



# Nutrition Newsletter

MARCH 2016

BRINGING NUTRITION EDUCATION RESOURCES TO OUR  
MOUNTAIN PLAINS REGION TRIBAL PARTNERS

## Traditional Food in Meals

The United States Department of Agriculture (USDA) encourages state and Tribal leadership, along with all operators of Child Nutrition Programs, to serve traditional and locally grown and raised foods. The Child Nutrition Programs (CNP) and Traditional Foods memo ([TA01-2015](#)) explains that traditional foods may be served in CNPs and includes examples of how several traditional foods may contribute towards reimbursable meals. The USDA Food Buying Guide (FBG) is a great place to start when creating menus that incorporate traditional food items since it includes crediting information and portion sizes needed to meet the nutritional standards for federal reimbursement.

⇒ For more information, download the detailed fact sheet:  
[Bringing Tribal Food and Traditions into Cafeterias, Classrooms and Gardens](#)

With the release of the Dietary Guidelines for Americans 2015-2020, now is a great time to refresh your nutrition education materials. The [10 Tips Nutrition Education Series](#) materials are easy to print, one-page sheets that your customers can take with them on the go. Available on a variety of interesting topics like MyPlate Snack Tips for Parents, Eating Foods Away From Home and Enjoy Your Food, But Eat Less (and many more!), you're sure to find something your customers will love.

### Upcoming USDA and Partner Events

- August 10, 2016: Loving Support Through Peer Counseling: A Journey Together – FOR WIC MANAGERS
- September 8-10, 2016: National WIC Association's Nutrition Education and Breastfeeding Conference, Denver

## WIC Tips

It's getting to be that time of year when folks are updating food lists with new foods. Here are some important things to keep in mind when making changes to your food list. Certain items must be identified on the food list by BRAND, TYPE and SIZE per the *Food Package GUIDANCE*, Revised May 2015, Appendix D, page 39. These are:

- Tortillas corn and whole wheat (state agency option)
- Whole grain bread
- Whole wheat pasta (state agency option)
- Cereal
- Non-citrus juices
- Soy-based beverages (state agency option)
- Tofu (state agency option)
- Infant foods



The [USDA's Mixing Bowl](#) is your go-to guide to healthy recipes for all USDA programs.

Got ideas? This is your newsletter — if you have story or topic ideas, great materials you would like to share or even a creative newsletter name please email to [Jessica.Creed-Capsel@fns.usda.gov](mailto:Jessica.Creed-Capsel@fns.usda.gov)

## Three Sisters Stew Recipe

As we round out the winter squash harvest, this hearty stew celebrates the three sisters of traditional cooking: corn, squash and beans. An excellent base recipe to use while substituting with traditional, local or seasonal foods. Be creative -- use bison for beef or your favorite local beans.

### Ingredients:

1/2 pound ground beef	1/2 cup green squash, diced
1 cup onions, diced	1/2 can low-sodium kidney beans, drained
3 cups water or broth	1/2 can low-sodium black beans, drained
3 cups red potatoes, cubed	
1/2 cup yellow squash, diced	
1 can low-sodium tomato sauce	
1/4 cup quick cooking oats	
2 cloves garlic, finely chopped	
1/4 teaspoon salt	
1/4 teaspoon black pepper	
2 tomatoes, diced (or 1 can, about 15 ounces, low-sodium diced tomatoes, drained)	
1/2 cup frozen corn kernels (or 1/4 can, about 4 ounces, low-sodium whole kernel corn, drained)	



### Directions:

1. In a small skillet, brown ground beef and onions over medium heat for 8 to 10 minutes. Drain fat.
2. In a large pot, combine cooked ground beef, water, and red potatoes.
3. Bring the pot to a boil and cook for 15 minutes.
4. Add all the other ingredients to the pot and bring to a boil. Lower heat and simmer for about 25 minutes.

## Partners in Tribal Nutrition & Health



The Great Plains Tribal Chairmen's Health Board's website, found at [www.GPTCHB.org](http://www.GPTCHB.org), is an excellent resource for finding partnering tribal organizations to collaborate with on food and nutrition-related projects. Some ideas include:

1. Working with Tribal Epidemiology Centers on resources for women suffering drug use during pregnancy.
2. Working with Community Health Department, Health Promotion Programs on community-based approaches to increase access to and promote consumption of healthy food & beverages in Tribal communities.
3. Joining the Great Plains Good Health and Community Wellness Regional Partnership network to foster working relationships with other organizations running Tribal food and community projects.
4. Accessing the traditional food resources such as recipe cards, rack cards and posters available for free on the website.

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