Fourth Annual Conference on Native American Nutrition
From Knowledge to Practice:
Using Both Indigenous Wisdom and Academic Research to Improve Native American Nutrition

Sunday, September 15

7 a.m.-8 p.m.  Registration

Optional pre-conference workshops (register for these separately):

9 a.m.-Noon  "Foraging for Native Edible Plants: River Walk" Hope Flanagan (Seneca), Community Outreach and Cultural Teacher, Dream of Wild Health, Minneapolis, MN

“Indigenous Movement Experiential Workshop” Anthony Thosh Collins (O’odham/ Haudenosaunee/Osage) and and Chelsey Luger (Turtle Mountain Band of Chippewa and Standing Rock Sioux Tribe), Wellness Trainers, Well for Culture, Phoenix, AZ

10 a.m.-Noon  * “Preparing Healthy Traditional Food with Sean Sherman of The Sioux Chef,” Chef Sean Sherman (Oglala Lakota), Founder, The Sioux Chef, Minneapolis, MN

1-4 p.m.  “Native Gardens and Culture: High Tunnels at Wozupi Tribal Gardens and Guided Tour of Hoćokata Ti,” Shakopee Mdewakanton Sioux Community, Prior Lake, MN

"Foraging for Native Edible Plants: Marsh Walk" Linda Black Elk (Catawba Nation), Ethnobotonist, Mille Lacs Band of Ojibwe, Onamia, MN

1-5 p.m.  “The Seven Circles of Wellness — A New Model for Holistic Wellness, Ancestral Health, and Living a Balanced Life,” Anthony Thosh Collins (O’odham/ Haudenosaunee/Osage) and and Chelsey Luger (Turtle Mountain Band of Chippewa and Standing Rock Sioux Tribe), Wellness Trainers, Well for Culture, Phoenix, AZ

2-4 p.m.  * “Preparing Healthy Traditional Food with Sean Sherman of The Sioux Chef," Chef Sean Sherman (Oglala Lakota), Founder, The Sioux Chef, Minneapolis, MN

5-5:30 p.m.  Screening of the award-winning film “Return; Native American Women Reclaim Foodways for Health and Spirit,” hosted by Valerie Segrest, MS (Muckleshoot), Nutrition Educator, Auburn, WA (featured in the film)

6-7 p.m.  OPENING KEYNOTE: Challenges to Long-Term Food Security of Indigenous People Due to Local and Global Environmental Changes

• Norma Kassi (Vuntut Gwich’in First Nation), Advisor to the Canadian Indigenous Leadership Initiative and Co-Director, Canadian Mountain Network, Whitehorse, Yukon, Canada

7-8 p.m.  WELCOME GATHERING (appetizers and cash bar)

* Sean Sherman will also be giving his workshop on Wednesday, September 18, after the conference from 2-4 p.m.
Monday, September 16

7 a.m.-3 p.m.  Registration

7 a.m.  BREAKFAST

8 a.m.  WELCOME AND OPENING CEREMONY (joint with Native American Journalists Association)
- Drum group (TBD)
- Honor Guard (TBD)
- Prayer (TBD)
- Abigail Echo-Hawk, MA (Pawnee), Director, Urban Indian Health Institute, Seattle, WA, Emcee
- Charles R. Vig, Chairman, Shakopee Mdewakanton Sioux Community, Prior Lake, MN
- Joan T.A. Gabel, JD, President, University of Minnesota, Minneapolis, MN
- Nikki Farago (Seneca), Assistant Commissioner of Children and Family Services, Minnesota Department of Human Services, Saint Paul, MN

8:30 a.m.  Community Poll
- Mindy S. Kurzer, PhD, Conference Chair, Professor and Director, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN

8:50 a.m.  Let's Keep Moving During the Conference!
- Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN

SESSION 1: EFFECTIVE TRIBAL NUTRITION POLICIES (Moderated by Colby D. Duren, JD, Director, Indigenous Food and Agriculture Initiative, Fayetteville, AR)

9 a.m.  Model Food Codes
- Colby D. Duren JD, Director, and Erin Parker, JD, LLM, Research Director and Staff Attorney, Indigenous Food and Agriculture Initiative, Fayetteville, AR

9:20 a.m.  “How Tribes can use the American Indian Agriculture Resource Management Act of 1993 to Promote Health and Nutrition”
- Loren BirdRattler (Blackfeet), Project Manager, Agriculture Resource Management Plan, Blackfeet Nation, Browning, MT

9:35 a.m.  “Hearth Act and Tribal Zoning as Tools for Agriculture”
- Gary Besaw (Menominee), Director, Department of Agriculture, and Food Systems, Menominee Indian Tribe, Keshena, WI

9:50 a.m.  BREAK

10:15 a.m.  “Columbia River Treaty Tribes Food Safety Modernization Act (FSMA) Recommendations and Model Tribal Fish Processing Codes”
- Buck Jones (Cayuse), Columbia River Inter-Tribal Fish Commission, Portland, OR
10:30 a.m.  "Honoring Little Crow with Healthy and Indigenous Foods"
• Stacy Hammer, RDN, LD (Lower Sioux), Director of Community Health, Lower Sioux Health Care Center, Morton, MN

10:45 a.m.  “Healthy Diné Nation: Empowering our Communities”
• Denisa Livingston, MPH (Diné), Community Health Advocate, Diné Community Advocacy Alliance, Fruitland, NM

11 a.m.  Tribal Nutrition Policies Panel/Q&A

11:45 a.m.  Personal Story of Healing #1

Noon  LUNCH
• Comments by Lea Zeise (Oneida Nation of Wisconsin), Intertribal Agriculture Council

1:15 p.m.  BREAKOUT GROUPS
*Signifies presenter

Turtle Island Tales: A Story-Based Program to Promote American Indian Family Wellness
A Adams, MD, PhD*, and E Webber, MPH, Montana State University, Bozeman, MT; and E Tomayko, PhD, RD, Oregon State University.

Returning Buffalo to Native lands, Lives and Economies
R Ditmer, PhD (Sault Tribe of Chippewa Indians)*, Executive Director, Tanka Fund.

Meeting the Professional Development Needs of Child Nutrition Professionals through Free, Research-Based Trainings and Educational Resources
M Flautt, MS*, LJ Owens, MS, CHES*, Institute of Child Nutrition, University of Mississippi, University, MS; E James, MS, RD*, US Department of Agriculture, Food and Nutrition Services, Child Nutrition Programs; and K Lewis, PhD, RDN*, Institute of Child Nutrition, Applied Research Division, University of Southern Mississippi, Hattiesburg, MS.

Connecting Kids, Culture and Community through Traditional Local Foods
D Foye*, Nay Ah Shing Schools, Onamia, MN; V Goodthunder* and S Mathiowetz*, Canșayapi Wakaŋyeža Owayawa Oti-Lower Sioux Indian Community, Morton, MN; C Chase*, Leech Lake Area SNAP-Ed, Cass Lake, MN; K Costello and E McKee, Institute for Agriculture and Trade Policy, Minneapolis, MN.

Increasing Breastfeeding Duration Rates in Wisconsin Tribal Communities
C Nemec, RD, CD, CLS (Red Cliff Band of Lake Superior Chippewa)*, Great Lakes Inter-Tribal Council, Inc, Lac du Flambeau, WI.

Farm to School as a Strategy for Advancing Food Sovereignty in Native Communities
A Paisano (San Carlos Apache, Laguna Pueblo)*, National Farm to School Network, Santa Fe, NM; and M Martinez (Apache/Choctaw)*, Intertribal Agriculture Council-Native Youth Food Sovereignty Alliance, Zwolle, LA.

2:15 p.m.  BREAK
SESSION 2: YOUTH VOICES (moderated by Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, University of Minnesota Healthy Foods, Healthy Lives Institute, Saint Paul, MN; and Cindy Farlee (Itázipčho Lakȟóta), Native American Agriculture Fund, Associate Program Officer and Youth/Beginning Farmer and Rancher Liaison, Fayetteville, AR)

2:45 p.m. Youth talk 1 (TBD)

3:05 p.m. Youth talk 2 (TBD)

3:25 p.m. Youth talk 3 (TBD)

3:45 p.m. Youth Panel

4:45 p.m. Elder Response
- Leon Nuvayestewa, Sr. (Hopi), retired Health Director/Administrator for the Hopi Tribe

5:15 p.m. NETWORKING/BREAK

6:30 p.m. DINNER (joint with Native American Journalists Association)
- Comments by Lea Zeise (Oneida Nation of Wisconsin), Intertribal Agriculture Council
- Film: “Turtle Island Tales: Igmu’s Tipi Dream”
- Keynote: “We Can Be the Answer to our Ancestors’ Prayers”
  o Sean Sherman (Oglala Lakota), Founder, The Sioux Chef, Minneapolis, MN

Tuesday, September 17

6-7 a.m. Yoga with Meg
- Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN

7 a.m.-3 p.m. Registration

7 a.m. BREAKFAST

SESSION 3: STRATEGIES FOR IMPROVING NUTRITION OF URBAN NATIVE AMERICAN POPULATIONS (Moderated by Abigail Echo-Hawk (Pawnee), Director, Urban Indian Health Institute, Seattle, WA)

8 a.m. Overview of Urban Indian Communities
- Abigail Echo-Hawk, MA (Pawnee), Director, Urban Indian Health Institute, Seattle, WA

8:15 a.m. Access to Traditional Foods Within Urban Settings
- Valerie Segrest, MS (Muckleshoot), Nutrition Educator, Auburn, WA

8:45 a.m. Healing Unrecognized Trauma in Urban Communities Through Indigenous Foods
- Dana Thompson (Wahpeton-Sisseton and Mdewakanton Dakota), Co-owner and Chief Operating Officer, The Sioux Chef, Minneapolis, MN
9:15 a.m. Berries Between Buildings: Urban Indians, Foodways, and Re-Membering Cultural Traditions
• Itai Jeffries, PhD (Yèsah), Traditional Health Program Director, Urban Indian Health Clinic, Seattle, WA

9:45 a.m. BREAK

10:15 a.m. Elder Response
• Beverly Stabber Warne, RN, MSN (Oglala Lakota), South Dakota State University College of Nursing, Brookings, SD

10:45 a.m. Moderated Panel Discussion/Q&A

11:15 a.m. Personal Story of Healing, #2

11:30 a.m. LUNCH (joint with Native American Journalists Association)
• Comments by Lea Zeise (Oneida Nation of Wisconsin), Intertribal Agriculture Council

1:00 p.m. BREAKOUT GROUPS II
*Signifies presenter

Returning Buffalo to Native lands, Lives and Economies
R Ditmer, PhD (Sault Tribe of Chippewa Indians)*, Executive Director, Tanka Fund.

Stories of Native Hawaiian Infant Feeding Practices as Told by Kūpuna
MK Fialkowski (Native Hawaiian), T Fonseca-Smith (Native Hawaiian)*, J Ng-Osorio (Native Hawaiian), and P Pinto (Native Hawaiian), University of Hawai‘i at Mānoa, Honolulu, HI.

Connecting Kids, Culture and Community through Traditional Local Foods
D Foye*, Nay Ah Shing Schools, Onamia, MN; V Goodthunder* and S Mathiowetz*, Çanşayapi Waḵanyęza Owayawa Otí-Lower Sioux Indian Community, Morton, MN; C Chase*, Leech Lake Area SNAP-Ed, Cass Lake, MN; K Costello and E McKee, Institute for Agriculture and Trade Policy, Minneapolis, MN.

Decolonizing Breastfeeding Education: The Indigenous Breastfeeding Counselor Training
CJ Goldhammer (Sisseton-Wahpeton), MSW, LICSW*, International Board of Lactation Consultant Examiners (IBCLC) and K Moore-Salas (Diné), IBCLC.

Farm to School as a Strategy for Advancing Food Sovereignty in Native Communities
A Paisano (San Carlos Apache, Laguna Pueblo)*, National Farm to School Network, Santa Fe, NM; and M Martinez (Apache/Choctaw)*, Intertribal Agriculture Council-Native Youth Food Sovereignty Alliance, Zwolle, LA.

Dive into the FDPIR Food Package: What’s New and Improved!
J Walker, MPH, RDN*, Nutritionist and B Lopez*, Program Analyst, USDA, Food and Nutrition Services, Food Distribution Division, Alexandria, VA; and C Black, PhD, RD, LD, (Mississippi Band of Choctaw Indians)*, Food Distribution Program, Choctaw, MS.

2:00 p.m. TRANSITION
2:15 p.m. **BREAKOUT GROUPS III**

*Signifies presenter

**Turtle Island Tales: A Story-Based Program to Promote American Indian Family Wellness**
A Adams, MD, PhD*, and E Webber, MPH, Montana State University, Bozeman, MT; and E Tomayko, PhD, RD, Oregon State University.

**Stories of Native Hawaiian Infant Feeding Practices as Told by Kūpuna**
MK Fialkowski (Native Hawaiian), T Fonseca-Smith (Native Hawaiian)*, J Ng-Osorio (Native Hawaiian), and P Pinto (Native Hawaiian), University of Hawai‘i at Mānoa, Honolulu, HI.

**Meeting the Professional Development Needs of Child Nutrition Professionals through Free, Research-Based Trainings and Educational Resources**
M Flautt, MS*, LJ Owens, MS, CHES*, Institute of Child Nutrition, University of Mississippi, University, MS; E James, MS, RD*, US Department of Agriculture, Food and Nutrition Services, Child Nutrition Programs; and K Lewis, PhD, RDN*, Institute of Child Nutrition, Applied Research Division, University of Southern Mississippi, Hattiesburg, MS.

**Decolonizing Breastfeeding Education: The Indigenous Breastfeeding Counselor Training**
CJ Goldhammer (Sisseton-Wahpeton), MSW, LICSW*, International Board of Lactation Consultant Examiners (IBCLC) and K Moore-Salas (Diné), IBCLC.

**Increasing Breastfeeding Duration Rates in Wisconsin Tribal Communities**
C Nemec, RD, CD, CLS (Red Cliff Band of Lake Superior Chippewa)*, Great Lakes Inter-Tribal Council, Inc, Lac du Flambeau, WI.

**Dive into the FDPIR Food Package: What's New and Improved!**
J Walker, MPH, RDN*, Nutritionist and B Lopez*, Program Analyst, USDA, Food and Nutrition Services, Food Distribution Division, Alexandria, VA; and C Black, PhD, RD, LD, (Mississippi Band of Choctaw Indians)*, Food Distribution Program, Choctaw, MS.

3:15 p.m. **BREAK**

3:30 p.m. **POWERED BY PECHAKUCHA** (Moderated by Loren BirdRattler (Blackfeet), Project Manager, Agriculture Resource Management Plan, Blackfeet Nation, Browning, MT)

*Signifies presenter

**PATHS, Pathways to Agriculture and Native Foods Tribal Health Sovereignty**
H Hunts, PhD* and D Antelope, AA (Amskapi Pikuni and Eastern Shoshone), Montana State University (MSU), Bozeman, MT; C Baker, BS, BiotechInvestments Inc. Bozeman, MT; T Bird Rattler, BS (Amskapi Pikuni), Blackfeet Agricultural Resource Management Plan, Browning, MT; E Dratz, PhD* and F Dunkel, PhD*, MSU; N Goldtooth (Navajo)*, Dine College, Tsaile, AZ; J Hipp, JD (Chickasaw)*, Native American Agriculture Fund, Fayetteville, AR; W Old Elk, AA (Apsaalooke and Amskapi Pikuni), Hopa Mountain, Bozeman, MT; H Reed, AA (Apsaalooke), Little Big Horn College, Crow Agency, MT; D Sands, PhD, T Stewart, AA (Apsaalooke and Cree), and C Yupe (Shoshone Bannock)*, MSU; and A Zycherman, PhD, National Institute for Food and Agriculture.
Cultivation Terracing, Indigenous Ecological Knowledge and Sustainable Diets in a Rural Indigenous Community of Ecuador
C-A Gallegos, PhD(c) (Andean)*, Washington University in St. Louis and The Calihata Initiative; A Carrasco, Atty, MA (Andean & Basque), M Pintag, Engr (Kichwa-Pukara) and A Riofrío, PhD(c), The Calihata Initiative; and LL Iannotti, PhD, Washington University in St. Louis, MO.

Development of the Menominee Trauma Model: From Obesity Prevention to Healing with Indigenous Knowledge
J Gauthier, MPA (Menominee Nation)*, Extension, University of Wisconsin-Madison, Keshena, WI; and A Adams, MD, PhD*, Montana State University, Bozeman, MT; and the Menominee Community Engagement Workgroup, WI.

Engaging Indigenous Youth in Assessing Their Local Food Environments: A Methodology
B Jock (Mohawk)*, Johns Hopkins University, Baltimore MD; F Mobetty and G Mercille, Université de Montréal, Montréal, Canada; T Delormier (Mohawk)*, McGill University, Montréal, Canada; I Sebai, Université de Montréal, Montréal, Canada; M Riva, McGill University, Montréal, Canada; and M Batal, Université de Montréal, Montréal, Canada.

Preventing Childhood Obesity through WATCH
D Medicinebird (Cheyenne and Arapaho Tribes of Oklahoma)*, (Southern Plains Tribal Health Board), Oklahoma City, OK; and M Lombardo*, The OrganWise Guys Inc, Suwanee, GA.

Exploring Food Mino-Pimatisiwin (Good Life) Through the Lens of Indigenous Agriculture and Law: Respecting How Indigenous Control of Food Production is Building Food Sovereignty Models Across Turtle Island
SR Penner (Settler)*, PhD Student in The University of Guelph’s School of Environmental Design and Rural Development (2020)-Guelph, Ontario, Canada.

Culturally Tailoring a Diabetes Nutrition Education Program for Tribal and Urban American Indian and Alaska Native Communities
S Stotz, PhD, MS, RD, CDE*, University of Colorado School of Public Health, Centers for American Indian and Alaska Native Health, Aurora, CO; H Pontius, RD, CDN*, Saint Regis Mohawk Tribe-Diabetes Center for Excellence, Akwesasne, NY; A Brega, PhD, University of Colorado School of Public Health, Centers for American Indian and Alaska Native Health, Aurora, CO; K Gonzales, PhD, (Oklahoma Cherokee), Portland State University School of Public Health, Portland, OR; and K Moore, MD, FAAP, (Creek)*, University of Colorado School of Public Health, Centers for American Indian and Alaska Native Health, Aurora, CO; For the ADA WCIE AI/AN Study Group.

Wisahkotewinowak: Indigenous Land-based Learning Across Urban Environments in Southwestern Ontario, Canada
H Tait Neufeld, PhD*, The University of Guelph, Guelph, Ontario, Canada; D Skene, MA (Métis)*, White Owl Ancestry Association, Kitchener, Ontario, Canada; and K Anderson, PhD (Métis)*, The University of Guelph, Guelph, Ontario, Canada.

Developing the Four Corners Potato for Market
C Wilson, MS (Navajo)*, B Pavlik, PhD, and L Louderback, PhD, University of Utah, Salt Lake City, UT.
First Food Policy and Law Scan – A Comprehensive Review of Tribal Breastfeeding Laws and Policies Within the Bemidji Indian Health Service Area

B Yawakie, BS, BA, BA (Pueblo of Zuni, Turtle Mountain Band of Chippewa, Fort Peck Sioux and Assiniboine)* and J Ralston Aoki, JD, Public Health Law Center, St Paul, MN; and M Porter, MPH, Great Lakes Inter-Tribal Epidemiology Center, Lac du Flambeau, WI.

5:00 p.m. POSTER SESSION/RECEPTION (appetizers and cash bar)

6:30 p.m. DINNER ON OWN

OPTIONAL PROGRAMMING

6:30-8 p.m. Screening of “Growing Native,” a four-part PBS series that focuses on reclaiming traditional knowledge and food ways to address critical issues of health and wellness, the environment and human rights in Indian Country (one 1-hour part will be screened).

7-8 p.m. Yoga with Meg
- Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN

Wednesday, September 18

6-7 a.m. Yoga with Meg
- Megan Forcia (Bad River Band of Ojibwe), Native Programs Coordinator, Healthy Foods, Healthy Lives Institute, University of Minnesota, Saint Paul, MN

7 a.m.-11 a.m. Registration

7 a.m. BREAKFAST

SESSION 4: BEST PRACTICES IN COLLABORATIONS BETWEEN NATIVE COMMUNITIES AND ACADEMIC RESEARCHERS (Moderated by Abigail Echo-Hawk (Pawnee), Director, Urban Indian Health Institute, Seattle, WA)

8 a.m. Overview
- Abigail Echo-Hawk (Pawnee), Director, Urban Indian Health Institute, Seattle, WA

8:15 a.m. Tribal IRB Chair or Coordinator – community perspective

8:50 a.m. Indigenous Ways of Knowing and Doing in Academic-Community Partnerships: the Story of the Centre for Indigenous Peoples’ Nutrition and Environment (CINE)
- Treena Wasontio Delormier, PhD (Kanienke'há:ka - Mohawk), Associate Professor and Associate Director, CINE, McGill University, Montréal, Canada
- Norma Kassi (Vuntut Gwich’in First Nation), Advisor to the Canadian Indigenous Leadership Initiative and Co-Director, Canadian Mountain Network, Whitehorse, Yukon, Canada
- Harriet Kuhnlein, PhD, Professor Emerita, McGill University and Founding Director, Centre for Indigenous Peoples’ Nutrition and Environment, Montréal, Canada
9:25 a.m.  **Group 3 (TBD)** Elizabeth Hoover (*invited*) or Suzanne Held and Alma McCormick (*invited*)

10:00 a.m.  **Sassafras, My Teacher: Personal story of Healing Through Re-Connecting with Traditional Foods**
- Itai Jeffries, PhD (Yésah), Traditional Health Program Director, Urban Indian Health Clinic, Seattle, WA

10:15 a.m.  **CLOSING ELDER PANEL** (Moderated by Abigail Echo-Hawk (Pawnee), Director, Urban Indian Health Institute, Seattle, WA)
- Lenora Cook (Swinomish), La Conner, WA
- Hope Flanagan (Seneca), Wild Foods Educator, Dream of Wild Health, Minneapolis, MN
- Linda Frizzell, PhD (Eastern Cherokee and Lakota), University of Minnesota School of Public Health, Minneapolis, MN
- Norma Kassi (Vuntut Gwich’in First Nation), Advisor to the Canadian Indigenous Leadership Initiative and Co-Director, Canadian Mountain Network, Whitehorse, Yukon, Canada
- Leon A. Nuvayestewa Sr (Hopi), retired Health Director/Administrator for the Hopi Tribe, Polacca, AZ
- Beverly Stabber Warne, RN, MSN (Oglala Lakota), South Dakota State University College of Nursing, Brookings, SD
- Ernie Whiteman (Northern Arapahoe), Cultural Director, Dream of Wild Health, Minneapolis, MN

11:30 a.m.  **CLOSING REMARKS/CLOSING CEREMONY**

Noon  **LUNCH ON OWN**