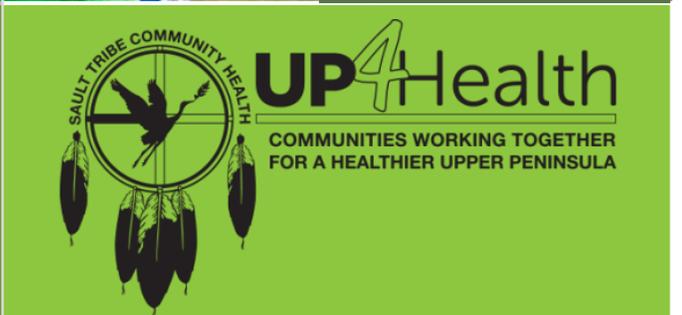




TRIBAL FOOD SOVEREIGNTY COLLABORATIVE NEWSLETTER ~November 2017~



Cooking with Families



The Sault Tribe Head Start Program hosted a Cooking with Families Workshop on October 18th in Sault Ste. Marie and October 25th in St. Ignace. A total of 63 adults and their children were in attendance at the workshops. Participants were able to make and sample Bison Tacos. Workshop attendees had an opportunity to practice their vegetable chopping skills with kid safe knives that were made possible by Sault Tribe Good Health & Wellness in Indian Country Grant.



This event allowed participants to prepare a healthy meal together as a family. The Head Start children were able to improve their fine motor skills and be exposed to healthy and traditional foods such as bison. This event helped to increase participants' confidence to cook at home together with their young children. Cooking together as a family is an excellent way to educate children on where their food comes from and why eating healthy is so important.

Community Harvest Fest



Alger County 4-H hosted a Community Harvest Fest on Saturday October 14th from 10am-2pm at the MSU-Extension South Farm in Chatham, MI. This event was made possible with support from the Sault Tribe Good Health and Wellness in Indian Country Grant. The Harvest Fest was free of charge and featured a hayride, a cider press demonstration, petting zoo, and a three sister's garden activity. A local community member was able to bring his observation bee hive. Pollination activities were provided by Sault Tribe YEA youth members. Additional family-friendly activities included: a birdseed frisbee, pumpkin cooking demonstration and a kids game area. A mobile pizza truck was on-site and donated \$3.00 of every pizza purchased to the Alger County 4-H. Over 200 participants attended the event.

UPCOMING WORKSHOPS AND EVENTS

- ❖ Head Start – Canning with Families - November 17th @ 12pm @ Sault Tribe Head Start Building
- ❖ Seasons of the UP - November 18th @ 10am-12pm in Brimley
- ❖ Senior Holiday Meal - December 7th @ Kinross Recreation Center

Supported by the Sault Tribe Good Health and Wellness in Indian Country Grant. Made possible with funding from the Centers for Disease Control and Prevention.

Please contact Heather Hemming at (906) 632-5210 or at hhemming@saulttribe.net for more information or to join the Tribal Food Sovereignty Collaborative