Alaska Traditional Foods Movement

Melissa A. Chlupach, MS, RD, LD, Assistant Dietetics Professor – University of Alaska Anchorage
Amy Foote, Senior Area Executive Chef – Alaska Native Medical Center
CLOSE YOUR EYES
IN THE HOSPITAL

- Constant interruptions
- Medications
- IVs
- No control
- Blood drawn
- What are people saying?
- What is that piece of equipment?
“Let food be thy medicine, and let medicine be thy food.”

- Hippocrates, father of modern medicine
Has included verbiage about traditional foods for a number of years
- Traditional wild game meat, seafood, plants and other food donated to an institution or a nonprofit program
- Includes residential child care facility with a license from the DHSS, school lunch program and senior meal program
- 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 food
  • Molluscan shellfish, unless the operator complies with 18 AAC 31.200(c)(6) and (d) and 18 AAC 31.335
  • Fox, polar bear, bear and walrus meat
  • Seal or whale oil, with or without meat
  • Fermented game meat (beaver tail, whale flipper, seal flipper, maktak and walrus)
  • Fermented seafood products (salmon eggs, fish heads and other)
  • Homemade canned or vacuum sealed foods
  • Smoked or dried seafood products, unless those products are prepared in a seafood processing facility permitted under 18 AAC 34
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

Supported by former Alaska Sen. Mark Begich and Dr. Ted Mala

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 child care 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
FARM BILL
DECISIONS, CHOICES
2018
MUNICIPALITY OF ANCHORAGE (MOA)

- **Food Code**
  - Updated in December 2017
  - Added the ability to donate wild game meat, seafood and plants to a food service of an institution or a non-profit (i.e. child care facilities, senior meal programs, shelters) in accordance with State of Alaska code and specific handling requirements.
• Alaska traditional foods poster and toolkit
• Developed by Nancy Furlow and Sarah Shimer (formerly with UAA) in collaboration with NMS, ANTHC, AK Food Policy Council, AK DEC, and others
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 high tunnel or garden
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
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ANMC 2017 TRADITIONAL FOODS DONATIONS

- **Game**
  - 800# Deer
  - 1920# Moose
  - 50# Caribou

- **Fish**
  - 250# King Salmon
  - 60# Cod
  - 896# Sheefish
  - 200# Whitefish
  - 200# Hooligan

- **Plants/Berries**
  - 5# Fiddlehead Ferns
  - 80# Spruce Tips
  - 40# Dandelions & Buds
  - 112# Arctic Berries
  - 2# Tundra Tea

- **Local**
  - 20# Rhubarb
  - 60# Crab Apples
  - 100# Broccoli
ANMC 2018 TRADITIONAL FOODS DONATIONS

- **Game**
  - 430# Harbor Seal
  - 240# Deer
  - 85# Moose
- **Fish**
  - 420# Salmon Heads
  - 465# Hooligan
  - 2 each Whitefish
- **Local**
  - 40# Rhubarb
  - 120# Crabapples

- **Plants/Berries**
  - 8# Fiddlehead Ferns
  - 20# Spruce Tips
  - 2 gallons Fireweed
  - 10# Dandelions
  - 40# Arctic Berries
  - 3# Tundra Tea
  - 11# Bladder Wrack
  - 2# Crowberries
ANMC 2019 TRADITIONAL FOODS DONATIONS

- Game
  - 345# Harbor Seal
- Plants/Berries
  - 1 gallon Cranberries
  - 4 gallons Beach Greens
MOOSE, CARIBOU & DEER MEAT
HERRING EGGS
• Traditional Tuesdays in conjunction with the Culture Committee, seal soup is offered to patients and families.
WILD ALASKA KING SALMON
FIDDLEHEAD FERNS & BEACH ASPARAGUS
SERVING A MENU OF TRADITION

#TRADITIONALFOODSHEALOURPATIENTS
DIAL 5656 TO ORDER

ENTRÉE SALADS

THE CEDAR PLANK
Salmon, Romaine, Homemde Creations, Roasted Red Peppers, Parmesan with Creamy Caesar Dressing

THE HATCHER PASS
Smoked Salmon with Wild Berries, Candied Pecans, Cucumbers on a bed of Mixed Greens with Balsamic Dressing

THE BIRCH BASKET
Carrots, Celery, Broccoli, Tomatoes, Cucumbers, Mushrooms, Black Olives, Roasted Beets, Cauliflower on a bed of Spinach with Raspberry Dressing

THE STRAWBERRY PATCH
Strawberries and Toasted Walnuts, on a bed of fresh Spinach with Balsamic Dressing
Add Chicken or Salmon to Any Entrée Salad

SIDE SALADS
Green Salad Caesar Salad Creamy Coleslaw Soy Sesame Slaw Balsamic Roasted Beet Salad

CHOICE OF DRESSING
Ranch Thousand Island Caesar French Blue Cheese Italian Balsamic Raspberry

PIZZA
Your choice of CHEESE CANADIAN BACON PINEAPPLE PEPPERONI FIDDLEHEAD FERNS WITH ROASTED RED PEPPERS PECANO CONDIMENTS

PASTA
SMOKED SALMON PESTO LINGUINE Smoked Salmon on a bed of Pesto Linguine
ROASTED GARLIC CHICKEN PENNE Creamy Roasted Garlic Alfredo topped with Grilled Chicken Breast
REINDEER MACARONI & CHEESE Creamy Baked Macaroni & Cheese with Reindeer Sausage
CLASSIC SPAGHETTI & MEAT SAUCE WITH REINDEER All Pasta Served with Charbroiled Garlic Bread

SNACKS

Hard Boiled Eggs Smoked Salmon Sardines Cottage Cheese Parfait Reindeer Jerky Baked Potato Chips Ham and Cheese
Blanched Kelp Herring Eggs Plain or mayonnaise, Soy Sauce or Olive Oil Blend

FRUITS

Wild Blueberries Apple Sauce Pears Peaches Prunes Fresh Fruit Cup
Mandarin Oranges Fresh Cut Pineapple Fruit Cocktail Fresh Grapes Strawberries Fresh Orange

DESSERTS

CAKES & SWEETS
Dutch Apple Tart Mini Chocolate Bundt Cake Cheesecake Moose Tracks Cheesecake Angel Food Cake with Wild Berries Wild Berry Crunch Tart Chocolate Chip Cookie
PUDDINGS & GELATIN
Chocolate Pudding Vanilla Pudding Gelatin Fruited Gelatin
ICE CREAM & SHAKES
Espresso Ice Cream (with Pudding or without) Orange Sherbet Raspberry Sherbet Vanilla Ice Cream Chocolate Ice Cream Strawberry Ice Cream Chocolate Milkshake Vanilla Milkshake Blueberry Pomegranate Smoothie Wild Berry Smoothie Strawberry Banana Smoothie Sugar Free Pudding Gelatin and Ice Cream Available

BEVERAGES

Coffee Cranberry Cocktail
Hot Tea Orange Juice
Decaf Coffee Apple Juice
Decaf Hot Tea Grape Juice
Hot Chocolate Prune Juice
Sugar Free Hot Chocolate Low Sodium V-8
Tea Hot Teas Crystal Light
(Awaken, Zen, Chamomile, Early Grey, Sweet Orange)
Decaf Iced Tea

HOURS
6:15 AM-8:15 PM
DIAL 5656
TO PLACE YOUR ORDER

ALL MEALS ARE MADE FRESH TO ORDER PLEASE ALLOW UP TO 45 MINUTES FOR TRAY DELIVERY
December 2017 implemented traditional foods program

http://alaska-native-news.com/mt-edgecumbe-hospital-patients-now-have-traditional-food-options-32491

SEARHC TRADITIONAL FOODS DONATIONS

- Game
  - 35# Venison
  - 9# Mountain Goat
- Fish
  - 25 each King Salmon Heads
  - 35 each Sockeye Salmon
- Plants/Berries
  - 5 # Beach Asparagus
  - 3# Huckleberries
  - 3# Blueberries
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 as the Elders’ garden
  - Any kitchen with a DEC permit can receive traditional game directly
• Traditional foods processing facility
  • An Inupiaq name meaning *ice cellar* or *cold storage*
  • Grand opening was July 7, 2015
  • Processed 200lb of muskox in September 2015
  • Beginning of traditional foods offerings on Utuqqanaat Inaat’s menu
TUNDRA GARDEN
ALASKA SCHOOLS

- Try to offer as many traditional foods as they can...within the guidelines
- Fish to school program
  - Donations through the commercial fleets directly to the commercial processors
- Salvage (aka roadkill) list
  - Haines Borough School District
ALASKA FOOD BANK & COALITION
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 their 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-pound 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.
During fishing season, fish are donated to the correctional center to help minimize food costs and provide traditional foods to inmates.
SEAL OIL: ALASKA’S CONDIMENT
Seal Oil Task Force developed in 2015
Prohibited food in the Alaska Food Code
Because of significant health hazards and the potential for human illness, the operator of a food establishment may not allow seal oil in the food establishment under any circumstance
Can we traditionally render seal oil, develop necessary safety procedures and offer it in healthcare and long-term care facilities, senior meal programs and schools?

SEAL OIL (Uqsruq in Inupiaq)
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)
  - UAF Cooperative Extension Service
Botulism…A Deadly Food Poisoning
http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00268.pdf
BEST PRACTICES – YOU CAN DO THIS TOO!

- Build support (organization, local, tribal, government)
- Procure and process the food
  - Determine acceptable traditional/indigenous (T/I) foods for the menu based on the population
  - Develop P&P for the donated T/I foods, including a HACCP plan
  - Network with vendors and donors
  - Determine potential waste management practices
- Develop a menu that meets nutrition requirements
Food Safety for First Nations People of Canada:
A Manual for Healthy Practices
ALASKA TRADITIONAL FOODS MOVEMENT SUPPORTED BY

- NMS/NANA
- Alaska Native Tribal Health Consortium
- Alaska Wildlife Troopers
- U.S. Fish & Wildlife Service
- Alaska Child Nutrition Programs
- Southcentral Foundation
- Southeast Alaska Regional Health Consortium
- Maniilaq Association
- Alaska Department of Fish and Game
- Alaska Environmental Health Association
- Chugach Regional Resource Commission
- State of Alaska Governor’s Office
- Food Bank of Alaska
- Alaska Food Policy Council
- University of Alaska
- SPORK Consulting
- Utuqqanaat Inaat (A Place for Elders) LTC
- Organized Village of Kake
- State of Alaska USDA
- Alaska Dept. of Health and Social Services
- Alaska Native Medical Center
- Alaska Professional Hunter Association
- Alaska Department of Environmental Conservation
“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

Thank you

Waqaa (Yup’ik)
Ugheli nanghal’aeni (Ahtna Athabascan)

Waqqi (Deh Xing Athabascan)
Paqlagivsigiñ (Iñupiaq)
Enaa neenyo (Koyukan Athabascan)
Cama’i (Alutiiq)
Awa’ahdah aand’alaxsa’ach’t (Eyak)
Yuxudz yuxogh srigisddheyh go ninuxdatl (Deh Xinag Athabascan)

Nakhwal’in shoo ihlli (Gwich’in Athabascan)
Ts’Im’wii’amhaw (Tsimshian)
Quyakamsi tagilghiisi (St. Lawrence Island Yupik)
Quyana taaluten (Cup’ik)

Yak’ei haat yigoode’e (Tlingit)
Ts’en’ii, shign’ahdal (Tanana Upper)
Quyana taaluten (Cup’ik Nunaivak Island)

Daneyosh (Upper Kuskokwim)
Aang (Aleut)

Tats gwiik (Haida)

Chin’an gu nin yu (Dena’ina Athabascan)

Ts’lm’wii’amhaw (Tsimshian)
Enaa neenyo (Koyukan Athabascan)

Quyakamsi tagilghiisi (St. Lawrence Island Yupik)
Quyana taaluten (Cup’ik Nunaivak Island)
ALASKA TRADITIONAL FOODS MOVEMENT

Melissa A. Chlupach, MS RD LD
UAA Assistant Dietetics Professor
machlupach@alaska.edu
(907) 786-1427 (office)
(907) 841-4133 (cell)

Amy Foote, CDM, CHESP
NMS ANTHC Senior Area Executive Chef Chef
Alaska Native Medical Center
amy.foote@nmsusa.com
nativefood4life@anthc.org
(907) 729-2681 (office)
(907) 575-3486 (cell)

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