Building Successful Food Safety Programming in Native American Communities

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The Reservation consists of 4 districts, each separated by mountain passes.

The Colville Reservation lies in both Okanogan and Ferry Counties.
History of WSU Colville Reservation Extension

• Extension system is the outreach arm of USDA.
• **1991**: Partnership with Colville Confederated Tribes (CCT) started with a Youth at Risk Grant; created an Extension office presence.
• **1993**: Received a FRTEP (Federally Recognized Tribes Extension Program) grant and established a satellite office of WSU Ferry County Extension.
• **Title from 1993-2014**: WSU Colville Reservation-Ferry County Extension
• **Original Funding**: grants, private donor, tribal
History of WSU Colville Reservation Extension

- **2014**: Our office transitioned to become a self-directing extension office.
- **2015**: Our office was granted oversight and management of our own Tribal 4-H Program.
- **Current Title**: WSU Colville Reservation Extension
- **Current Funding**: Grants, Private Donor, Tribe, WSU
How Have We Built a Successful Food Safety Program?

• It did not happen overnight.
• It starts with building relationships with our clientele and gaining their trust.
• Making programs culturally relevant and teaching with cultural sensitivity.
• Taking workshops & programming to the people.
• Providing hands-on workshops, whenever possible.
Fitting the Needs of Native American Audiences

• Providing culturally relevant education by adapting research-based, food safety curriculum & resources.
• Providing education in cultural gathering places, like community centers and long houses.
• Teach to all learning styles
  – PowerPoint presentation for visual learners.
  – Lecture/Discussion for auditory learners.
  – Hands-on participation for kinesthetic learners.
Unique Food Safety Concerns on the Colville Reservation

• Kitchens that are used for large gatherings are not required to be inspected, like off-reservation.
• Community cooks are not required to have a food handlers card or training.
• The nature of traditional ceremonies involving food:
  – Timing of food being ready vs. ceremony over.
  – Types of food being prepared & served (ex: game meat).
  – Common practice of taking home leftovers.
Successful Programs on the Colville Reservation in Washington State

Boiling Water Bath Canning Classes

- Canning Fruit
- Canning Jams, Jellies & Spreads
- Canning Salsa
- Canning Pickled Products
Successful Programs on the Colville Reservation in Washington State

Dehydrating Workshops
Successful Programs on the Colville Reservation in Washington State

**Dry Food Storage**
- Pressure Canning Vegetables
- Pressure Canning Meats, Poultry & Fish
- Large Gathering Food Safety
- Fruits & Vegetables: Storage & Shelf Life
- Food Safety for Older Adults

**Preserving Fish**
- Food Safety of Meats
- Freezing Fruits & Vegetables
- Preparing Healthy Snacks
- Healthy Crockpot Cooking
- Handwashing
Building Relationships & Gaining Trust

Increases Participation

• Go out in public to meet people face-to-face.
• Attend local events & experience the different cultures and traditions.
• Listen for people’s needs/wants for programming.
• Adapt curriculum to meet your clientele’s needs, cultures and traditions.
• Promote culture in ALL programming.
• Take time to learn about & understand the culture(s) of the people you serve.
Building Relationships & Gaining Trust

Increases Participation

• Open communication practices.
• Advisory Board is made up of a mixture of community members, Tribal members & non-Tribal members and program/department heads.

Recipients of USDA NIFA Partnership Award for Effective and Efficient Use of Resources
Promoting Culture in 4-H Programming

qʷin uł pic
(Green & White)
Promoting Culture in 4-H Sewing Projects

- To bring cultural relevance to 4-H sewing projects, youth sew traditional garments.
Promoting Culture at County Fair

• Petitioned Ferry County Fair Board to add performing arts as a project at fair, so that Reservation youth could perform their traditional dances as their 4-H projects.
Promoting Culture in 4-H Shooting Sports

- Archery is promoted in Shooting Sports.
- Archery has cultural significance since Colville’s historically have been subsistence hunters.

Bonus: Tribal Resolution states that Tribal members have to pass an archery proficiency test to be eligible for archery hunting on the reservation. 4-H Shooting Sports prepares youth for this test.
Promoting Culture: 4-H Culture Club

- Presented traditional dances at 2014 Washington State 4-H Forum.
Public Speaking: The youth introduced themselves, using traditional teachings, to the audience at WA St. 4-H Forum.
Promoting Culture through Language

4-H Pledge translated into Nselxcin.

xʔínaʔ incasýaqn mi misx̌ʕal inkḷpaʔxámín
uł ispuʔús mi mis tłtałt
uł inklilx mi mis cḵə̓n̓x̌t̕iłn
uł xʷl̓x̌łt mi mis mut
kl islə̓x̌ax̌t naʔl isnaqsílxʷ kl ińcqíxtn kl yaʔyaʔt iʔ təmtəmxʷuaxʷ

I pledge my head to clearer thinking,
My heart to greater loyalty,
My hands to larger service,
My health to better living,
For my club, my community, my country and my world.
Promoting Culture through Elders

- OJJDP YFP (Office of Juvenile Justice Delinquency Program, Youth & Families with Promise) Grant to recruit mentors and mentees.
- Elders & Foster Grandparents volunteer as mentors.
Promoting Culture in Agriculture & Natural Resources Programming
Culture and Agriculture: Promoting 4-H at Intertribal Ag Council Annual Membership Meeting

- Provides opportunities to interact with government & tribal programs.
- This interaction can enhance their agriculture endeavors and/or education.
Understanding Ag-Related Needs of our Reservation Community

• The Colville Reservation is a *Food Desert.*
  – Geographic isolation.
  – Long distances to adequately stocked stores.
  – Lack of public transportation.
  – Losing access to traditional & medicinal plants.
  • Need to plan ag programs around preservation of these plants.

** These all contribute to the lack of access to sources of high-quality food. **
Understanding Ag-Related Needs of our Reservation Community

• Promoting healthy eating through Food Sovereignty/Food Security Garden Workshops.
Promoting Culture in Family & Consumer Sciences Programming
Culture and Family & Consumer Science

Fitness & Nutrition Classes

Financial Education

Positive Indian Parenting
Promoting Cultural Sensitivity

• Adapt curriculum to meet the cultural needs.

• Follow Native protocol through blessing and serving of meals.

• Nutrition Calendar: recipes are adapted to include cultural foods.

**Three Sister’s Stew**

Ingredients (serves 6):
- 1/2 lb. ground beef (local substitution: venison, elk, moose)
- 1 cup onion, diced (local substitution: wild onion)
- 3 cups water
- 3 cups red potatoes, cubed (or 1 1/2 cans low-sodium, sliced, canned potatoes, drained) (local substitution: camas or waspato roots)
- 3 tomatoes, diced (or 1 can low-sodium, diced, canned tomatoes, drained)
- 1 can (15 oz.) low-sodium tomato sauce
- 1/2 cup yellow squash, diced (or 1/4 cup low-sodium sweet potatoes, drained and diced)
- 1/2 cup green squash, diced (or 1/4 cup low-sodium carrots, drained)
- 1/2 can (8 oz.) low-sodium kidney beans, drained
- 1/2 can (8 oz.) low-sodium vegetable beans
- 1/4 cup quick cooking oats
- 2 cloves garlic, finely chopped
- 1/4 tsp. black pepper
- 1/4 tsp. salt

Directions:
1. In a small skillet, brown ground beef and onions over medium to high heat for 8-10 minutes. Drain fat.
2. In a large pot, combine cooked ground beef, water and red potatoes.
3. Bring the pot to a boil and cook for 15 minutes.
4. Add all the other ingredients to the pot and bring to a boil. Lower heat and simmer for about 25 minutes.

**Tip for cooking ground beef:** The recommended safe minimum internal temperature for ground beef is 160°F, as measured with a food thermometer.

Recipe courtesy of the United States Department of Agriculture/Agriculture with USDA funds. The Food Assistance Program on Nutrition Assistance of WSDA.
Understanding our Native American Audience

- Recognize health & nutrition needs of our audience (ex. Diabetes).
- Awareness of seasonal, cultural ceremonies/events (hunting, gathering, fishing, etc.).
  - Could be as simple as deciding where and when to host meetings.
Questions?

If you would like more information on proper food storage of meats, contact Kayla Wells, Family & Consumer Sciences Educator, Colville Reservation Extension, (509) 634-2306 or kayla.wells@wsu.edu. Or you may contact Linda McLean, Director, at (509) 634-2305 or ljmclean@wsu.edu. Or you may contact Dan Fagerlie, Project Director, (509) 690-0009 or fagerlie@wsu.edu.

Cooperating Agencies: Washington State University, U.S. Department of Agriculture (USDA FRTEP Award #2013-41580-20796), the Confederated Tribes of the Colville Reservation, Colville Agency BIA, and Daniel L. Fagerlie, Project Director, fagerlie@wsu.edu. Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported to your local Extension office.