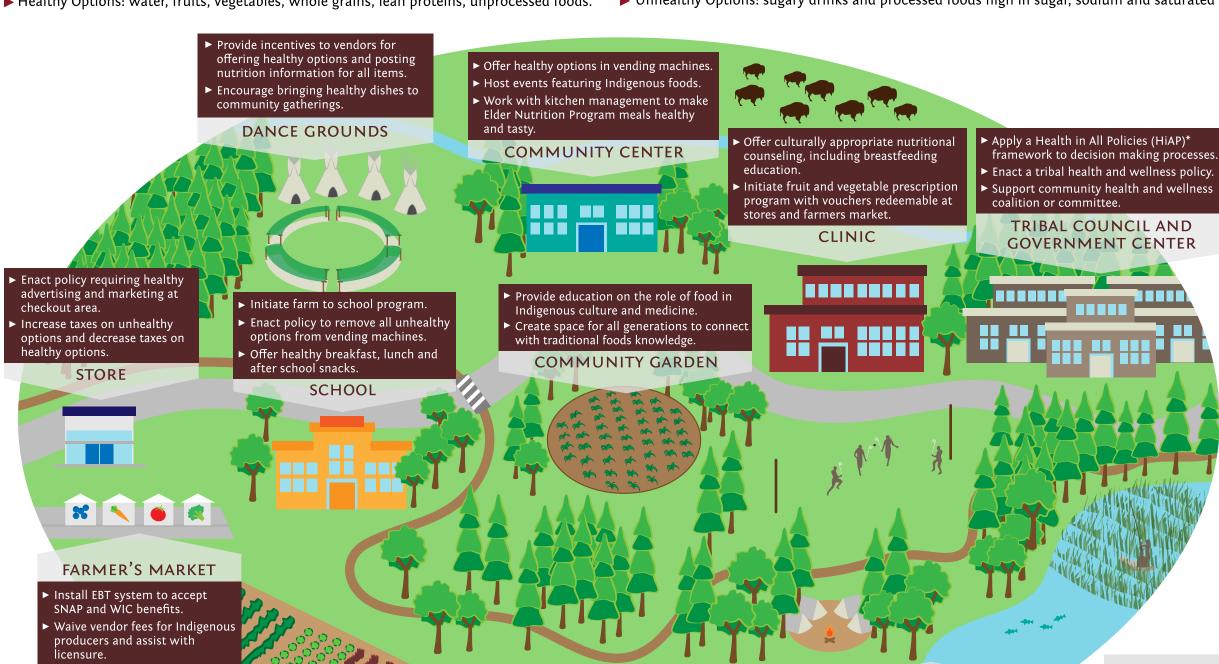
# HEALTHY EATING FOR STRONG NATIVE COMMUNITIES

## 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.



### PRODUCE FARM

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

#### NATURAL RESOURCES

- 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.

