

**A Peer Learning Collaborative Approach to Strengthen Fresh Food Access  
and Nutrition Education in Indian Country**













































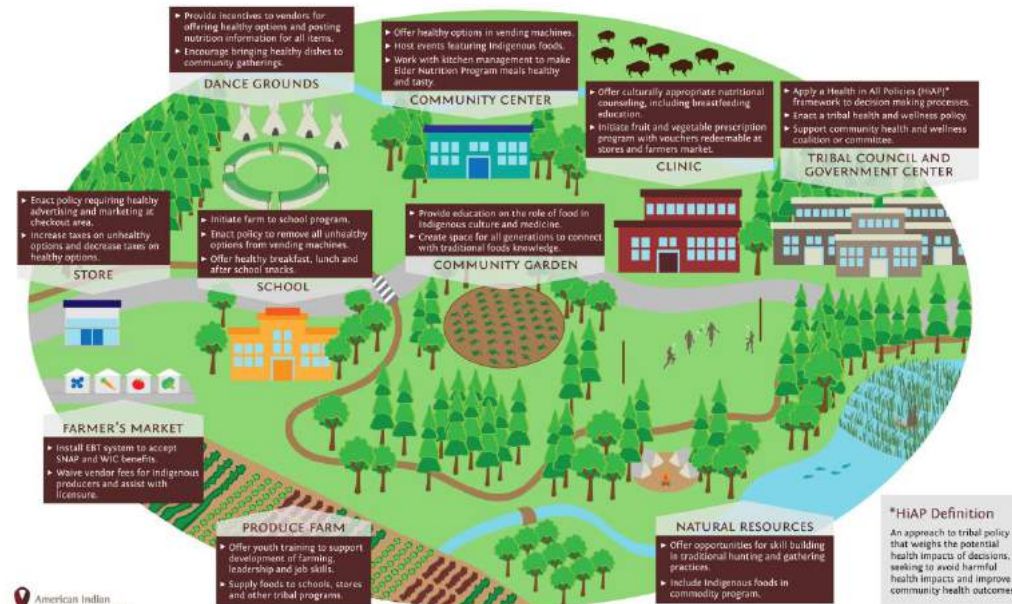




## HEALTHY EATING FOR STRONG NATIVE COMMUNITIES

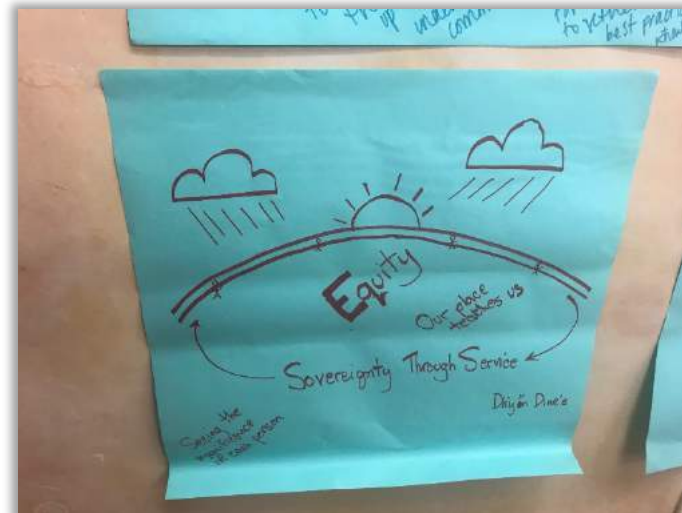
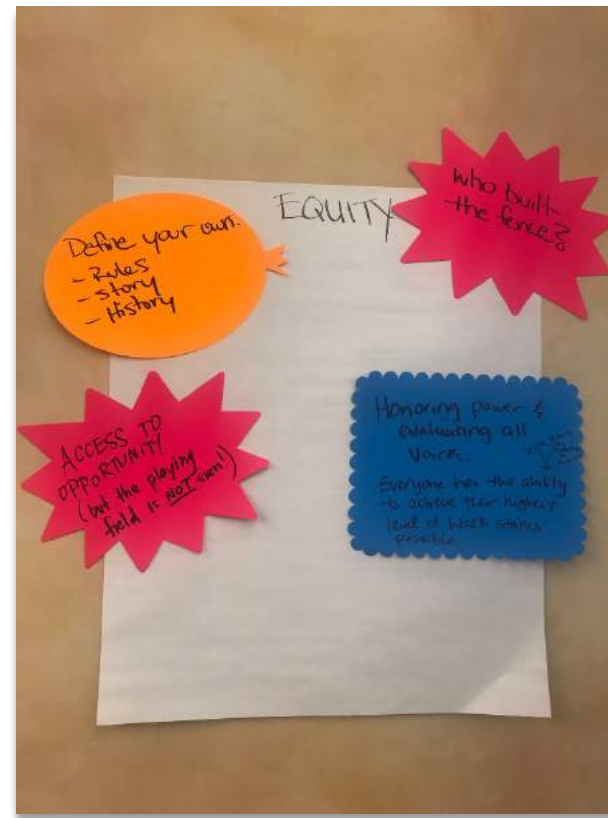
### PROMOTING INDIGENOUS HEALTH

- **Healthy Options:** water, fruits, vegetables, whole grains, lean proteins, unprocessed foods.
- **Indigenous Foods:** foods native to local area.
- **Unhealthy Options:** sugary drinks and processed foods high in sugar, sodium and saturated fat.







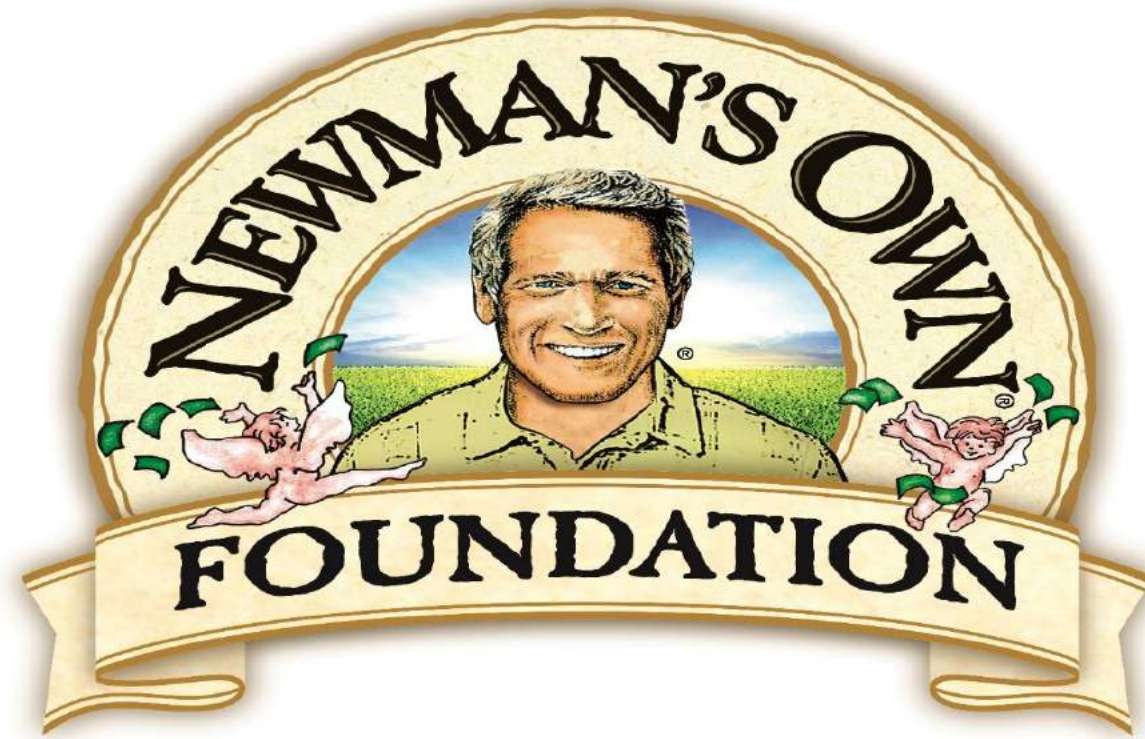












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