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, unprocessed foods.
- Unhealthy Options: sugary drinks and processed foods high in sugar, sodium and saturated fat.

- Enact policy requiring healthy advertising and marketing at checkout area.
- Increase taxes on unhealthy options and decrease taxes on healthy options.
- Provide incentives to vendors for offering healthy options and posting nutrition information for all items.
- Encourage bringing healthy dishes to community gatherings.
- Offer healthy options in vending machines.
- Host events featuring Indigenous foods.
- Work with kitchen management to make Elder Nutrition Program meals healthy and tasty.
- Offer culturally appropriate nutritional counseling, including breastfeeding education.
- Initiate fruit and vegetable prescription program with vouchers redeemable at stores and farmers market.
- Apply a Health in All Policies (HiAP)* framework to decision making processes.
- Enact a tribal health and wellness policy.
- Support community health and wellness coalition or committee.

- Enact policy to remove all unhealthy options from vending machines.
- Offer healthy breakfast, lunch and after school snacks.
- Provide education on the role of food in Indigenous culture and medicine.
- Create space for all generations to connect with traditional foods knowledge.

- Install EBT system to accept SNAP and WIC benefits.
- Waive vendor fees for Indigenous producers and assist with licensure.

- Offer youth training to support development of farming, leadership and job skills.
- Supply foods to schools, stores and other tribal programs.

- Offer opportunities for skill building in traditional hunting and gathering practices.
- Include Indigenous foods in commodity program.

*HiAP Definition
An approach to tribal policy that weighs the potential health impacts of decisions, seeking to avoid harmful health impacts and improve community health outcomes.