

Nutrition, Culture, and Indigenous Foods in Alaska

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University of Alaska Anchorage

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Where is Alaska?



Native Entities in Alaska



Local Markets



Packaged Foods



Fresh Foods

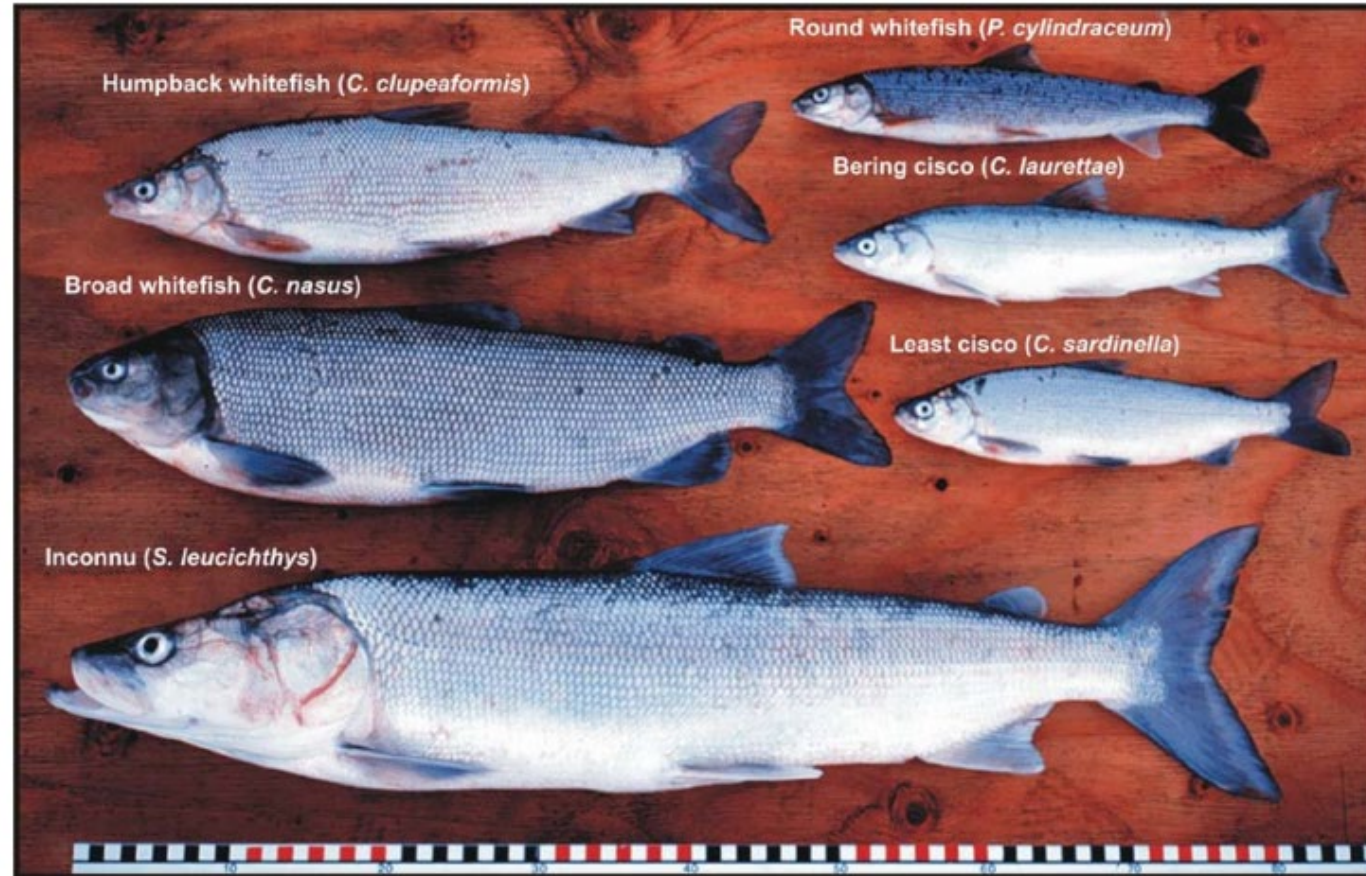


NEW WAYS TO PREPARE TRADITIONAL FOODS

HARVESTING



WHITEFISH



BLACK CURRANTS & RASPBERRIES



BLUEBERRIES & LOWBUSH CRANBERRIES



CROWBERRIES & CLOUDBERRIES



EELS/LAMPREYS



Photo Credit: [Sean Larson](#)

ALASKA TRADITIONAL KITCHEN

- National Resource Center for Alaska Native Elders
- Recipe “Packages” include
 - Background/Nutrition
 - Recipe
 - Video
 - Podcast
 - Infographic



MOOSE VERSUS BEEF



WOOD BISON

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



FIREWEED

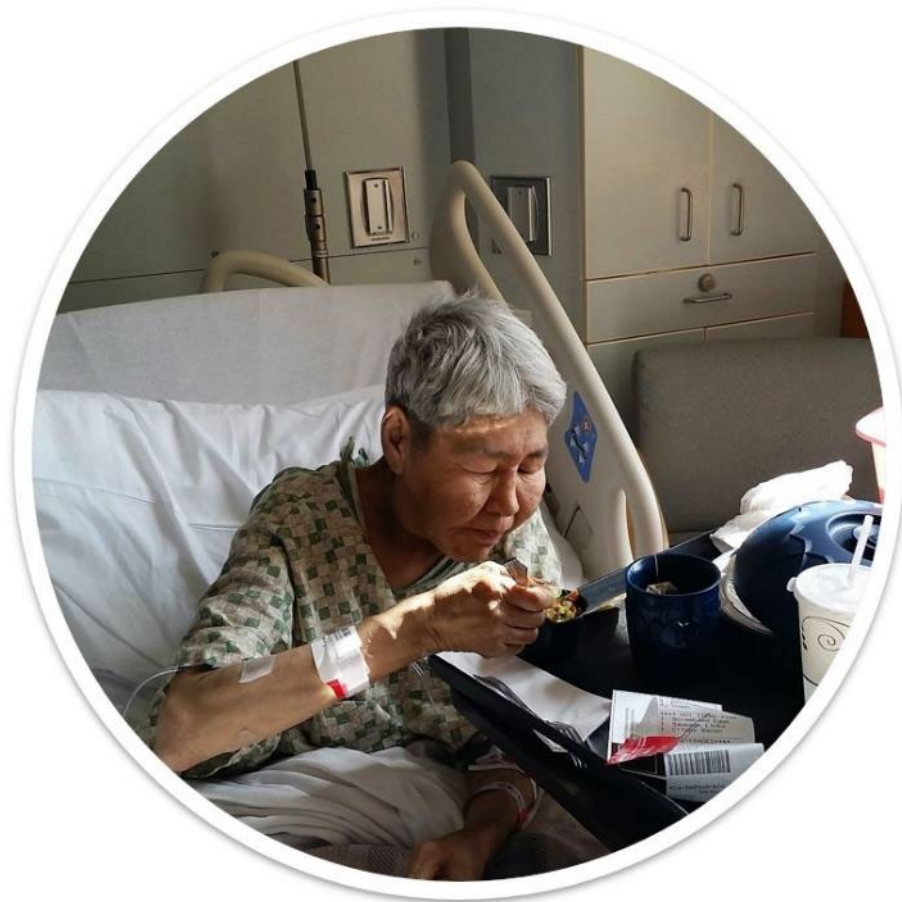


SERVING A MENU OF TRADITION

CLOSE YOUR EYES



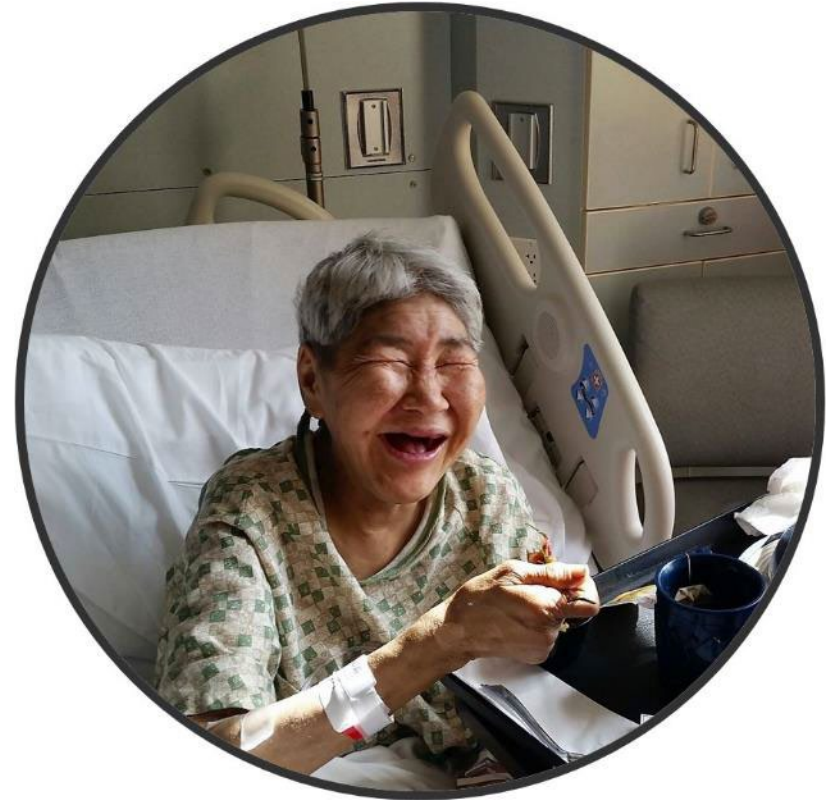
Food as Medicine



Food as Medicine (con't)

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

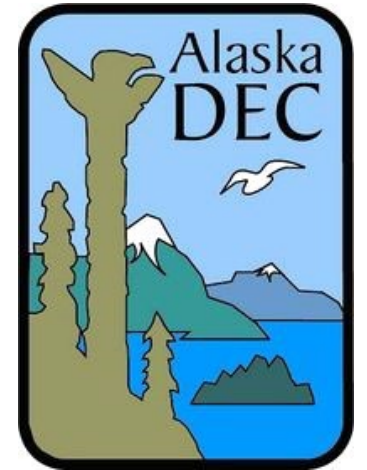
- Hippocrates, father of modern
medicine



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 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 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



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



HEALTHCARE

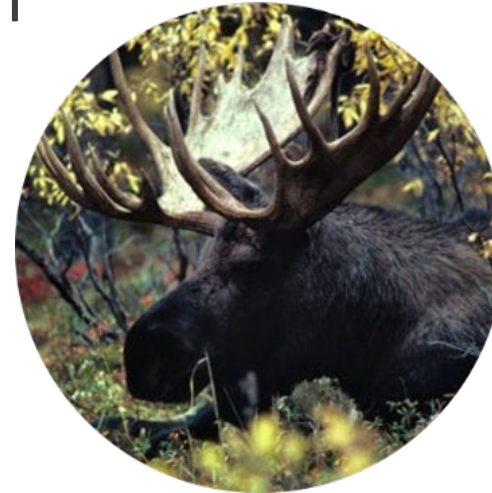
ALASKA NATIVE MEDICAL CENTER (ANMC)

- 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 (con't)

Vendors/Procurement

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



Alaska



ANMC TRADITIONAL FOODS DONATIONS

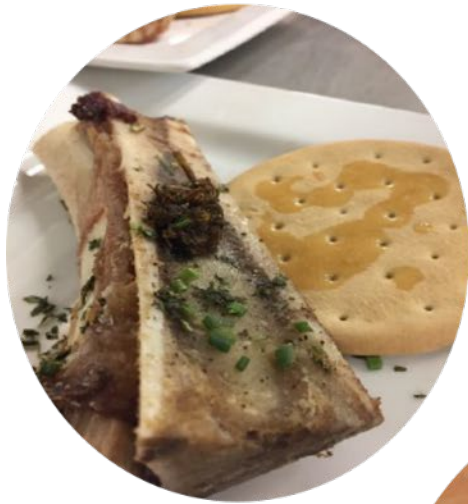
- From the Land
 - Deer
 - Moose
 - Caribou
- From the Sea
 - King Salmon
 - Salmon Bellies
 - Salmon Heads
 - Cod
 - Whitefish
 - Sheefish
 - Hooligan
 - Harbor Seal

- Plants/Berries
 - Fiddlehead Ferns
 - Spruce Tips
 - Dandelions & Buds
 - Arctic Berries
 - Tundra Tea
 - Bladder Wrack
 - Beach Greens
- Local
 - Rhubarb
 - Crab Apples

27,524 pounds
Over 13.5 tons!!



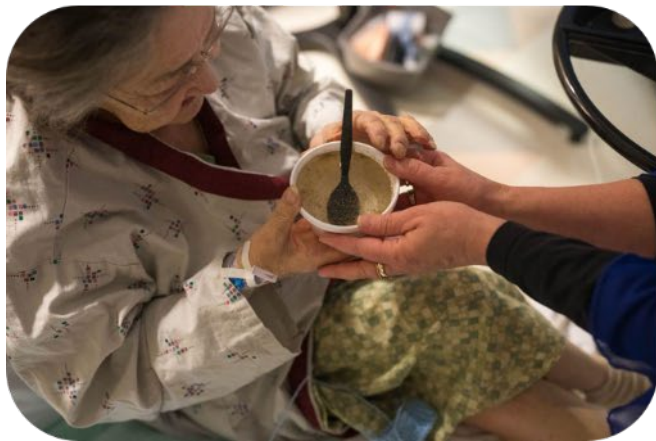
MOOSE, CARIBOU & DEER MEAT



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 as the Elders' garden
 - Any kitchen with a DEC permit can receive traditional game directly



THE SIGLAUQ

- 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



THE SIGLAUQ (con't)



SEAL OIL: ALASKA'S CONDIMENT

UQSRUQ (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)



RESOURCES

Food Guides

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 > DEH > 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 Gardens (USDA)
- Donated Game Preclear 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 Aims to Serve Seal Oil to Native Clients
- Harvesting Alaska- Eating What We Want
- Kotzebue's New Elder Tundra Garden
- Sigvao- Manilao Elder's Traditional Food Facility
- It Lures a Village: Providing subsistence foods for Alaska hospitals and health care facilities
- Traditional foods on menu for Kotzebue elders


Commissioner Public Services Regulatory Statistics Press Releases
Division Contacts Employee Portal

Food Safety and Sanitation Program
899 COOKS BL. ANCHORAGE, AK 99507
Phone: 477-0233 (844) 746-4234 FAX: 477-0234 (774) 62078425
LAD@DIVISIONOFDEH.STATE.AK.US

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Traditional Food Guide

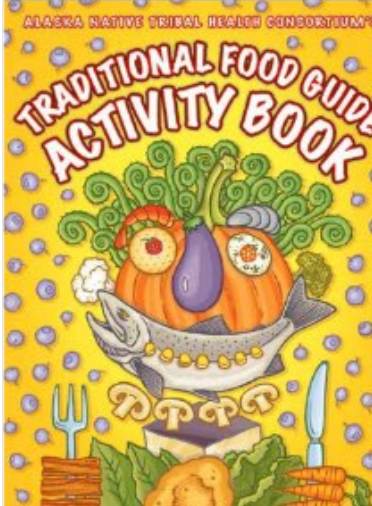
FOR ALASKA NATIVE CANCER SURVIVORS



Alaska Native Tribal Health Consortium
Cancer Program

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM'S

TRADITIONAL FOOD GUIDE ACTIVITY BOOK

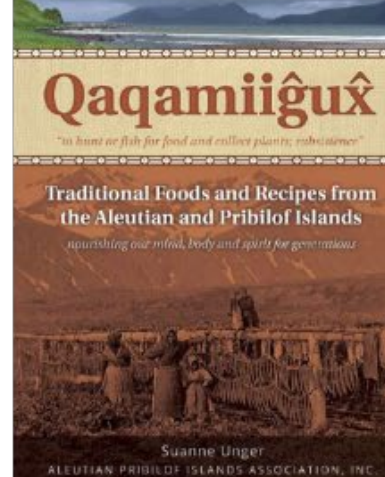


Qaqamiigux

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

Traditional Foods and Recipes from the Aleutian and Pribilof Islands

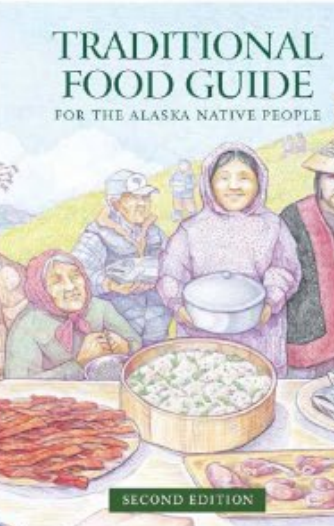
nourishing our mind, body and spirit for generations



Suanne Unger
ALEUTIAN PRIBILOF ISLANDS ASSOCIATION, INC.

TRADITIONAL FOOD GUIDE

FOR THE ALASKA NATIVE PEOPLE



SECOND EDITION

STORE OUTSIDE YOUR DOOR

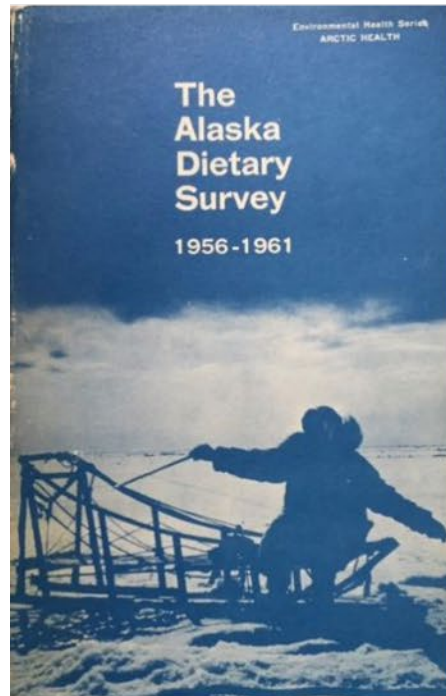
HUNT • FISH • GATHER • GROW






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Food Guides (con't)



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








A Seasonal Celebration of Tlingit Traditional Foods

TAAKW Winter

- S'EXE'X (Shrimp)++
- S'AAW (Dunginess Crab)++
- K'AKATSK (Clams)++

TAAKW EETI Spring

- Beach Greens
- LAA'ASK (Black Seaweed)
- Bladderwack
- G'ESH (Bull Kelp)
- Clam
- K'WAA'X (Fiddlehead Fern)
- Field Mint
- L'OO' (Fireweed)
- S'UK'TE'X (Goose Tongue)
- YAN (Hemlock)
- W'ANA'ET (Indian Celery)
- Y'OO' (Nettle)
- S'IKSHALDE'EN (Labrador Tea)
- Sea Lettuce
- K'KACH (Ribbon Seaweed)
- K'IN'CHE'YI (Rosehips)
- K'RAL (Skunk Cabbage)++
- S'AXT' (Devil's Club)
- S'HE'YI (Spruce, Sitka Spruce)
- CH'AL (Willow leaves)
- TLE'IGW KAH'N'TI (Watermelon Berry, Twined Stalk)
- CH'ATL (Hullout)
- Sea Lettuce
- Steehead
- GAA'W (Herring Egg)

KUTAAN Summer

- SUGK'ASO (Brush Asparagus)
- KANATA (Blueberry)
- Burnet
- HEG'W (Cloudberry)
- S'AXT' (Devil's Club)
- YEC (Skidberry)
- S'HAAG (Gray Currant)
- KANAK'EK (High Bush Cranberry)++
- TLE'KASAK (Huckleberry)
- KOOK (Irish Rice)
- S'EKAKAT'K (Jacob's Berry)
- HEG'LOON (Naggonberry)
- Pineapple Weed
- Puffball
- WAD'K'AN TLE'GU (Salmonberry)
- S'AY (Cedar)
- TUKKAA'YUK (Sea Lovage)
- K'WIK (Sourdock)
- S'HE'YI (Spruce, Sitka Spruce)
- S'HA'W (Strawberry)
- CH'E'X (Thimbleberry)
- YAN (Hemlock)
- S'HA'W (Gumboots)
- YEN (Sea Cucumber)
- Octopus
- G'AT (Duck)

YEIS Fall

- LINGIT' AAXI (Crab Apple)
- GAA'W (Low Bush Cranberry)
- K'OO'N (Sofa)++
- L'ANWU (Mountain Goat)
- YEE' (Dog Salmon)
- T'OO' (Eggs Salmon)
- KIN (Goose)
- GUMMA'AN (Deer)
- GEE'K'W (Moose)
- GAA'W (Duck)

BERRY VARIETIES

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

FISH AND OTHER FOODS FROM THE SEA

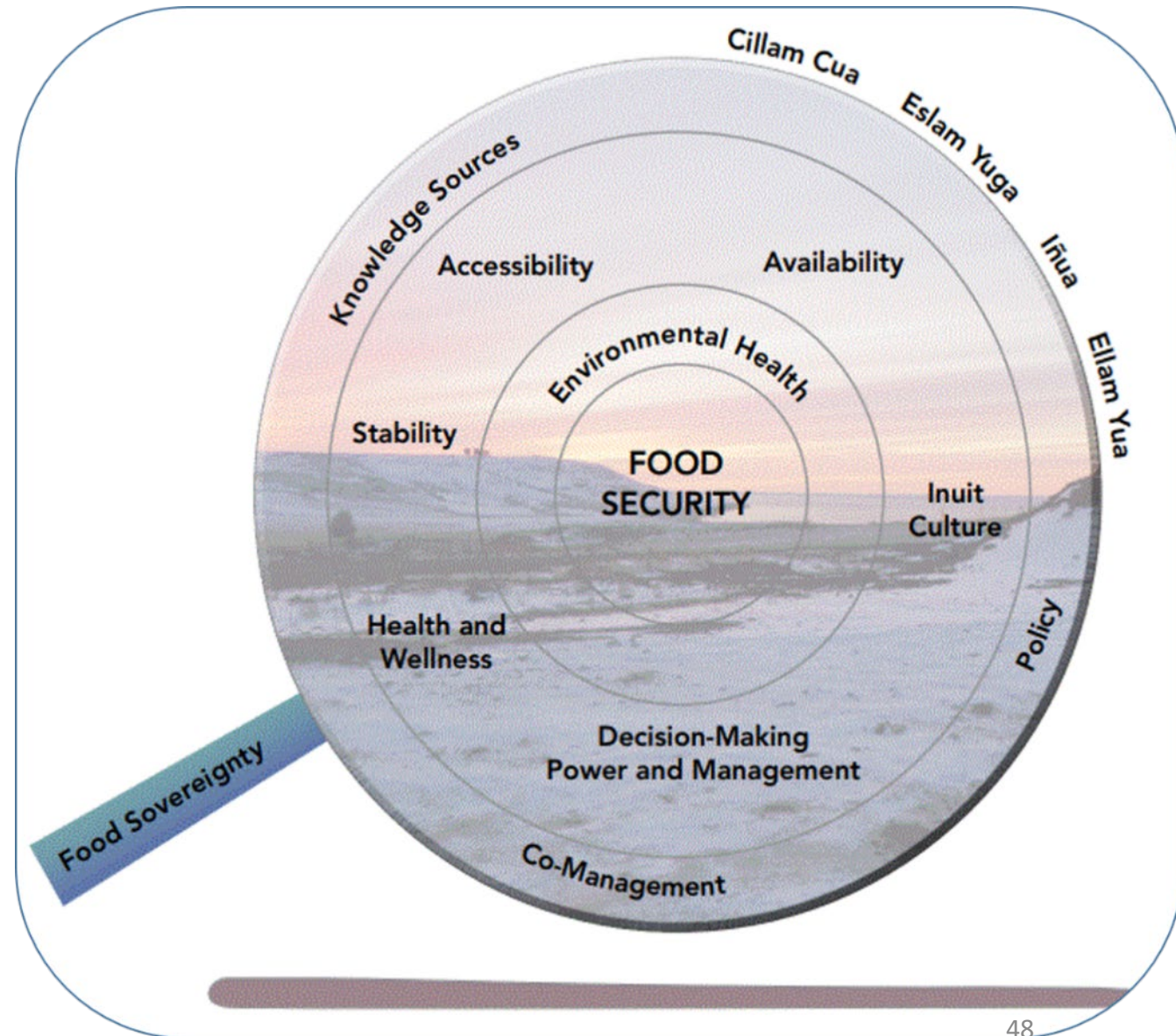
- Gumboots
- Sea Cucumber
- Dog Salmon
- Coho Salmon
- Shrimp
- Crab
- Clam
- Halibut
- Octopus
- Black Seaweed
- Bull Kelp
- Ribbon Seaweed
- Sea Lettuce
- Herring Eggs

++ Indicates food is available for more than one season
Consult a local fish and game office for more information on hunting and fishing regulations.
Caution: For more information on possible health concerns, contact the Alaska Dept. of Environmental Conservation.

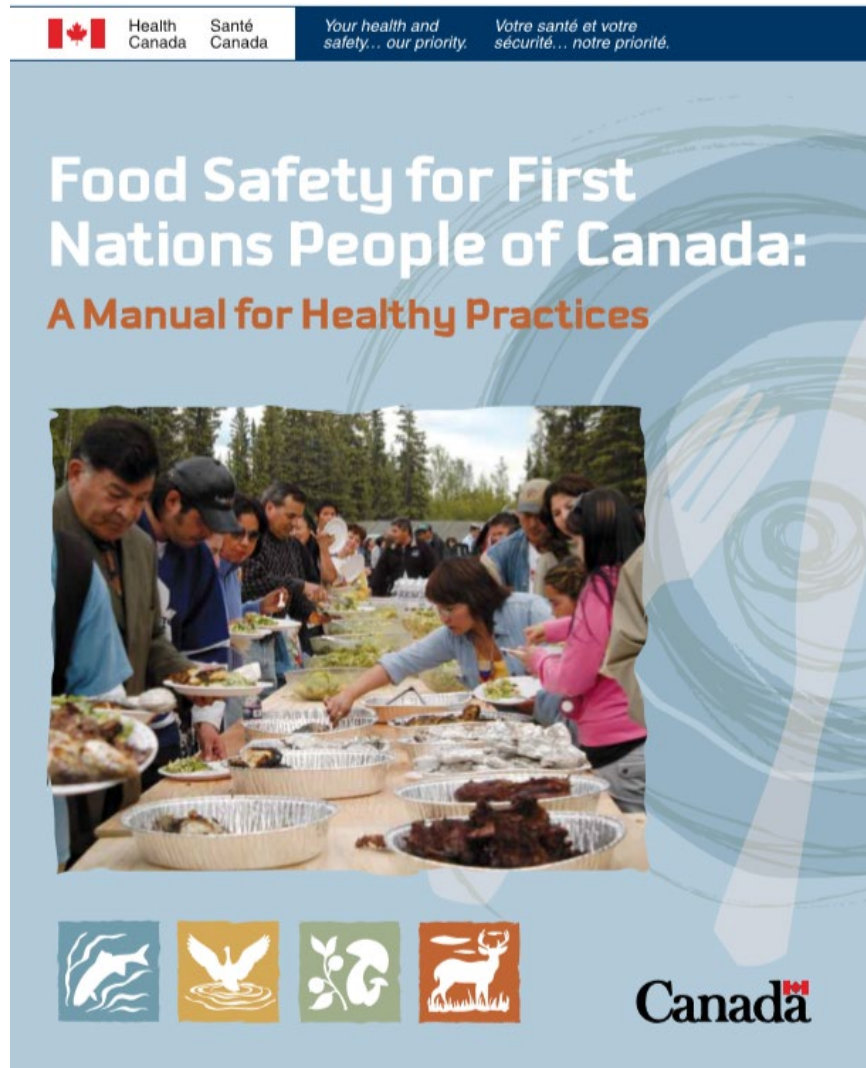
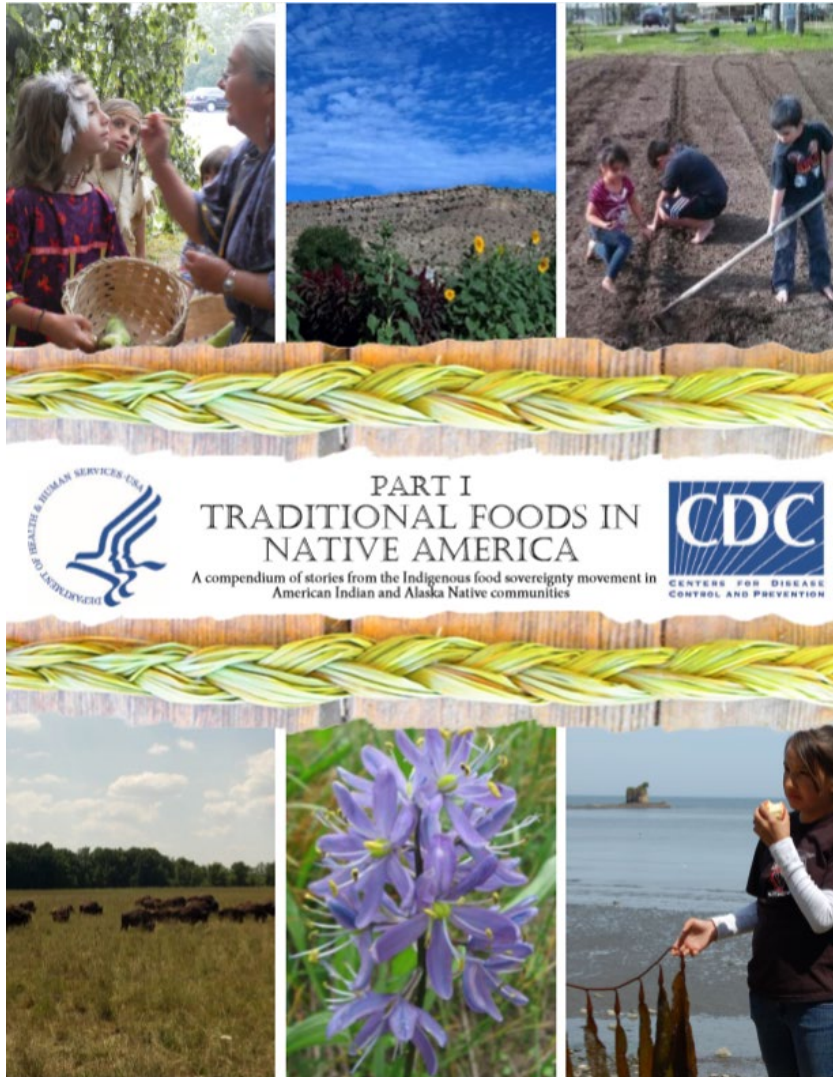


healthy is here.

Food Security



Traditional Foods



Elders



Healing

“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 ihtii (Gwich'in Athabaskan)
- Ts'Im'wii'amhaw (Tsimshian)
- Quayana tailuci (Cup'ik)
- Quayakamsi tagilghiisi (St. Lawrence Island Yupik)
- Yak'ei haat yigoode'e (Tlingit)
- Paġlagivsigiñ (Iñupiaq)
- Chin'an gu nin yu (Dena'ina Athabaskan)
- Tsen-'ii, shign'ahdal (Tanana Upper)
- Enaa neenyo (Koyukon Athabaskan)
- Cama'i (Alutiiq)
- Quayana taaluten (Cup'ik Nunivak Island)
- Awa'ahdah aanda'laxsa'a'ch't (Eyak)

#TRADITIONALFOODSHEAL

#TRADITIONALFOODSHEALOURPATIENTS

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