



# Alaska Native Traditional Foods Movement

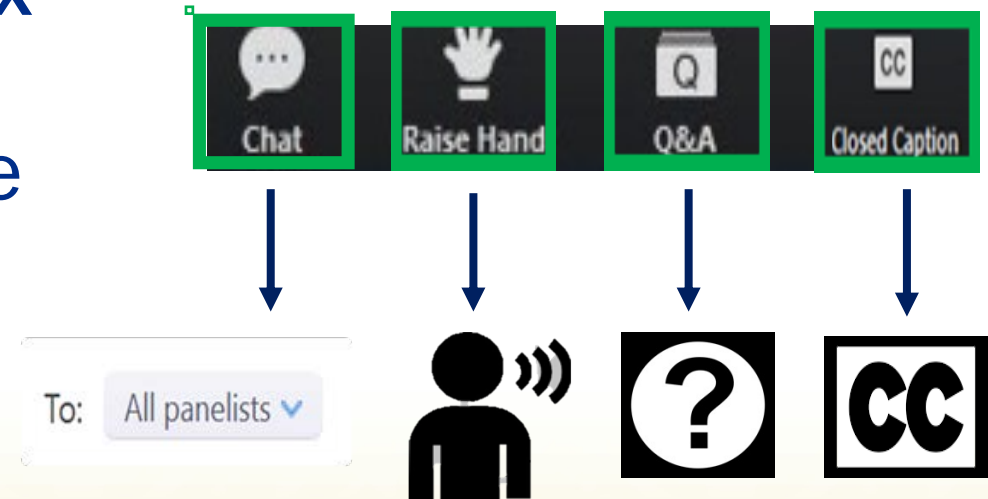
Wednesday, March 24, 2021, 2:00 pm Eastern

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Enjoy the session!



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# Presenters



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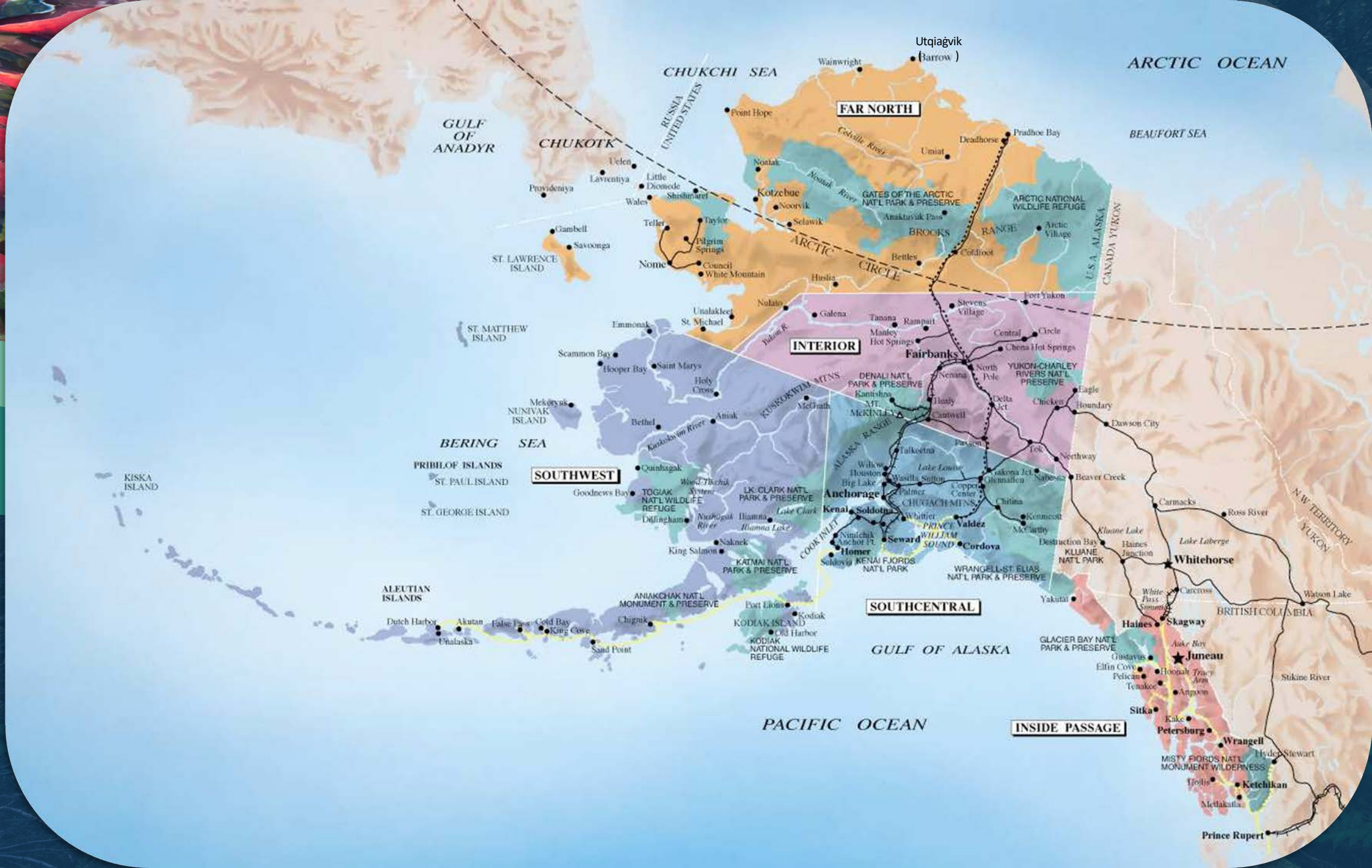
# Alaska Native Traditional Foods Movement

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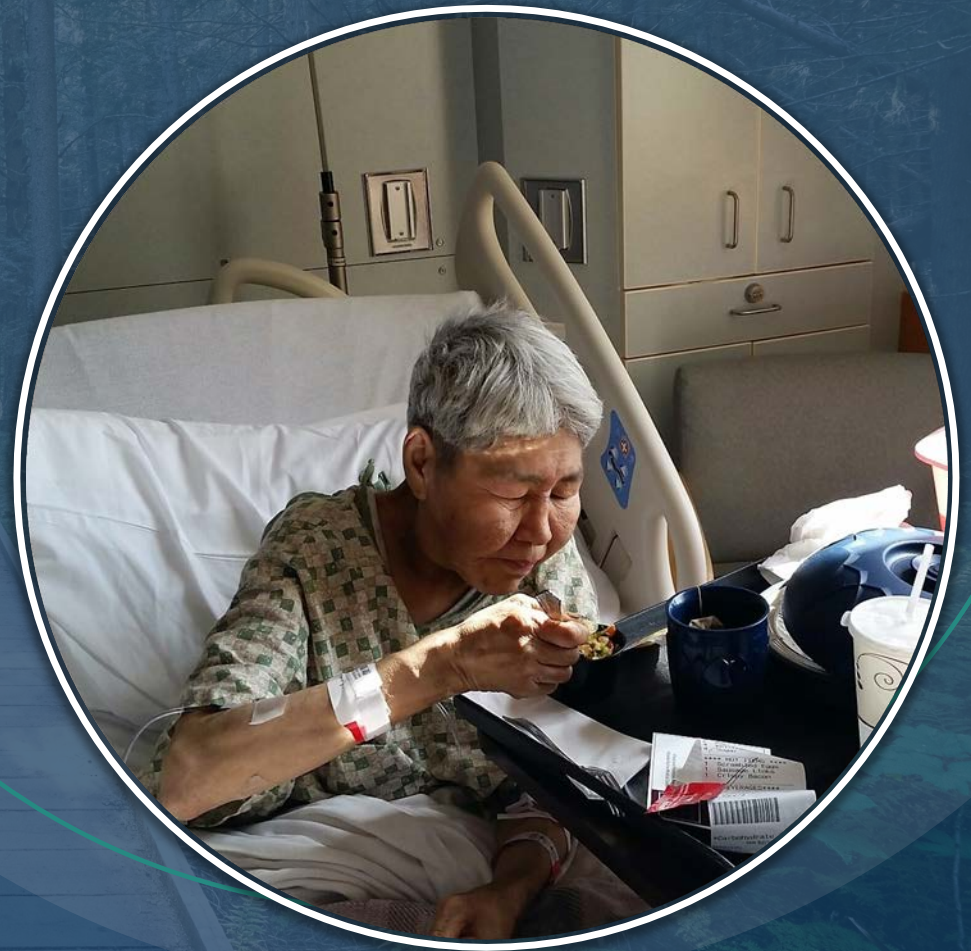






# Close Your Eyes







**“Let food be thy medicine, and let medicine be thy food.”**

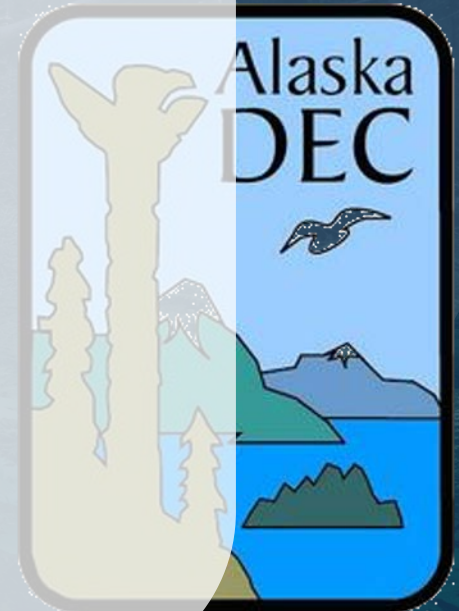
- Hippocrates, father of modern medicine

# Regulations



# Alaska Department of Environmental Conservation (DEC) Food Code

- Traditional wild game meat, seafood, plants, and other food donated to an institution or a nonprofit program
  - Includes residential childcare facility with a license from the Department of Health and Human Services, school lunch programs, and senior meal programs
- Food must be whole, gutted, gilled, as quarters or roasts without further processing
- Animal is not diseased
- Food is butchered, dressed, transported, and stored to prevent contamination, undesirable microbial growth, or deterioration
- Prohibited foods



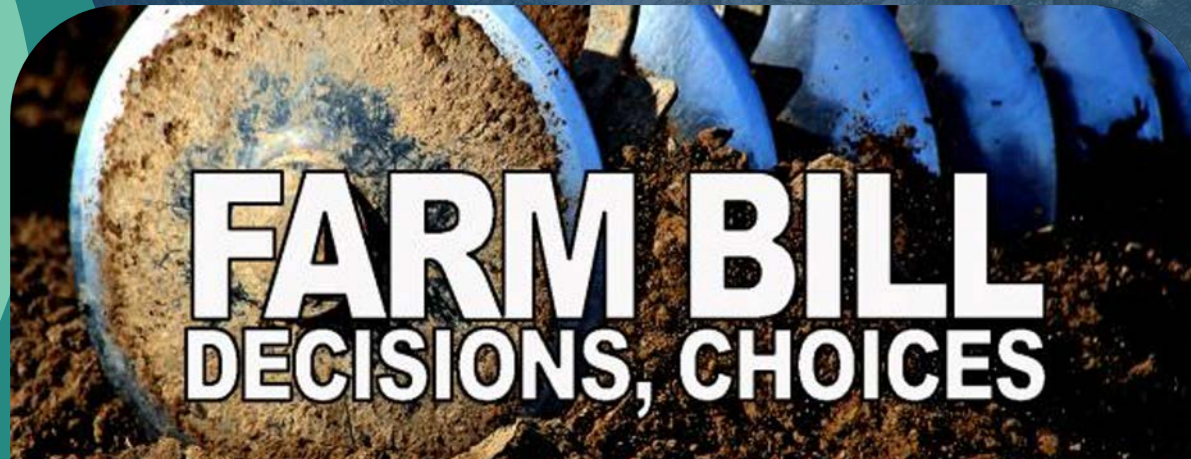


# 2014 Farm Bill

- The Agriculture Act of 2014 passed the Senate with an overwhelming bipartisan majority of 68-32 on Feb. 4, 2014; signed into law on Feb. 7, 2014
- Included Sec. 4004: Food distribution program on Indian reservations and Sec. 4033: Service of traditional foods in public facilities
- The term “food service program” includes:
  - Food service at residential childcare facilities that have a license from an appropriate state agency
  - Any child nutrition program
  - Food service at hospitals, clinics and, long-term care facilities
  - Senior meal programs







**2018**



U.S. Code Title 25. Indians

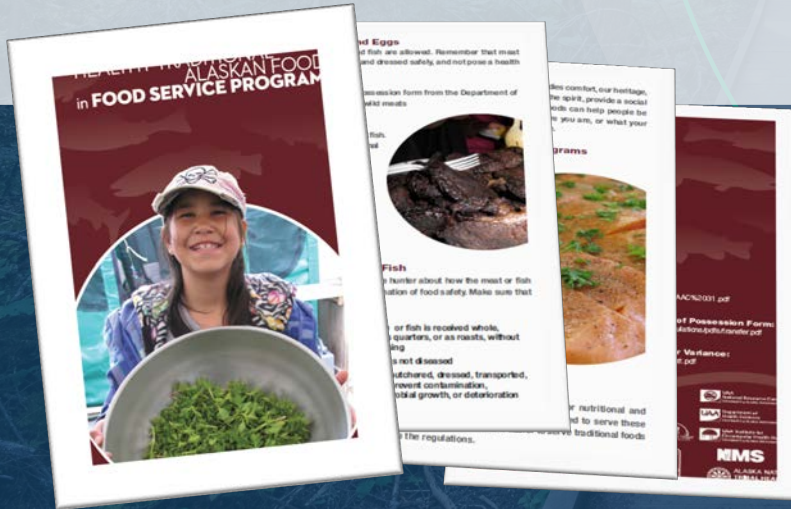
Chapter 18. Indian Health Care

Subchapter VI Miscellaneous – Section 1685

# Traditional Food Poster & Toolkit

## Alaska traditional foods poster and toolkit

- National Resource Center for Alaska Native Elders, NMS, ANTHC, AK Food Policy Council, AK DEC, and others



### LET'S EAT MORE of ALASKA'S TRADITIONAL FOODS!

You can donate hunted and gathered foods to food service programs, senior meals, food banks, schools, hospitals, etc.

**Help keep Alaskans healthy by sharing our local foods!**

**HOW TO DONATE:**

- Meats: whole, quartered, or roasts
- Fish: gutted and gilled, with or without heads
- Plants: whole, fresh or frozen

**DONATE THESE:**

- Meat wild game meat
- Fish
- Seafood (including muskoxen shellfish)
- Marine mammal meat and fat (unfermented muktuk and seal meat)
- Plants, including fiddlehead and sourdock
- Berries
- Wild Mushrooms
- Eggs (whole, intact and raw)

**NOT THESE:**

- Fox, polar bear, beaver, and walrus meat
- Seal oil or whale oil, with or without meat
- Fermented game meat (squirrel, whale, squirrel, and squirrel)
- Homemade corned or vacuum sealed foods
- Smoked or dried seafood products, unless these products are prepared in a seafood processing facility permitted under 19 AAC 34
- Fermented seafood products (fishon eggs, fish heads, and other)
- Muskoxen shellfish

**ADDITIONAL INFORMATION CAN BE FOUND AT:**  
<http://www.dfg.alaska.gov/food>

**SPARK** **CHILD** **NMS** **AK DEC**

### LET'S EAT MORE of ALASKA'S TRADITIONAL FOODS!

**ACCEPTING DONATIONS**

- Meats: whole, quartered, or roasts
- Fish: gutted and gilled, with or without heads
- Plants: whole, fresh or frozen

The hunter/fisher and food service program must confirm that:

- The animal was not diseased
- The food was butchered, dressed, transported, and stored to prevent contamination, undesirable microbial growth, or deterioration
- The food will not cause a significant health hazard or potential for human illness

**FOOD STORAGE**

- Label donated seafood, game meat, and wild plants with the name of the food including the date and provider's name is a recommended best practice
- Vacuum packaging and quickly freezing donated donations on site is permitted
- Store donated foods separately from other food using a separate compartment, container, or shelf in the freezer or refrigerator

**PROCESSING**

- Process donated meats similar to other raw meats or poultry; clean and sanitize food-contact surfaces of equipment and sanitize after processing the food
- To prevent cross-contamination cut large portions of raw foods at a different time or in a different space than meat preparation
- If the facility wishes to can foods or process prohibited foods such as seal oil, fill out and submit a variance through the Alaska DEC website: <http://dec.alaska.gov/dec/forms/varianceRequest.pdf>

**PREPARATION**

- Donated meats, fish, berries, and plants can be further prepared on site to incorporate into existing recipes, such as grinding moose to make spaghetti or cutting caribou into smaller pieces for a stew
- Donated meats can be prepared using the same equipment and area as other raw meats such as beef or poultry
- Wild mushrooms must be identified with the common and usual name of the mushroom and the statement "Wild mushrooms: not an inspected product" when served

**ADDITIONAL INFORMATION CAN BE FOUND AT:**  
<http://www.dfg.alaska.gov/food>

**SPARK** **CHILD** **NMS** **AK DEC**

# Health Care



# Alaska Native Medical Center (ANMC)

- ANMC Food and Nutrition Services team has looked at various ways to implement traditional foods into the patient menu
- Vendors/procurement, donations, and harvesting
- ANTHC/APU Spring Creek Farm



# ANMC – Thinking Outside of the Box

- Harvesting
  - Spruce Tips
  - Dandelions
  - Salmonberries
  - Blueberries
  - Crowberries
  - Arctic Cranberries
  - Fireweed
  - Rosehips
  - Crab Apples
- Alaska Moose Salvage Program
- Alaska Professional Hunter Association

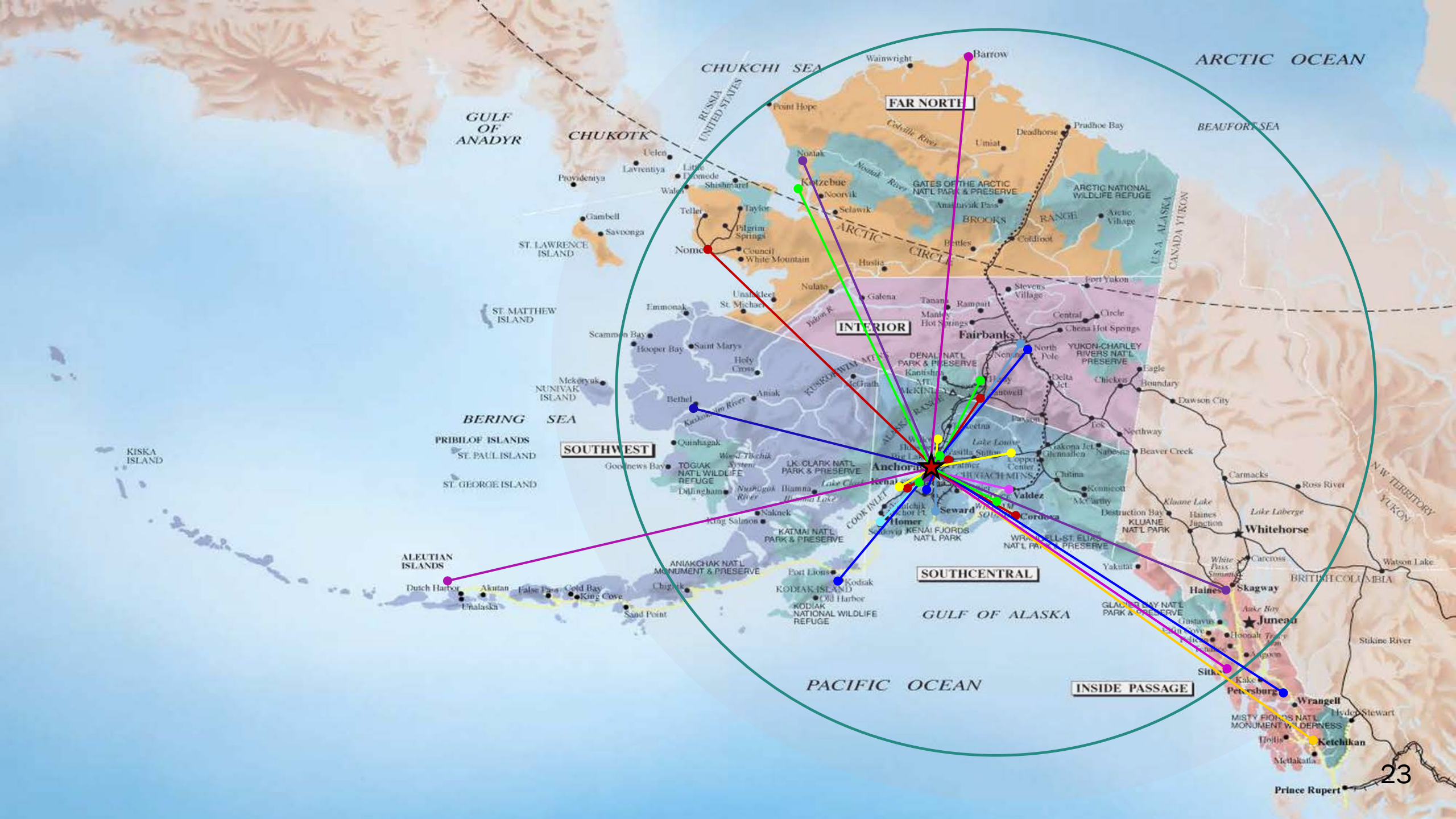


# ANMC – Thinking Outside of the Box



- Vendors/Procurement
  - Reindeer
  - Wild Alaska Salmon
  - Fiddlehead Ferns
  - Beach Asparagus
  - Bones
  - Fish Heads
  - Chaga
  - Bull Kelp





# ANMC Traditional Foods Donations 2014–2020

- From the Land
  - Deer 1945 lbs.
  - Moose 3850 lbs.
  - Caribou 1370 lbs.
- From the Sea
  - King Salmon 640 lbs.
  - Salmon Bellies 2600 lbs.
  - Salmon Heads 1300 lbs.
  - Cod 60 lbs.
  - Whitefish 240 lbs.
  - Sheefish 2800 lbs.
  - Hooligan 3400 lbs.
  - Harbor Seal 2100 lbs.
- Plants/Berries
  - Fiddlehead Ferns 73 lbs.
  - Spruce Tips 110 lbs.
  - Dandelions & Buds 62 lbs.
  - Arctic Berries 136 lbs.
  - Tundra Tea 23 gallons
  - Bladder Wrack 13 lbs.
  - Beach Greens 8 gallons
  - Rhubarb 345 lbs.
  - Crab Apples 55 gallons

**21,086 pounds**

**Over 10 tons!!**





# Moose, Caribou & Deer Meat



# Herring Eggs



# Seal Meat



# Wild Alaska King Salmon



# Fiddlehead Ferns & Beach Asparagus



# Caring During COVID



- Traditional Tuesday

- Seal soup
- Moose stew
- Caribou stew
- Fish head soup
- Salmon belly and roe soup with bull kelp

- Fishy Friday

- Smoked hooligan, salmon or sheefish
- Fried hooligan

- Sweet Treat Saturday

- Birch sourdough bread with fireweed jelly
- Rhubarb bread
- Crab apple pudding
- High bush cranberry pudding
- Blueberry pudding

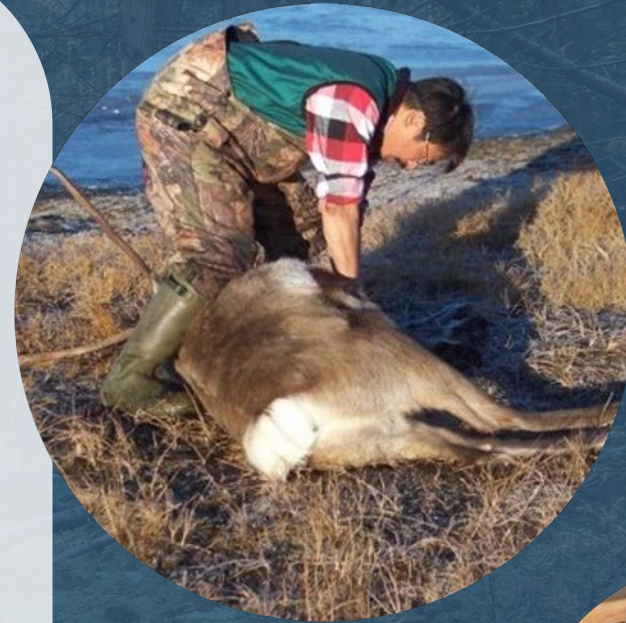


# Long-term Care



# Utuqqanaat Inaat (A Place for Elders)

- October 2011: Maniilaq Association opened an 18-bed, long-term care facility
- Elders prefer traditional foods served on a more regular basis
- Maniilaq Hunter Support Program
- DEC and state surveyors
  - Let the tundra be considered the Elders' garden
  - Any kitchen with a DEC permit can receive traditional game directly





# The Sigłauq

- Traditional foods processing facility
  - An Inupiaq name meaning ice cellar or cold storage
  - Grand opening was July 7, 2015
  - Processed 200 lbs. of muskox in September 2015
  - Beginning of traditional foods offerings on Utuqqanaat Inaat's menu



# THE SIGLAUQ



# Food Assistance Programs



# Help **Meat** The Need

- Food Bank of Alaska welcomes gifts of moose, caribou, deer, and sheep meat, as well as salmon and halibut
- Hunters who would like to donate should:
  - Complete the state of Alaska Transfer of Possession form
  - Deliver the meat to a commercial processor
  - Notify the Food Donation Coordinator at the Food Bank
- Food Bank of Alaska pays for meat to be processed into 1-lb ground meat packages that are easiest for hungry families to use
- Northern Air Cargo will transport meat to Anchorage from rural locations free of charge





# Bean's Cafe

- Over half of the people served are Alaska Native, many are elders
- Rely on food donations
- National Resource Center for Alaska Native Elders
  - 2020, Federal grant G0010269



# Seal Oil: Alaska's Condiment



# Seal Oil

- Prohibited food in the Alaska Food Code
- [Botulism...A Deadly Food Poisoning](#)
- Maniilaq Seal Oil Project
- Brian Himelbloom and Chris Sannito
  - UAF - Kodiak Seafood and Marine Science Center
  - Measured pH, water activity, and water content
- Eric Johnson
  - University of Wisconsin, Department of Bacteriology Botulinum Toxins Laboratory
  - Type E (associated with water environments)



# 9-STEP SEAL OIL HACCP PLAN

Obtaining the results from Wisconsin's heat inactivation experiment helped to support the development of a HACCP plan for seal oil. In collaboration with the University of Alaska-Fairbanks Kodiak Seafood and Marine Science Center, serving as the processing authority, an 9-Step HACCP Plan was created. Utilizing the traditional rendering process of seal oil, the proposed HACCP plan introduces a heat treatment step to control for *Clostridium botulinum* toxin.

**The current seal oil HACCP plan proposed involves the following steps:**

- 1. Trimming, Blubber Stripping and Sorting in the Siglauq**
- 2. 10-14 Day Ambient Temperature Blubber Rendering in Poly Buckets**
- 3. Oil/Cheesecloth Filtering and Straining**
- 4. Oil Heat Treatment 176°F for 10 min**
- 5. Pre-cool oil from 176°F to 70°F within 2 hrs**
- 6. Oil Filling into Clean Mason Jars**
- 7. Labeling/Inspection**
- 8. Cooling of Jars to 38°F within 4 hrs**
- 9. Frozen storage**





# New Ways to Prepare Traditional Foods



# Highbush Cranberry Harvest



# Highbush Cranberry Harvest

- Highbush cranberries are shrubs that grow throughout Alaska
- Its leaves turn red in the fall
- Berries can be picked from July to September
- The fruit is red or orange with a flat stone removed after cooking, and the fruit is forced through a strainer or food mill
- The pulp or juice can be used in jams, jellies, or sauces





## **Cranberries cook in apple cider vinegar and reduce by half**

- Cranberries can be picked before the first frost
- It has the best flavor when berries turn red
- Use the stove ventilator, as cooking highbush cranberries in vinegar is caustic



## **Berry pulp strained by food mill after cooling**

- Cheese cloth or a strainer works well, but the food mill is faster



## **Discarded pulp can be composted**

- Per half cup serving, highbush cranberries contain vitamin A - 20% RDA, vitamin C - 25% RDA, dietary fiber - 28% RDA

- Resulting cranberry pulp is ready for barbeque ingredients
- Highbush cranberries are an extremely high source for antioxidants with a score of 174
- Processing does change the score, but it still cannot be compared to commercially grown berries.



## Diced onion

- Dice as small as possible – Cooking sauce will not break down vegetables
- Finished sauce can be smoothed out in a blender, food processor, or with an immersion blender



## Minced garlic

- Sauce uses an entire head of garlic
- It may seem like a large amount, but it adds tremendous flavor to the finished sauce
- Mince as finely as possible



## Minced jalapeños

- Mince as small as possible
- Optional: jalapeno seeds left in sauce will add a lot of heat
- In this recipe all the seeds were left out





## **Ground cloves, cinnamon, allspice, and black pepper**

- 1.5 tablespoons of each spice may seem like a lot, but please do not hold back on measurements
- Barbeque sauce will turn out intensely flavored and will go a long way, especially with wild game meats



## **Molasses, dark brown sugar, honey, and Liquid Aminos**

- The sugar and honey can be reduced, if desired, by a tablespoon at a time; they add to the flavor intensity
- Liquid Aminos are an all-purpose seasoning and soy sauce alternative; Worcestershire sauce can be substituted

# Wood Bison

- Wood bison relocated to Shageluk are possibly descendants of the Native Athabascan traditional food source
  - Photos courtesy of Joy Hamilton





# Honey Sage Bison Sausage



# National Resource Center For Alaska Native Elders (NRCANE)



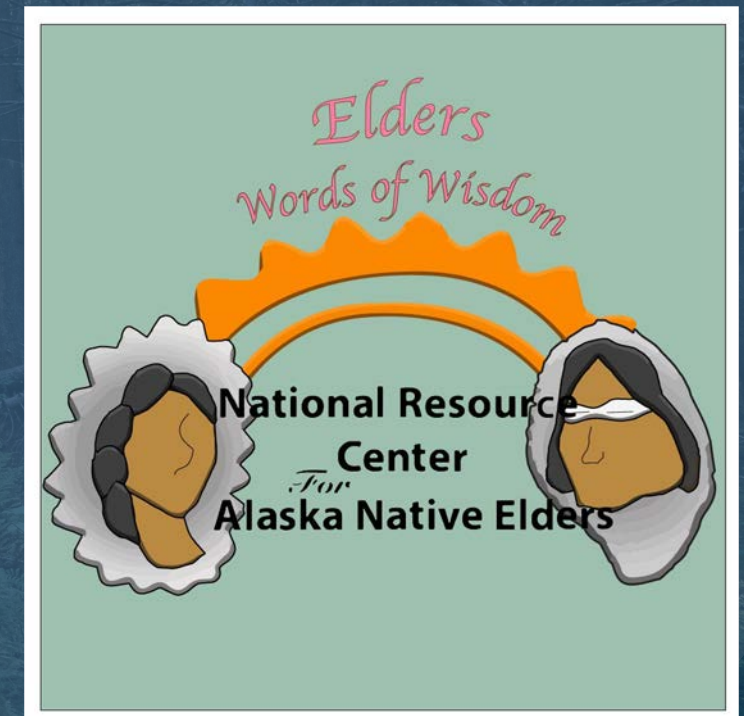
# NRCANE

- Helping Alaska Native Elders live fully in their community of choice
- Library of resources
- Getting resources into the hands of those who need them
- Audience
  - Elders
  - Families
  - Caregivers
- Accessibility
  - Easy to understand
  - ADA-compliant



# Development of Resources

- Utilizing digital media
  - Videos
  - Podcasts
  - Infographics
  - And more...
- Cultural sensitivity
- Traditional knowledge
- Experts and faculty research



# Alaska Traditional Kitchen

- Recipe “packages”
  - Background/nutrition
  - Recipe
  - Video
  - Podcast
  - Infographic
  - Printable text file
- Website:  
[www.uaa.alaska.edu/elders](http://www.uaa.alaska.edu/elders)



# Website Development

- Increasing awareness of NRCANE
- Expanding the website
  - New elder care related topics
    - Elder abuse
    - Dementia
  - Modules
  - Scalability
  - Accretion



You Can Do This, Too!!



# Resources





nativefood4life@anthc.org

State of Alaska myAlaska My Government Resident Business in Alaska Visiting Alaska State Employees

Division of Environmental Health  
**Food Safety & Sanitation Program**


HOME HOW DO I FOR BUSINESSES FOR CONSUMERS FOR FOOD WORKERS FORMS RESOURCES

State of Alaska > DEC > EH > Food Safety and Sanitation > Food Establishments > Traditional Foods

### TRADITIONAL FOODS

The Alaska Food Code allows the donation of traditional wild game meat, seafood, plants, and other food to a food service of an institution or a nonprofit program with the exception of certain foods that are prohibited because of significant health hazards. Examples of facilities that can accept these donations include residential facilities, school lunch programs, head starts and elder meal programs.

For more information contact your local Environmental Health Officer.



**REQUIREMENTS**

- Donated Traditional Foods Poster
- Donated Traditional Foods Toolkit

**RESOURCES**

- Alaska Cooperative Extension Publications
- Alaska Family Nutrition Program
- Botulism - A Deadly Food Poisoning
- Bringing Tribal Foods and Traditions into Cafeterias, Classrooms, and Garden (USDA)
- Donated Game Freezer Labels
- Food Safety for First Nations People of Canada
- Harbor Seal Oil and Meat Brochure
- Home Freezing of Fish
- Hunting Regulations
- Native Foodways Magazine
- Processing Game Meat
- Receipt of Donated Game Form
- Recipes
- Service of Traditional Foods in Public Facilities (USDA)
- Store Outside Your Door
- Traditional Food Guide
- Traditional Foods Resource Guide
- Transfer of Possession Form
- Tundra to Table Videos
- What is Legal to Trade or Barter

**HELPFUL ALASKA LINKS**

- ADEED Child Nutrition Program
- ADHSS Obesity Prevention and Control Program
- ADHSS Family Nutrition Programs
- Alaska Department of Fish and Game
- Farm to School Program
- National Resource Center for Alaska Native Elders

**IN THE NEWS**

- Alaska Nursing Home Asks to Serve Seal Oil to Native Clients
- Harvesting Alaska - Eating What We Want
- Kotzebue's New Elder Tundra Garden
- Sigluq - Maniqaq Elder's Traditional Food Facility
- It takes a village: Providing subsistence foods for Alaska hospitals and health care facilities
- Traditional foods on menu for Kotzebue elders

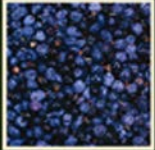
Commissioner Public Notices Regulations Statutes Press Releases  
Divisions/Contacts Employee Email

Food Safety and Sanitation Program  
660 Cordova St., Anchorage, AK 99501  
Phone: 877-233-2662 | Fax: 807-648-9132 | TTY: 800-770-6172  
Local Environmental Health Officer

State of Alaska myAlaska My Government Resident Business in Alaska Visiting Alaska State Employees  
State of Alaska | © 2017 | Webmaster

# Traditional Food Guide


FOR ALASKA NATIVE CANCER SURVIVORS



Alaska Native Tribal Health Consortium  
Cancer Program

# TRADITIONAL FOOD GUIDE

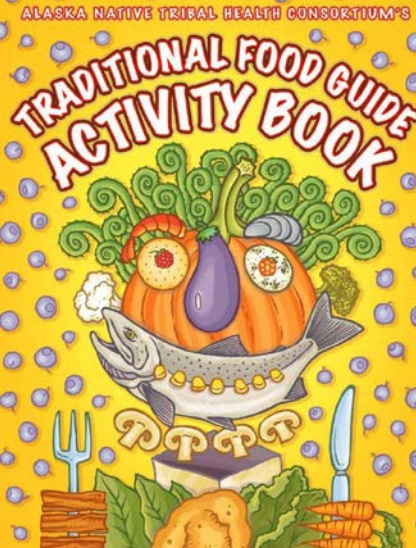
FOR THE ALASKA NATIVE PEOPLE



SECOND EDITION

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM'S

# TRADITIONAL FOOD GUIDE ACTIVITY BOOK




# Qaqamiigux̂

"to hunt or fish for food and collect plants; subsistence"

## Traditional Foods and Recipes from the Aleutian and Pribilof Islands

nourishing our mind, body and spirit for generations



Suanne Unger  
ALEUTIAN PRIBILOF ISLANDS ASSOCIATION, INC.

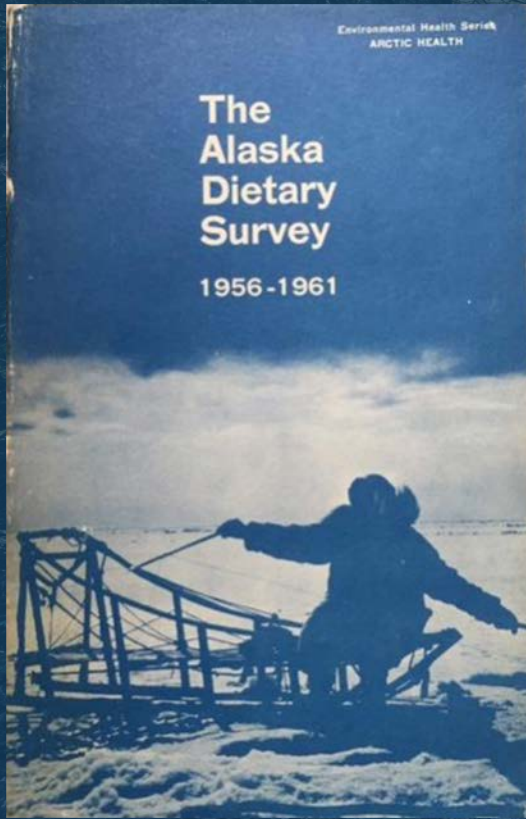
# STORE OUTSIDE YOUR DOOR

HUNT • FISH • GATHER • GROW





Subscribe to us on YouTube!  
www.youtube.com/anthcstoreoutside

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www.facebook.com/storeoutside




## Southeast Alaska Traditional Food Guide








A weekly reminder to encourage gathering and using local plants and berries  
Compiled by SEARHC Health Promotion




**SEARHC**  
Southeast Alaska Regional Health Consortium  
*Your Partner in Health*

## NATIONAL NATIVE NETWORK TRADITIONAL FOODS RESOURCE GUIDE

for Indian Health Service areas - Alaska, California, Great Plains and Portland



**SEARHC**  
SOUTHEAST ALASKA REGIONAL HEALTH CONSORTIUM



**LIFE ISSACRED**  
NATIONAL NATIVE NETWORK

# A Seasonal Celebration of Tlingit Traditional Foods

### TA'AKW Winter

- S'ÉEK'ÁT (Shrimp)++
- S'ÁAW (Dungeness Crab)++
- K'ÁLKÁTSK (Clams)++

### KUTAAN Summer

- SUK'ÁDZI (Beach Asparagus)
- KANATÁ (Blueberry)
- Burnet
- NÉ'SW (Cloudberry)
- S'ÁXT' (Devil's Club)
- YÉ'L' (Elderberry)
- SHAA'X (Gray Currant)
- KAXWÉIX (High Bush Cranberry)+
- TLEIKATÁNK (Huckleberry)
- KÓOK (Indian Rice)
- GEIKAKÉTL'K (Jacob's Berry)
- NEIGOON (Nagoonberry)
- Pineapple Weed
- Puffball
- WAS'XAAN TLÉIGU (Salmonberry)
- X'ÁAY (Cedar)
- TUKK'AYUK (Sea Lovage)
- X'WEIK (Sourdock)
- SHÉYI (Spruce, Sitka Spruce)
- SHÁKW (Strawberry)
- CH'ÉEX' (Thimbleberry)
- YÁN (Hemlock)
- SHAAW (Gumboots)
- YÉIN (Sea Cucumber)
- Octopus
- GAAT (Sockeye)

### YEIS Fall

- LINGIT ÁAX'I (Crab Apple)
- DÁXW (Low Bush Cranberry)
- X'OON (Seal)++
- JÁNWU (Mountain Goat)+
- T'ÉEL' (Dog Salmon)
- KÓOK (Coho Salmon)
- KIN (Goose)+
- GULWAKAAN (Deer)+
- DZISK'W (Moose)
- GÁAXW (Duck)+

### BERRY VARIETIES

- Alaska Blueberries
- Elderberry
- Gray Currant
- High Bush Cranberry
- Huckleberry
- Jacob Berry
- Nagoonberry
- Strawberry
- Thimbleberry
- Lingonberry
- Watermelon Berry

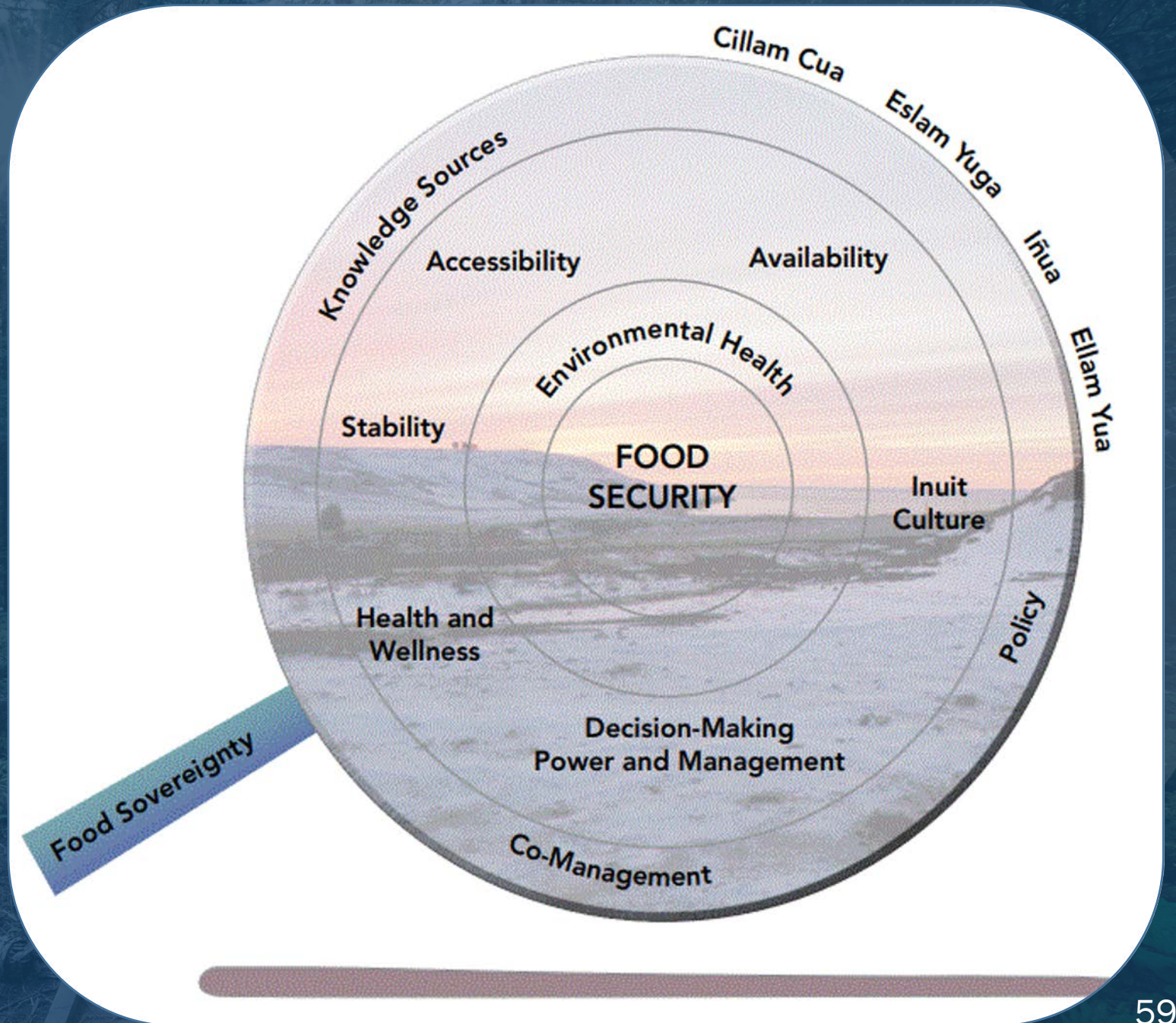
### FISH AND OTHER FOODS FROM THE SEA

- Gumboots
- Sea Cucumber
- Dog Salmon
- Coho Salmon
- Shrimp
- Crab
- Clams
- Halibut
- Octopus
- Black Seaweed
- Bull Kelp
- Ribbon Seaweed
- Sea Lettuce
- Herring Eggs

++ Indicates food is available for more than one season  
Contact a local fish and game office for more information on hunting and fishing regulations.  
Caution: for more information on paralytic shellfish poisoning, contact the Alaska Dept of Environmental Conservation.



**SEARHC**  
healthy is here.





# Food Safety for First Nations People of Canada:

## A Manual for Healthy Practices







**“Happiness is healing. Elders need to taste the food they’ve grown up on so they can feel good about themselves again – it’s a healing thing.”**

- Frank Wright, Hoonah

*Traditional Food Guide for Alaska Native Cancer Survivors, 2008*



Thank you

Ugheli nanghal'aeni  
(Ahtna Athabaskan)

Waqaa  
(Yup'ik)

Tats gwiik  
(Haida)

Daneyosh  
(Upper Kuskokwim)

Aang  
(Aleut)

Yuxudz yuxogh srigisddheyh go ninuxdatl  
(Deg Xinag Athabaskan)

Nakhwal'in shoo ihlii  
(Gwich'in Athabaskan)

Ts'Im'wii'amhaw  
(Tsimshian)

Quyana tailuci  
(Cup'ik)

Quyakamsi tagilghiisi  
(St. Lawrence Island Yupik)

Paɣlagivsigiñ  
(Iñupiaq)

Chin'an gu nin yu  
(Dena'ina Athabaskan)

Yak'ei haat yigoode'e  
(Tlingit)

Tsen-'ii, shign'ahdal  
(Tanana Upper)

Enaa neenyo  
(Koyukon Athabaskan)

Cama'i  
(Alutiiq)

Quyana taaluten  
(Cup'ik Nunivak Island)

Awa'ahdah aanda'laxsa'a'ch't  
(Eyak)



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**#TraditionalFoodsHeal**

**#TraditionalFoodsHealOurPatients**



