SUQUAMISH TRIBE
TRADITIONAL
PLANTS PROGRAM
SPIRIT OF EAGLES CANCER PREVENTION GRANT

- SUQUAMISH TRADITIONAL PLANTS FOR CANCER PREVENTION
Autumn Class
Herbal Teas and Huckleberries
Winter Class
Rosehips and Hazelnuts
Summer Class
Food Preservation
Program Activities

• Traditional Plant Identification and Harvesting Classes
• Traditional Foods and Plants Cooking Classes
• Harvesting Trips
• Community Outreach and Education
• Community Events
• Youth Summer Internship Program
• Create Herbal Teas, Salves and Honeys for Tribal Elders and community
Stampede Pass
Berry Picking
For Tribal Elders

TUESDAY AUGUST 31
MEET AT ELDERS DINING ROOM
LEAVE AT 7:30 A.M.
BRING LUNCH, SNACKS, GLOVES,
BUCKETS/BASKETS,
Suquamish Gardens

- *Pathway to Healing* Traditional Plant and Herb Garden
- Elders Kitchen Garden
- Indigenous Foods Garden
- Suquamish Education Department Garden
Suquamish Gardens Summer Youth Internship Program
1st ANNUAL HARVEST FESTIVAL
HOSTED BY THE SUQUAMISH GARDENS SUMMER YOUTH INTERNSHIP PROGRAM
HOUSE OF AWAKENED CULTURE
CHANGE OF DATE! SUNDAY, SEPTEMBER 25th
11:00 a.m. till 6:30 p.m.
COMMUNITY POTLUCK DINNER AT 5:00 P.M.

- BEST SMOKED SALMON COMPETITION
- BEST BERRY RECIPE COMPETITION
- SCARECROW CONTEST

BRING A SIDE DISH, SALAD OR DESSERT
SALMON AND BEVERAGES PROVIDED
- RAFFLES
- GAMES
- TRADITIONAL SKILLS DEMONSTRATIONS
- HANDS ON ACTIVITIES
- FOOD DEMONSTRATIONS
- GREAT CONTEST PRIZES

FOR INFORMATION CONTACT:
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Indian Health Service Indigenous Foods Coalition

SUQUAMISH INDIGENOUS FOODS & FITNESS COALITION (SIFFC)

MEETING ANNOUNCEMENT
DATE: WEDNESDAY, OCT. 12, 2011
TIME: 1:30-3:00 PM

Meeting Agenda:
- Discuss nutrition and physical activity focus group results
- Discussion of upcoming community-wide meeting to prioritize next steps
- SIFFC Logic Model and CDC site visit results
- There will also be time for coalition members to update the group on projects they are involved in related to indigenous foods/fitness.

The SIFFC supports active living and local community food security, with a focus on local sustainable and indigenous foods.

All interested community members are welcome

MORE INFO: CALL BARBARA HOFFMAN (354-8468), JULIA BENNETT-Gladstone (354-8564), OR FRAN MILLER (394-8476)
Place: Suquamish Tribal Council Chambers
In the Suquamish Tribe Administration building
Suquamish Inter-departmental Partnerships

- Natural Resources and Fisheries
- Education
- Wellness
- Museum
- Cultural Activities Coordinator
- Department of Community Development
Developing Partnerships

• Private Landowners
• Suquamish Tribal Lands
• Port Madison Enterprises
• Bainbridge Island Parks & Recreation
• Kitsap County
• Washington State Department of Natural Resources