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

- Indigenous foods: foods native to local area
- Healthy options: water, fruits, vegetables, whole grains, lean proteins, minimally processed foods.
- In healthy options, sugars drinks and processed foods high in sugar, sodium and saturated fat.

DANCE GROUNDS
COMMUNITY CENTER
COMMUNITY GARDEN
CLINIC
TRIBAL COUNCIL AND GOVERNMENT CENTER
FARMERS’ MARKET
PRODUCE FARM
NATURAL RESOURCES
SCHOOL
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