Building Healthy Communities

Integrated Food System Model

Nutrition Conference – September 26, 2016
Wisconsin

11 Tribes

Sovereign Nations
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
Education

Youth Activity Book K-6
Films in School

Community & Youth Programs

Tsyunhehkwa Tours
Agriculture Events

Seed and Plant Distribution

Apple Fest

Husking Bee

Pick Your Own Apples
Heirloom White Corn

Processing
Marketing
Value-Added

USDA/Rural Development
Caring for our Lands

7th Generation Philosophy

Oneida Fishery Restoration Project: Oneida Lake

Background
In 2002, an investigation for a proposed 80 acre lake site began on the reservation to provide a site for a sustainable fishery. The cultural practices, traditional diet, and lifestyles of tribal members were significantly altered when PCB contaminated fish were introduced into reservation waters. The lake project is an effort to restore the opportunities that have been lost.

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, both 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
EDSO 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.

Natural Areas & Trails Guide

EHSO Emerging Issues

Fact Sheet

Dynamics of Native Grasses in Tribal Agriculture Encourage Energy Sovereignty

Purpose
For thousands of years, native grasses have been important features on the landscape. Along with forest, prairies are an essential ingredient for preserving soil and water and providing habitat. Humans have altered the landscape to a point that is now possibly beyond repair. The introduction of exotic species has created habitats and species that are not native to the area. In order to begin the process of restoration, it is important to understand the dynamics of native grasses and how they interact with the environment.

Environmental Services
Environmental services are provided as a result of the services provided by the Environmental Division. The division has a mission to provide services that promote the health and well-being of the community. These services include the protection of natural resources, the management of wastes, and the conservation of energy.

End-Use Potential
In addition to the environmental services, the division also provides a variety of other services to the community. These services include the management of waste, the conservation of energy, and the protection of natural resources. The division has a mission to provide services that promote the health and well-being of the community. These services include the protection of natural resources, the management of wastes, and the conservation of energy.

Contact Information
LaSalle Dugan, Project Manager
lds@gemini.arts.org

August 2014

Table 1

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<tr>
<th>Grass Type</th>
<th>Biomass (ton/ha)</th>
<th>Starch (ton/ha)</th>
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<td>Brome grass</td>
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<tr>
<td>Native grass</td>
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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

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

- Integrate local foods into community outlets
- Build a community mindset for healthy foods (Community Engagement)
- Increase local agricultural & food production
- Build local food economies
- Ensure sustainable development & practices

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
Youth Entrepreneurs

GRANT

First Nations Development Institute/
W.K. Kellogg
Community Tilling Services

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

Sign up for Tsunhekkwa Tilling Service 2015

Local
Agriculture Community Events

Husking Bee

Apple Fest

Farmers’ Market Bash

Seed and Plant Distribution
Edible Landscape
It's JUST AN IDEA: Oneida Orchard Park

- Riverside Gathering and Picnic Area
- Playground and Plaza
- Bike Rest Area
- Natural Area with Food-Bearing Plants
- Experimental Station for Apple Orchard: Berry Intercropping

Accessible Garden Beds
Raised Garden Beds
Five Inter-related Strategies

1. Build a community mindset for healthy foods
2. Increase local agricultural food production
   
   #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
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

1. Build a community mindset for healthy foods
2. Increase local agricultural & food production
3. Build local food economies
   - #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
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

1. Build a community mindset for healthy foods (Community Engagement)
2. Increase local agricultural & food production
3. Build local food economies
4. # 4 Integrate local foods into community outlets
5. Collect and use the foods you grow (Community Engagement)
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
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

Build a community mindset for healthy foods (Community Engagement)

Increase local agricultural & food production

# 5 Ensure sustainable development & practices

Integrate local foods into community outlets

Build local food economies
1. Coyote Run

Coyote Run has over 900 acres with multiple access points

WHAT TO LOOK FOR

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

MEDICINAL PLANTS
Blue Flag, Jerusalem, Anichokes, Mayapple, Manch Marigold, Queen Anne’s Lace (Wild Carrot), Trillium, Wild Bergamot, Wild Grapes 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 Onondaga Reservation. The site includes a stream restoration on Trout Creek, wetland restoration, 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.
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
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

Yawâko

Joanie Buckley

jbuckley@oneidanation.org

Direct: 920-496-7425