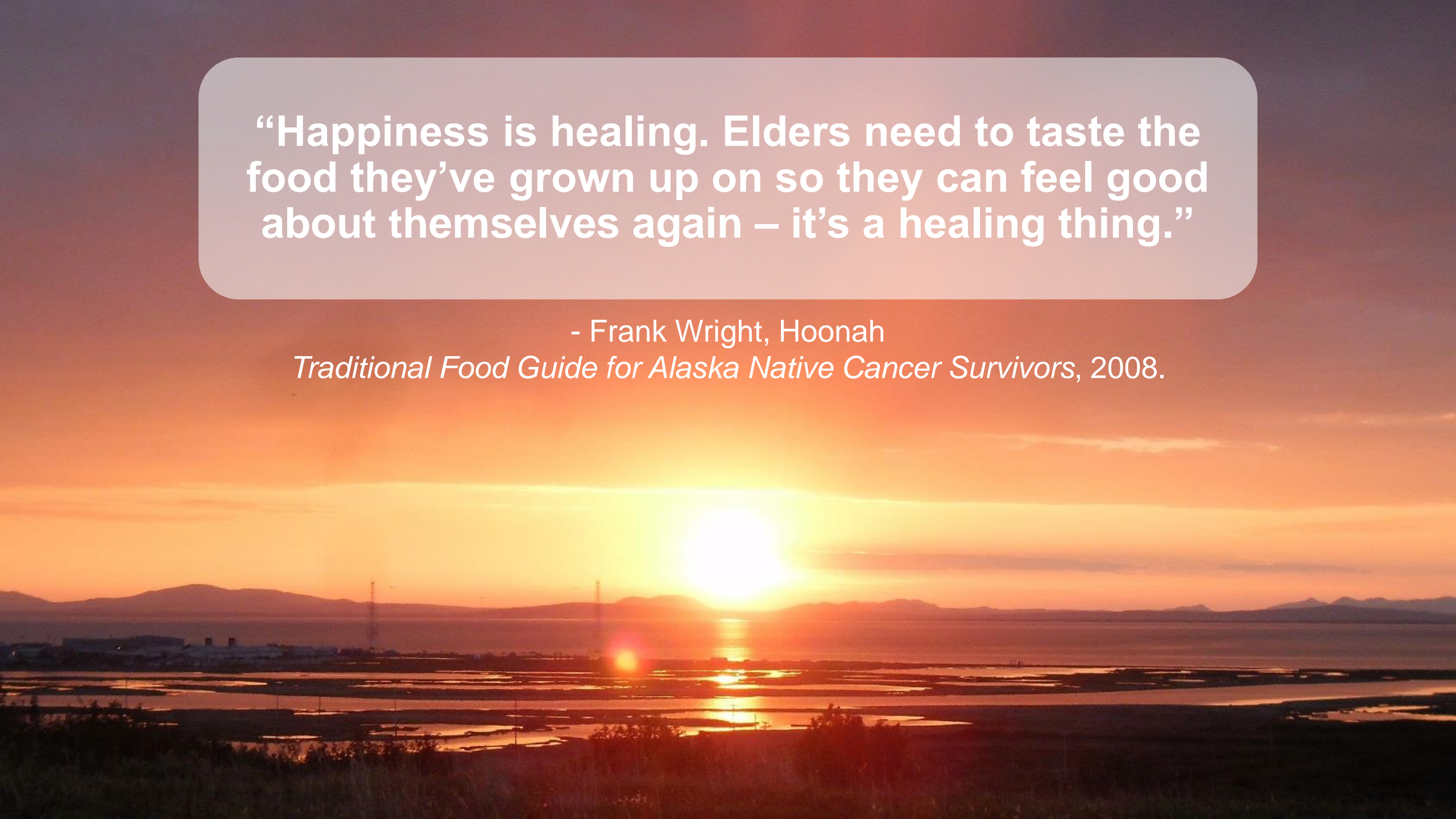
- NMS/NANA
- Alaska Native Tribal Health Consortium
- Alaska Wildlife Troopers
- U.S. Fish & Wildlife Service
- Alaska Child Nutrition Programs
- Southcentral Foundation
- Southeast Alaska Regional Health Consortium
- Maniilaq Association
- Alaska Department of Fish and Game
- Alaska Environmental Health Association
- Chugach Regional Resource Commission
- State of Alaska Governor's Office
- Food Bank of Alaska
- Alaska Food Policy Council
- University of Alaska
- SPORK Consulting
- Utuqqanaat Inaat (A Place for Elders) LTC
- Organized Village of Kake
- State of Alaska USDA
- Alaska Dept. of Health and Social Services
- Alaska Native Medical Center
- Alaska Professional Hunter Association
- Alaska Department of Environmental Conservation



**“Happiness is healing. Elders need to taste the food they’ve grown up on so they can feel good about themselves again – it’s a healing thing.”**

**- Frank Wright, Hoonah**

*Traditional Food Guide for Alaska Native Cancer Survivors, 2008.*





Thank you

Ugheli nanghal'aeni  
(Ahtna Athabascan)

Waqaa  
(Yup'ik)

Tats gwiik  
(Haida)

Daneyosh  
(Upper Kuskokwim)

Aang  
(Aleut)

Yuxudz yuxogh srigisddheyh go ninuxdatl  
(Deg Xinag Athabascan)

Nakhwal'in shoo ihlii  
(Gwich'in Athabascan)

Ts'Im'wii'amhaw  
(Tsimshian)

Quyana tailuci  
(Cup'ik)

Quyakamsi tagilghiisi  
(St. Lawrence Island Yupik)

Paġlagivsign  
(Iñupiaq)

Chin'an gu nin yu  
(Dena'ina Athabascan)

Yak'ei haat yigoode'e  
(Tlingit)

Tsen-'ii, shign'ahdal  
(Tanana Upper)

Enaa neenyo  
(Koyukon Athabascan)

Cama'i  
(Alutiiq)

Quyana taaluten  
(Cup'ik Nunivak Island)

Awa'ahdah aanda'laxsa'a'ch't  
(Eyak)





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#TRADITIONALFOODSHEALOURPATIENTS