



Building Healthy Communities

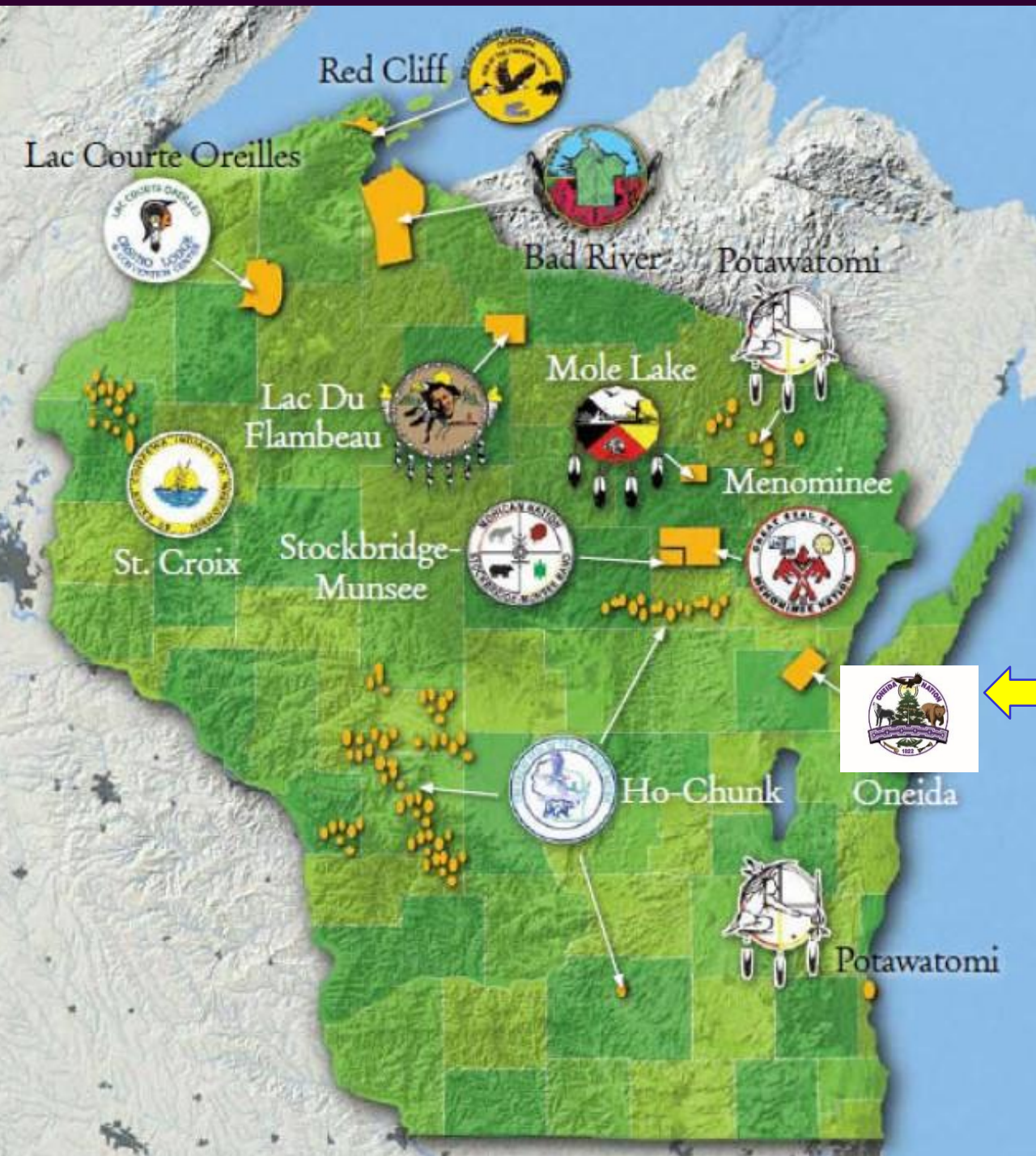


Integrated Food System Model

Nutrition Conference – September 26, 2016

Wisconsin

Sovereign Nations



11 Tribes

How Sovereign are We?

If we can't feed ourselves



How Healthy are We?

If we are plagued with diabetes

Production



Oneida Farms



Tsyunhehkwa Organic Farm



Food Production



School & Community Gardens



Cannery



Outlets



Food Distribution



Oneida Market



Farmer's Market



Turtle School



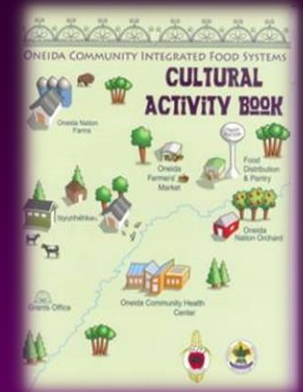
AJRCCC



Education

Youth Activity Book K-6

Films in School



Community & Youth Programs



Tsyunhehkwa Tours



Agriculture Events

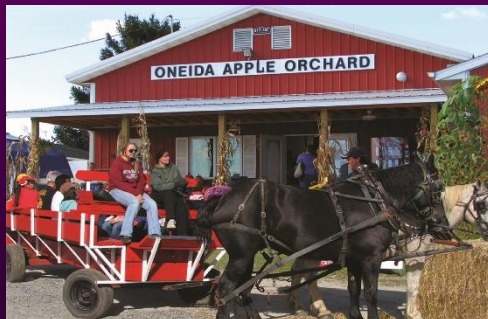
*Seed and Plant
Distribution*



Husking Bee



Apple Fest



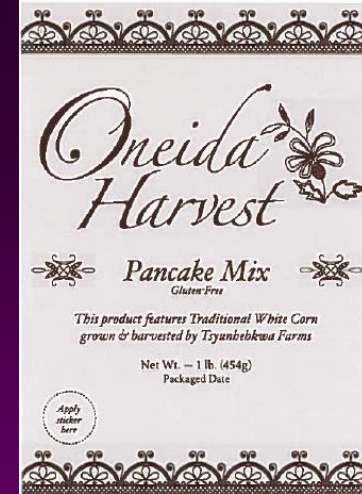
Pick Your Own Apples





USDA/Rural Development

Value-Added



Marketing Plan for
Oneida Heirloom Organic White Corn
Pancake Mix



Heirloom White Corn

Caring for our Lands

7th Generation Philosophy

Oneida Fishery Restoration Project: Oneida Lake

Background

In 2002, an investigation for a proposed 40 acre lake site began on the reservation to provide the tribe with a sustainable fishery. The cultural practices, traditional diet, and lifestyles of tribal members were significantly altered when PCB contaminated fish travelled into reservation waters. The lake project is an effort to restore the opportunities that have been lost.

Impact

The Oneida fishery restoration will sustain the tradition of fishing for tribal members today and into the future.

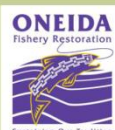
Key Results

The project will be completed in phases. Phase 1A is meant to improve the existing 18+ acres of water. The banks will be stabilized, vegetation will be planted, the beach will be enhanced, and the landscape will be shaped and graded. Phase 1B will include road paving, lighting, parking, bike trails, handicap accessible piers and boat landing, bath house, and restrooms.

Phase 2 will include the development of the northern half of the site at a later date. The end result will be a 40 acre lake with amenities.

Partners

EHSD is very excited and grateful for all the help we have received from the Development Division, Division of Land Management, and the Finance Division to make this a successful project. We also appreciate the support we have received from the Environmental Resources Board and their staff, the Land Commission and the Oneida Business Committee.



July 2013
Lake site prior to construction



October 2013
Earth moving and shaping begins



NATURAL AREAS & TRAILS GUIDE

The Oneida Environmental, Health & Safety Division realizes that the natural resources and environment of the Reservation are essential to the membership and community. Please use this guide to enhance your experiences of these natural systems. We appreciate your continued support which allows us to serve you better.

While enjoying these natural properties, please keep the following in mind:

- Many trails are rough and uneven so please take precaution while walking at your own risk.
- Please remain on the identified trails.
- Use caution as some plants such as wild parsnip, nettles, poison ivy or others are potentially harmful varieties.
- If you are gathering plants, please remember to take only what you will use and leave sufficient amounts for others.
- Information listed for your benefit includes the size of properties, the length of trails, and use icons.
- Please use the properties with respect and be respectful to other visitors. The access for each property is noted.

Fact Sheet EHSD Emerging Issues

Biomass: Native Grasses in Tribal Agriculture Encourage Energy Sovereignty

Purpose

For thousands of years, native prairie was an important feature on the landscape. Along with forests, prairies are an essential ground cover protecting soil and water and providing habitat. Humans have altered the landscape at a massive scale, destroying millions of acres of prairie. This resulted in erosion, habitat destruction, and water pollution. A well-known historical period, The Dust Bowl, was the result of prairies being replaced by agriculture. Locally, the agriculture industry contributes more than 250,000 pounds of phosphorus and 100,000 tons of sediment per year to the Bay of Green Bay, causing algae blooms, anoxic conditions, and fish kills. Reestablishment of prairies will bring back that important ground cover and keep the soil in place. In addition to preserving soil, grasses can provide another human need - energy! Native grasses and trees offer an opportunity for Tribal energy sovereignty.

Environmental Services

The thick root mass of grasses give stability to the soil while the stems aboveground protect the surface from driving rains and flooding. These traits have a tremendous impact, minimizing soil erosion and nutrient pollution. Prairies also minimize stormwater impacts by slowing the water down and encouraging infiltration. Habitat for wildlife and songbirds also provides for biodiversity and beautiful landscapes. Another valuable trait of an energy crop is a greater tolerance for wet soils where corn and soybeans tend to fail. The occasional mowing or controlled burn will help to keep prairies healthy and vibrant. Native grass species are perennial, which means the prairie renews itself every year, eliminating the need to plant year after year. Refer to Figure 1.

End-use Potential

In addition to the environmental services they provide, native grasses can also serve a purpose after they are harvested. Straw production can be used as bedding for cattle, as garden mulch, or in compost. Another overlooked opportunity is energy. The British thermal unit (Btu) is a measure of energy and is used to determine space heating needs. Table 1 shows a comparison of different biomass materials; grass has comparable energy content to these other wood materials. This energy crop can be easily adapted to an agricultural field that is managed with the same equipment that any farmer would use on a food crop.

Feedstock	Energy content (Btu/ton)
wood (oak)	9,500
wood (maple)	8,400
Green wood	4,300
Native grass	8,200



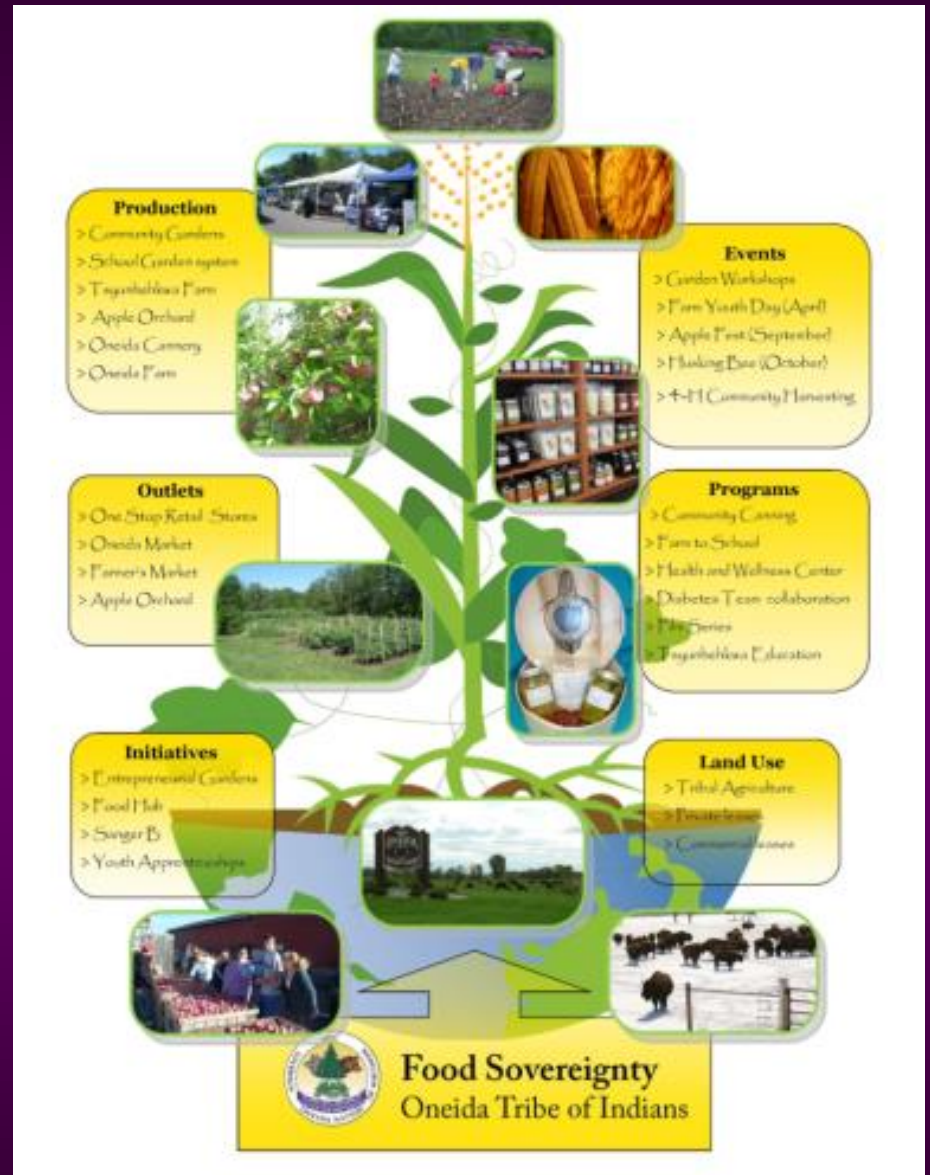
Oneida Environmental, Health & Safety Division
Be Safe...Live Well...Enjoy the Land

Contact Information
Michael Trege, Project Manager
920-869-4372
mtrege@oneidadivision.org

August 2014

Initiatives

*Continuing to build
on the*
**Oneida Community
Integrated Food
System**



Diabetes by Race/Ethnicity

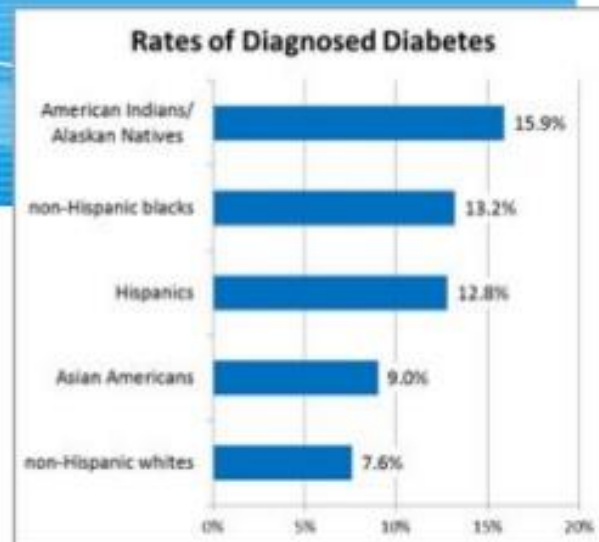
* 7.6% of non-Hispanic whites

* 9.0% of Asian Americans

* 12.8% of Hispanics

* 13.2% of non-Hispanic blacks

* 15.9% of American Indians/Alaskan Natives



American Diabetes Association *National Diabetes Statistics Report, 2014*



To build a healthy community through an integrated system, anchored on the Three Sisters Philosophy of tradition & collaboration, and engaging our community to build sustainable practices for future generations.



Five Inter-related Strategies



**Build a
community
mindset for
healthy foods**
(Community Engagement)



**Increase local
agricultural &
food production**



**Ensure
sustainable
development &
practices**

**Build local
food
economies**

**Integrate local
foods into
community
outlets**



Strategy # 1:

Build a community mindset for healthy foods



- ▶ Youth Entrepreneur
- ▶ Farm to school program
- ▶ LFPP Training
- ▶ Community Gardens
- ▶ Apple Fest, Husking Bee,
- ▶ Pick your own strawberries
- ▶ Edible Landscape
- ▶ Community Education
- ▶ Educational Corridor
- ▶ Experiential Learning for Indian Country

Training/ Education



2015 CALENDAR OF SCHEDULED EVENTS

- March 7 9 am to 12 pm: Food Safety Certification
Location: Little Bear Dev. Center
- March 28 1 pm to 3 pm: Fresh Tree Grubbing
Location: Onsite Orchard
- April 4 9 am to noon: Organic Farming & Certification
Location: Tryonville Farm
- April 18 9 am to 11 am: Building a Brand
11 am to 1 pm: Marketing Products
Location: Little Bear Dev. Center
- May 2 10 am to 2 pm: Tryonville's Spring Gathering
Location: Tryonville Farm
Seed & Plant Distribution
Seed Preservation Subgroup Workshop
Composting 101 Workshop
Gardening Workshop
Worms 101 Workshop
Next to 1 pm
- May 16 9 am to 11 am: Products to Market/Marketing Strategies
11 am to 1 pm: Developing Collaborative Pieces
Location: Little Bear Dev. Center
- June 6 9 am to 11 am: Enterprise Profit & Supply Chain
11 am to 1 pm: Managing the Business
Location: Little Bear Dev. Center
- June 20 9 am to 11 am: Managed Grazing
11 am to 1 pm: Offsets - The Farm's Market
Location: Tryonville Farm
- July 18 9 am to 1 pm: Food Processing and Preservation
Location: Onsite Canopy

PRE-REGISTRATION IS REQUIRED - REGISTER EARLY. There is a limited number of participants per workshop. To register, or if you have any questions, please contact William VerMeer at (920) 496-7427 or wvermeer@nwsnusa.org

A light lunch will be provided for these workshops that go beyond the noon hour with the exception of the "Tryonville Spring Gathering".



FROM SEED TO MARKET



Free Training Sessions

Youth Entrepreneurs



GRANT

**First Nations Development
Institute/
W.K. Kellogg**



ONEIDA

Oneida Youth Entrepreneur Project
Building Healthy Communities



Oneida Tribe of Indians of Wisconsin

Community Tilling Services

FY13 – 80+
FY14 – 80+
FY15 – 63 (To date 06/24/15)

12A (Tskai Yanki) • April 16, 2015

Local

www.kathivisits.com

Sign up for Tsyunhehkwa Tilling Service 2015

Sign up for the tilling service for your Plot. Production Garden. Current Rate: \$5.00 Minimum per Customer \$5.00. We within the Ojibwa Reservation.

725 Box 355, Ojibwa, WI 54155
Office: 920-889-2113
Fax: 920-889-2117
Email: daniel@ojibwa.com

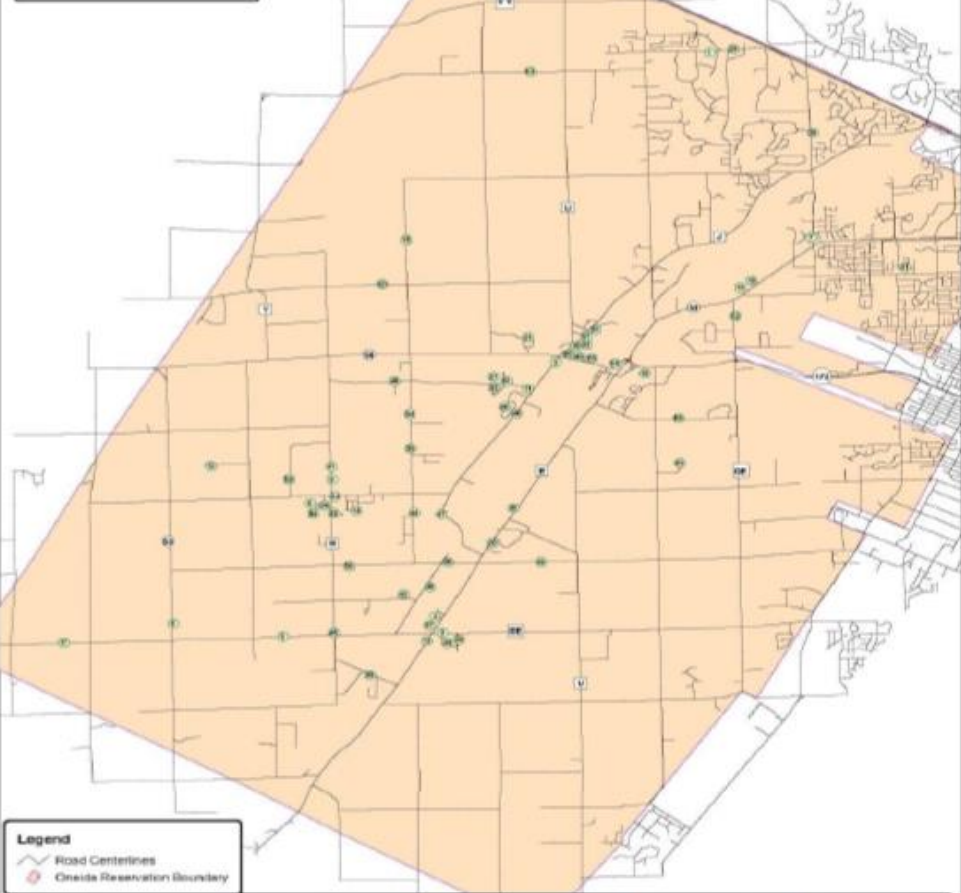
Registration: \$20.00 for regular members. Tilling Date: First \$20.00 Community Garden. We hope that you have a productive and enjoyable experience gardening in the community garden. We follow the guidelines of the Ojibwa Reservation and expect the same from all participants. Our goal is to provide a place for people to grow their own food. Some people don't have room at home or right, just need more space for growing food, so be prepared to share the space with others. If the area is too small, we will have to share the space with others. If the area is too small, we will have to share the space with others. If the area is too small, we will have to share the space with others.

Tsyunhehkwa COMMUNITY GARDEN SITE MAP

18001-18002

Map of the Ojibwa Community Garden

Tsyunhehkwa 2015 Tilling Locations As of 06/24/15



TILLING LIST

1 - 815 SUNLITE DR	13 - N6051 COUNTY RD E	26 - TALL FEATHER WAY	39 - N6796 VANBOKTEL	52 - 815 ALUQUET CT
2 - N44C Grounds	14 - W1175 BEACHTREE	27 - N7161 PATH OF THE WOLF	40 - 3036 W SERVICE RD	53 - V296 REFORMATORY
3 - W772 COUNTY RD EE	15 - N7568 COOPER	28 - 4114 HILLCREST DR	41 - N6872 COUNTY RD H	54 - N6958 VANBOKTEL
4 - N6756 COUNTY RD E	16 - Airport Daycare	29 - 945 CENTENNIAL BLVD	42 - N5503 AMANDA WAY	55 - W1225 FISH CREEK
5 - W5556 COUNTY RD EE	17 - W6886 COUNTY RD EE	30 - N6889 COUNTY RD E	43 - N6564 SKYLARK	56 - 4184 W MASON ST
6 - N6784 STATE RD 35	18 - 54 Garden Site Trial	31 - 1401 OJIBWA WAY	44 - N6330 VANBOKTEL	57 - 145 RIVERDALE DR
7 - Cultural Heritage	19 - 106 RIVERDALE DR	32 - N6886 COUNTY RD H	45 - N6797 COUNTY RD H	58 - 610 FLORIST DR
8 - W5559 TALL FEATHER WAY	20 - W1137 TWP	33 - 123 RIVERDALE DRIVE	46 - N6886 SEMINARY	59 - N6603 GOVERNMENT
9 - N6786 COUNTY RD H	21 - Foxo Ombudsman	34 - W1265 TALL FEATHER	47 - N6330 SEMINARY	60 - W127 SERVICE
10 - Community Plot 54	22 - W276 FISH CREEK	35 - W276 FISH CREEK	48 - N6554 CORNELIUS	61 - 161 RIVERDALE DR
11 - N6719 OLD SEYMOUR	23 - N7167 PATH OF THE WOLF	36 - N5707 LAMBE	49 - W5705 OLD SEYMOUR	62 - 803 SILAS DR
12 - W1559 POPLAR	24 - W1261 RANCH	37 - N6741 COUNTY RD E	50 - W1026 PEARL	63 - 3037 W SERVICE RD
	25 - N6266 COUNTY RD E	38 - N6568 SHAWANEE	51 - Path of the Bear	

Agriculture Community Events



Husking Bee



*Farmers'
Market
Bash*



Apple Fest



*Seed and
Plant Distribution*

Engage Community

USDA/NRCS

Protecting Natural Resources



► Edible Landscape

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10	Where the Waterbirds Nest
11	Ducks Gathering
12	Rose Hill Wetlands
13	Norbert Hill Center Woods
14	Pheasant Meadows
15	Flying Leaf
16	Edge of the Woods / Summers Tract
17	Osnúhsa Kanyatá (Finger Lake)
18	Jordan's Court
18	Where the Buffalo Roam
19	White Pine Natural Area
19	Sunray Natural Area
20	Prairie Valley
20	Spruce Ridge
21	Duck Creek Ridge
21	Florst Prairie

NATURAL AREAS & TRAILS GUIDE

The natural resources of the Oneida Tribe's Reservation are essential to our people and our distinct way of life. The preservation and enhancement of our environment is one of the Tribe's highest priorities for our community and for future generations. The Oneida Nation's guiding environmental principles state:

"The preservation and enhancement of our Mother Earth is an obligation of the members of the Oneida Tribe of Indians of Wisconsin. We give thanks for her well being and all other forms which come from our Mother Earth. We as Oneida people cannot turn our backs on this responsibility as caretakers, the Oneida Nation has, from the beginning of time, co-existed with all living being: the winged, the four legged, all plant life, the trees, the stones, the water and the air.

It is now time for the Oneida People to be held accountable to our children, their children, and for generations to come by creating a sustainable environment."

Keeping with these concepts, the Oneida Environmental, Health & Safety Division has created a number of opportunities for inviting people back to the land as highlighted in this Oneida Nation Natural Areas and Trails Guide.

The inviting people back to the land initiative promotes an active lifestyle for improving health. It provides a place for experiential interactions with nature, to gain new respect and knowledge of our natural environmental systems; and places for traditional gathering and recreation that support our well being.

This guide will provide information on a variety of enhanced and restored natural area sites for mixed recreational uses.

These 20 natural areas provide abundant opportunities for Oneida Tribal members, friends, family, and community members to enjoy the rich natural resources of the Oneida Nation.

Site information:

- Detailed maps of location, access, and trails
- Site descriptions
- Use restrictions
- Restoration and reforestation efforts
- What plants and animals can be seen at each site

The Environmental, Health & Safety Division, Environmental Resource Board, and Health Promotion would like to invite people back to the land.

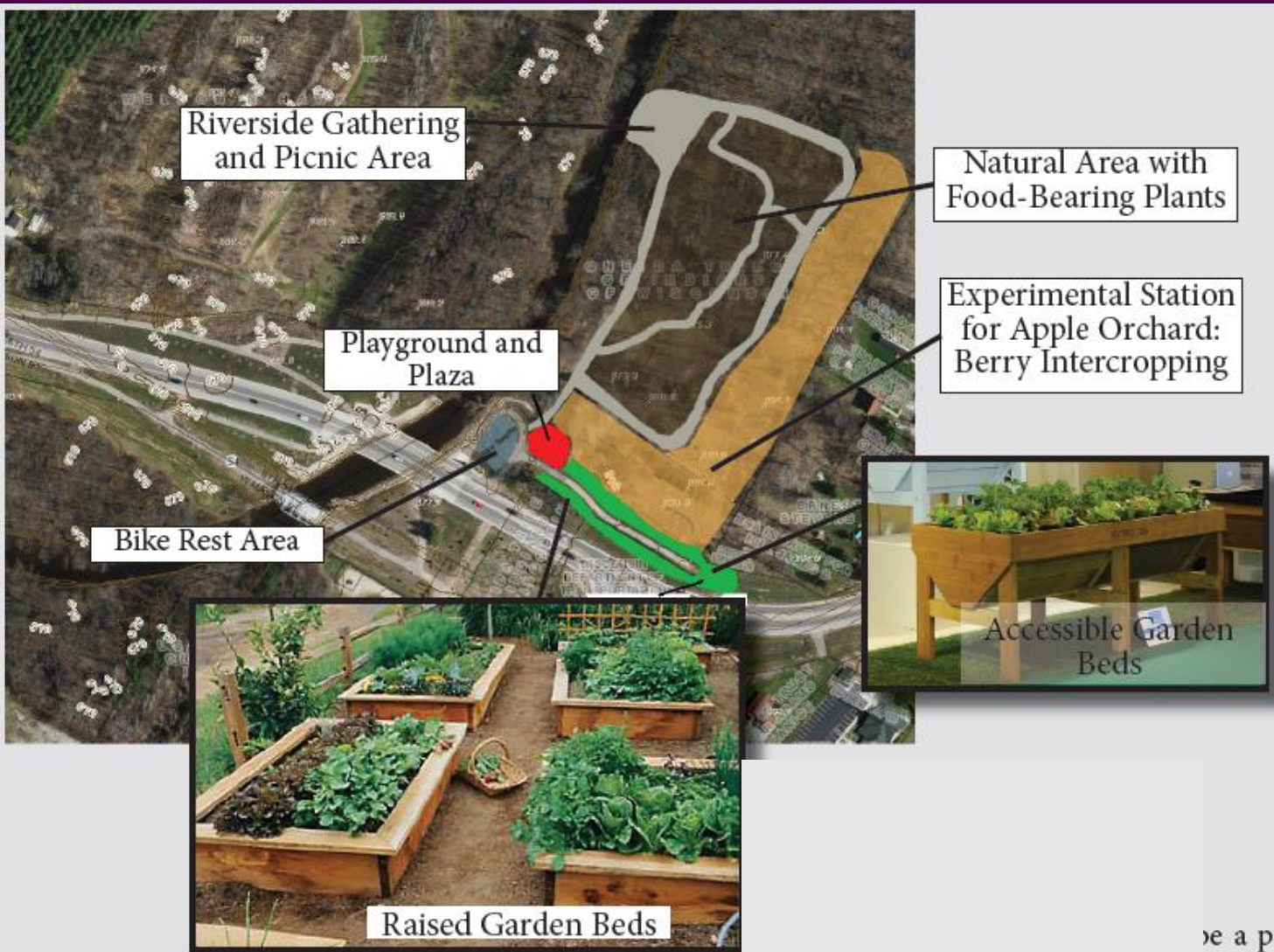


— Oneida Environmental,
Health & Safety Division Staff



*Monarchs visiting
at Ducks Gathering*

It's *JUST AN IDEA*: Oneida Orchard Park

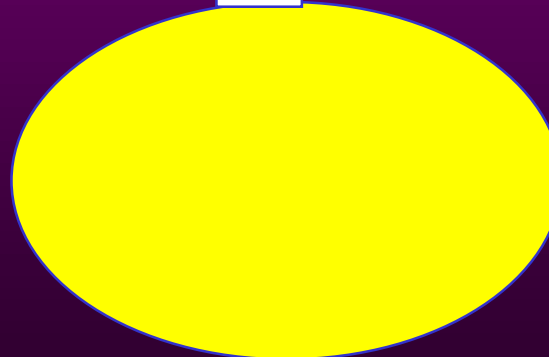
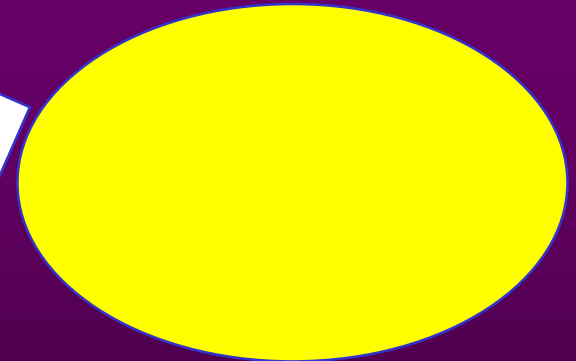
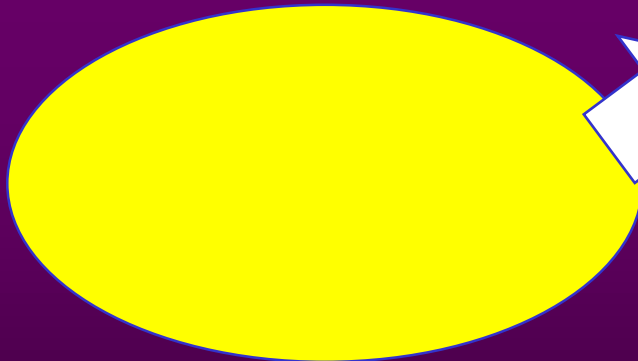


Five Inter-related Strategies



**Build a
community
mindset for
healthy foods**

**#2 Increase
local
agricultural
food production**



Strategy #2 Increase local food production



► Reposition Tsyunhehkwa

Pick your own

Strawberries



► Increase Angus Beef production



► Plant new Apple Orchard Trees



► Farm to School – Aquaponics



► Wild rice planting

► Edible Trails



► Commercial Greenhouse

TACTICS

Reposition Tsyunhehkwa



**CULTURALLY ANCHORED &
COMMUNITY ENGAGEMENT**

white corn 18,000 lbs.

pick-ur-own strawberries

seed distribution



EXPERIENTIAL LEARNING WORKSHOPS

production

gardening

processing



ECOSYSTEM

SUSTAINABLE



Farm to School - Aquaponics

produce fresh for school
educational outreach
veterans small business



900 Sq. Ft.

860 lbs. of fish

6,900 – 11,500 lettuce

Five Inter-related Strategies

**Build a
community
mindset for
healthy foods**

**Increase local
agricultural &
food production**

**# 3 Build local
food
economies**



Strategy #3 Generate local food economies.

Short Term



- ▶ **Farmers' Market Vendors**
- ▶ **Commercial Composting**

Mid Term



- ▶ **Food Center**
 - Entrepreneur Kitchen**
 - Cannery**
 - Restaurant/Café /Bakery**
 - Community Kitchen**



- ▶ **Create Diabetic Food Products**

Long Term



- ▶ **Food Hub**
- ▶ **Processing Center**

ONEIDA MARKET

YOCHA DEHE – olive, wine

LOWER BRULE – Lakota popcorn

Oneida Harvest Label

Oneida Private Label



Oneida Community Food Center



We will try again :

COMMERCIAL ORGANIC COMPOSTING



SARE GRANT - *not successful* –

however we built relationships with Shakopee composting operation & UW Madison Urban/Rural Planning

Five Inter-related Strategies



Strategy #4 Integrate local foods into community outlets



Short Term

- ▶ **School to 20% local**
- ▶ **FDIPR to 10% local**
- ▶ **One Stops**
- ▶ **Restaurants**



Long Term

- ▶ **School to 80% local**
- ▶ **FDIPR to 25% local**
- ▶ **Other community outlets**



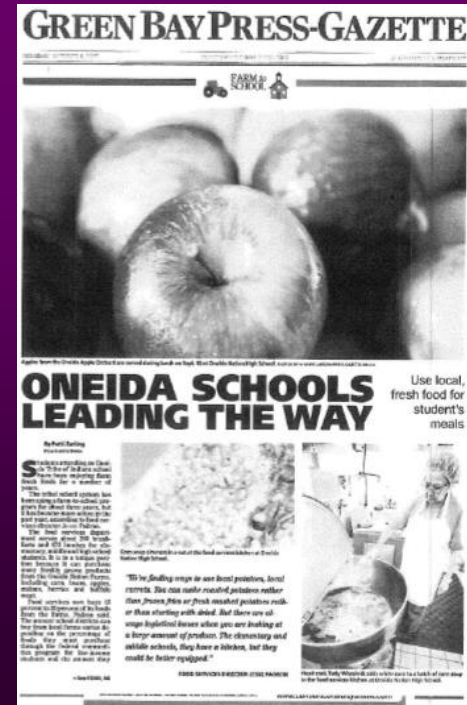
TACTICS

Farm to School

6%
Fresh Foods

USDA Cap is 20%
= \$55K in our school

4-H MODEL
SCHOOL GARDENS
SALAD BAR



Food Distribution for Local Tribal Products



The ASK:

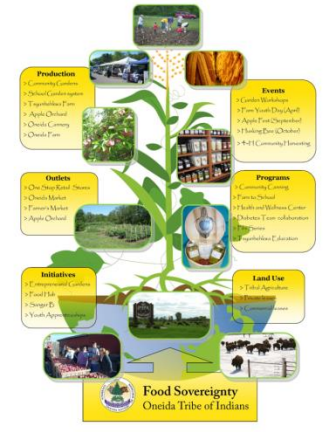
To place our local tribal products (apples, apple chips, white corn products) into the Food Distribution System *for this community*

Oneida's Restaurants



Five Inter-related Strategies





7th Generation Philosophy



WHAT TO LOOK FOR

ANIMALS

Various Ducks, Sand Hill Crane, Eagles, Osprey, Great Egret, Snow Geese, Pheasant, Grouse, Reptiles, Amphibians, Crayfish, Fish, Deer, Coyote, Fox, Turkey among numerous other wildlife species

MEDICINAL PLANTS

Blue Flag, Jerusalem Artichoke, Mayapple, Marsh Marigold, Queen Anne's Lace (Wild Carrot), Trillium, Wild Bergamot, Wild Grape and Wild Ginger

CAUTION

Stinging Nettle, Thistles

TREES

Lowland hardwoods including Elm, Ash, Spruce and a Cedar swamp. Upland hardwoods featuring Cherry, Hickory and Sugar Maple

DESCRIPTION

Numerous restoration efforts and purchases have made this the largest natural area on the Oneida Reservation. The site includes a stream restoration on Trout Creek, waterfowl ponds, wetland restorations, extensive reforestation and an observation overlook. Food plots, wild rice and wild bergamot gathering areas were established to benefit the wildlife and Tribal members.

WHAT TO EXPECT

Seasonally wet areas with relatively flat trails.



Swan at Coyote Run 2015



Oneida Tribal Member Only Access

1. COYOTE RUN

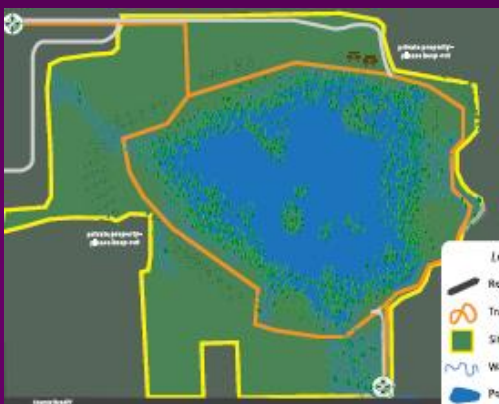
Coyote Run has over 900 acres with multiple access points





Oneida Tribal Member Only Access

5. WHERE THE WATERBIRDS NEST



Legend

- Roads
- Trail: 1.7 miles
- Site area: 132 acres
- Waterways
- Ponds

Access Points

DESCRIPTION



This natural area features an overlook, a 55 acre shallow lake and is surrounded by grasslands, a tree reforestation, wetland restoration and wildlife food plots.

WHAT TO EXPECT

A trail system encircles the pond and provides an incredible opportunity for waterfowl viewing. A canoe launch is available off of South County U. Seasonally wet in areas with relatively flat terrain.

WHERE THE WATERBIRDS NEST

Where the Waterbirds Nest has 132 acres with two access points

Oneida Community Access

ANIMALS


Waterfowl including various Ducks, Trumpeter Swan, Tundra Swan, Green Heron, Great Blue Heron, Snow Geese, Great Egret, Osprey, Eagles and many, many more

TREES

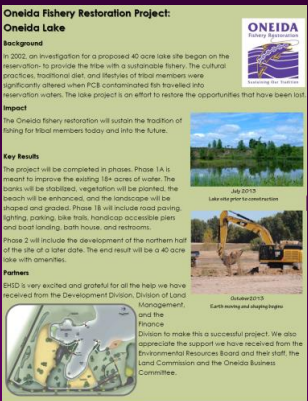
Northern Hardwood Mix of Ash, Maple, Oak, White Pine and Spruce

MEDICINAL PLANTS

Common Milkweed, Goldenrod, Wild Grape, Blackberries, Raspberries, and Highbush Cranberry



Strategy #5 *Ensuring Sustainable Practices*



► Land Management

Phosphorous removal
Buffer Zones
Soil Management
Crop Rotation
Rotational Grazing

► Land Restoration

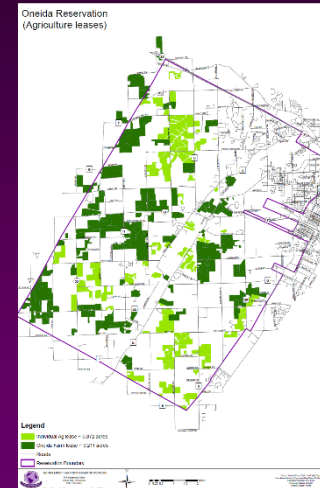
Oneida Lake Project

► Experiential Education

Wildlife Education Center

► Operations / Sustainability

Financial Stability
Value added production
Efficiencies
Continued Growth
Community Engagement



TACTICS

It's just an idea:

Food System Sites and Designs

Wildlife Education Center



It's just an idea:

Food System Sites and Designs

Healing Park



It's just an idea:

Premier Experiential Learning Agricultural Center

Collaboration with NWTC, Menominee College

FDA

Food Summit

Tours

USDA





INTEGRATED AGRICULTURAL FOOD SYSTEM

- Strategy #1** Engage community in healthy mindset
- Strategy #2** Increase local food production
- Strategy #3** Generate local economies
- Strategy #4** Integrate local foods into community outlets
- Strategy #5** Embrace sustainable practices





It's about Building a Healthy Community



Building Healthy Communities



Yaw^ko

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