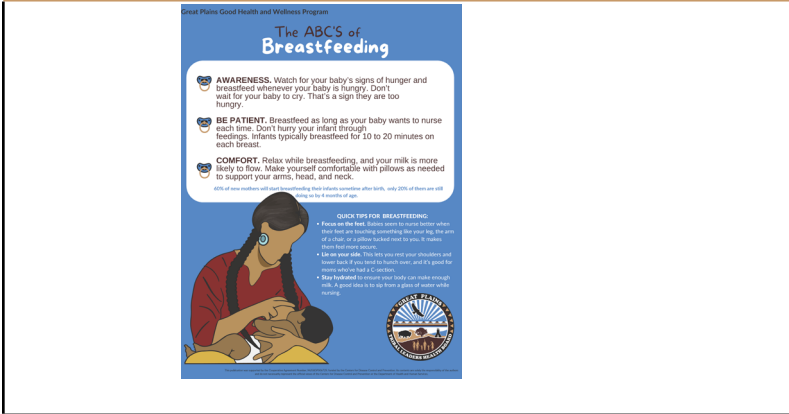


RESOURCE	DESCRIPTION	QUANTITY
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BREASTFEEDING

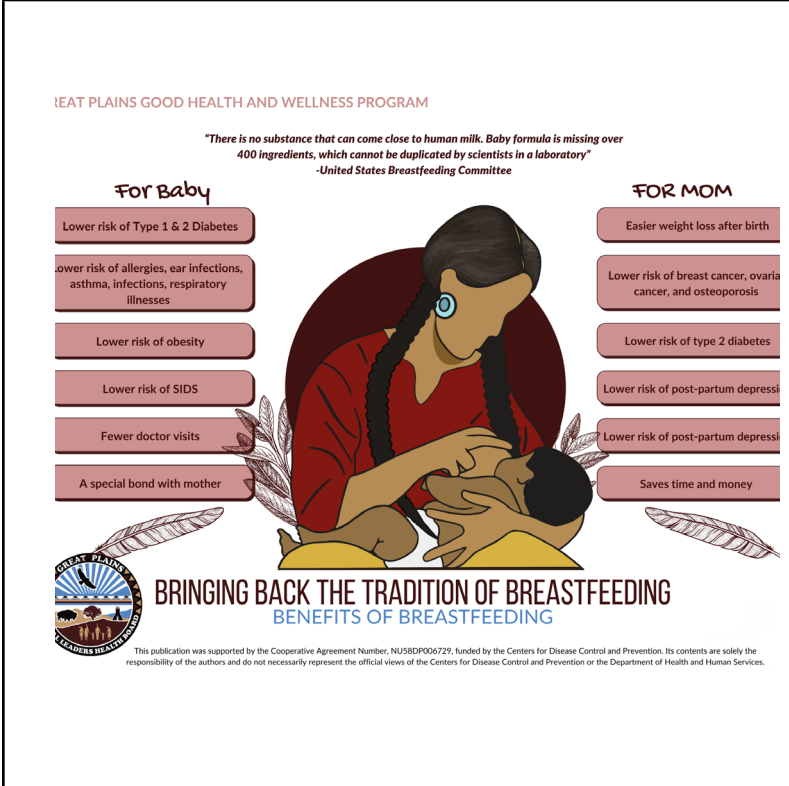


The ABC's of Breastfeeding Poster

Size: 18x24



Bring Back The Tradition of Breastfeeding Brochure



Bring Back The Tradition of Breastfeeding Poster

Size: 24x18

RESOURCE	DESCRIPTION	QUANTITY
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NUTRITION



BUFFALO MINESTRONE

COOK TIME: 45 MIN | SERVINGS: 4

ingredients

- 1 lb. ground buffalo
- 1/4 cup chopped prairie onions
- 1 clove garlic, crushed
- 1 cup shredded cabbage
- 1/2 cup uncooked elbow macaroni
- 1 1/4 cups water
- 2 cubes beef bouillon
- 1 tsp Italian seasoning
- 2 stalks celery, thinly sliced (1C)
- 1 medium zucchini, sliced (1 1/2C)
- 1 can (28 oz.) whole tomatoes, undrained
- 1 can (8 oz.) kidney beans, undrained
- 1 can (8 oz.) whole kernel corn, undrained
- Grated Parmesan Cheese

directions

1. Cook buffalo, onion, and garlic in a Dutch oven over low to medium heat, stirring occasionally until buffalo is brown; drain.
2. Stir in remaining ingredients except for cheese, breaking up tomatoes.
3. Bring soup to boil; reduce heat to low.
4. Cover and simmer about 15 minutes, stirring occasionally, until macaroni is tender.
5. Serve with parmesan cheese.

Traditional Foods Recipe Cards:

- Buffalo Minestrone
- Buffalo Stew
- Ceyaka
- Chokecherry Patties
- Papa Soup
- Wasna
- Wojapi



WOULD YOUR ANCESTORS RECOGNIZE THE FOODS YOU EAT

Many of the foods around us today are made to taste good but do not properly fuel our bodies. Reclaim sovereignty over your food choices by choosing healthier traditional options.

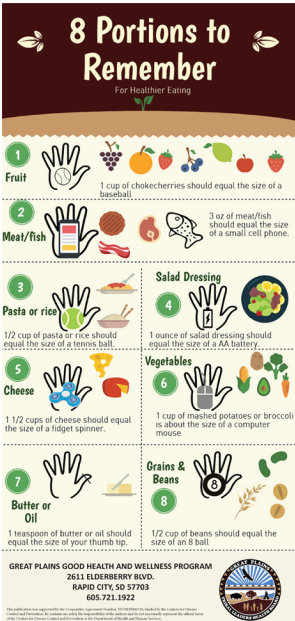
Choose these alternatives.

- Wild Turnips (tinspia)
- Wild Rice
- Chokecherries
- Wild Strawberries
- Dried Corn
- Buffalo
- Deer
- Fish
- Mint Tea
- Chokecherry juice

FOOD AND WATER ARE THE MEDICINES THAT HEAL OUR BODIES

Would Your Ancestors Recognize The Food You Eat Poster

Size: 11x17



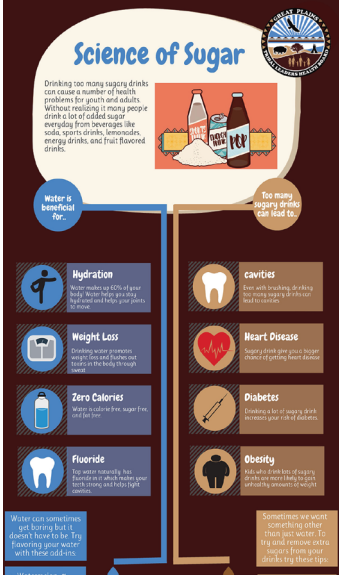



8 Portions to Remember

For Healthier Eating

- Fruit**: 1 cup of chokecherries should equal the size of a baseball.
- Meat/Fish**: 3 oz of meat/fish should equal the size of a small cell phone.
- Pasta or rice**: 1/2 cup of pasta or rice should equal the size of a tennis ball.
- Salad Dressing**: 1 ounce of salad dressing should equal the size of a AA battery.
- Cheese**: 1 1/2 cups of cheese should equal the size of a fidget spinner.
- Vegetables**: 1 cup of mashed potatoes or broccoli is about the size of a computer mouse.
- Butter or Oil**: 1 teaspoon of butter or oil should equal the size of your thumb tip.
- Grains & Beans**: 1/2 cup of beans should equal the size of an B ball.

GREAT PLAINS GOOD HEALTH AND WELLNESS PROGRAM
2611 ELDERBERRY BLVD.
RAPID CITY, SD 57703
605.721.1922

8 Portions to Remember Flyer and Magnets

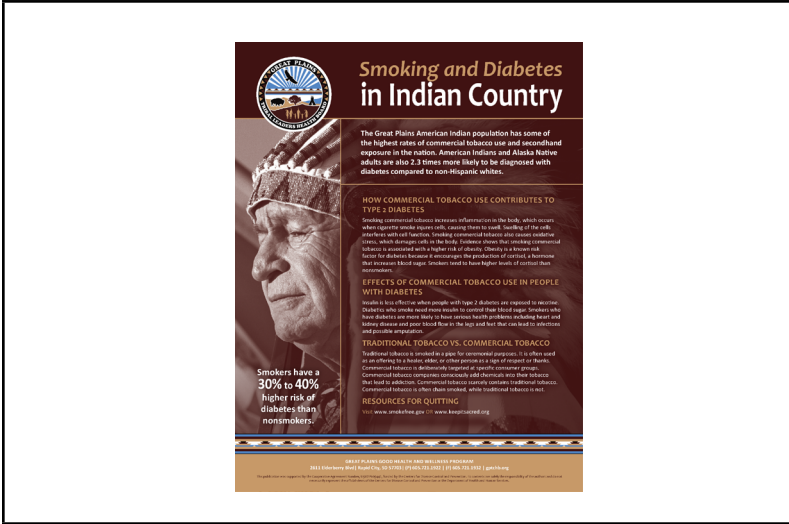
RESOURCE	DESCRIPTION	QUANTITY
 <p>Science of Sugar</p> <p>Drinking too many sugary drinks can cause a number of health problems for youth and adults. Without realizing it, many people drink a lot of added sugar, even things from beverages like soda, sports drinks, kombucha, energy drinks, and fruit-flavored drinks.</p> <p>Water is beneficial for:</p> <ul style="list-style-type: none"> Hydration: Water makes up 60% of your body. When you're dehydrated, you feel tired, your joints ache. Weight Loss: Drinking water instead of sugary drinks can help burn more calories in the body through water. Zero Calories: Water has zero calories and fat free. Fluoride: Fluoride naturally has fluoride in it, which helps your teeth from getting tooth decay. <p>Too many sugary drinks can lead to:</p> <ul style="list-style-type: none"> Cavities: Even with brushing, drinking too many sugary drinks can lead to cavities. Heart Disease: Sugar drinks give you a bigger chance of getting heart disease. Diabetes: Drinking a lot of sugary drinks increases your risk of diabetes. Obesity: Drinking too many sugary drinks can make you gain weight, which increases your risk of obesity. <p>Water can sometimes get boring, but it doesn't have to be. Try flavoring your water with these cool tips.</p> <p>Sometimes, we want something other than sugary drinks. Try and remove extra sugar from your drinks, try these tips.</p>	<p>Science of Sugar Flyer</p>	
<p>GOOD HEALTH AND WELLNESS PROGRAM</p> <p>Tradition and Nutrition</p> <p>THESE ARE THE WAYS OF OUR ANCESTORS BEFORE US.</p> <p><i>"I learned a lesson from my mother years ago when I was 16 or 17; she said, 'whenever you have a ceremony you use the traditional foods. You use papa, buffalo, deer, or elk. You make wasna with buffalo meat, you make wojapi from chokecherries and you made ceyaka with honey.' It was all-natural. The reason for this is the spirits come, you are feeding them. They like that kind of food and they crave it. They don't know the food we eat today. Ceremonial foods are very important because we are asking the spirit world for help so we give them foods that they know. If people incorporated traditional foods into their daily diets, at least once a week, we would be a much healthier people."</i></p> <p>—Lula Red Cloud, Oglala Lakota Great-Great Granddaughter of Chief Red Cloud</p>  	<p>Tradition and Nutrition Flyer</p>	
 <p>GOOD HEALTH AND WELLNESS PROGRAM</p> <p>TRADITIONAL AND CONTEMPORARY native foods</p> <p>HOLDING ON TO TRADITION IN A MODERN WORLD</p> <p>Culture and Tradition amongst our Native American Tribes in the Great Plains Region are of vital importance to survival as a people. Recently there has been a grassroots movement to invest in tribal foods by harvesting foods indigenous to our region and preserving them for year-long access.</p> <p>Over the last 200 years the concept of "traditional foods" has evolved to include the use of "ration" and commodity supplements and the inclusion of oil, sugar, pork, salt, and flour, all food sources that were not indigenous to Native Foodways. These items were intended to "fill the belly," but not necessarily be a healthy food source, as much of the items are loaded with carbohydrates and preservatives.</p> <p>1 Traditional vs. Contemporary</p> <p>2 Traditional Foods (healthy choice)</p> <p>3 Contemporary Foods (comfort foods)</p> <p>6 questions to ask yourself to help differentiate between "traditional" foods and "contemporary native foods":</p> <ol style="list-style-type: none"> 1. Is it something that grows naturally in this area? 2. Is it considered "wild game"? 3. Do you consider it medicine for your body? 4. Does it grow on local trees or on/in the ground? 5. Does it require an investment of time and energy to be prepared/harvested? 6. Can I eat it naturally or raw? <ul style="list-style-type: none"> • Buffalo • Deer • Elk • Rabbit • Antelope • Tinipola (wild turnips) • Blo (wild potatoes) • Chokecherries • Wojapi (made with chokecherries, buffalo berries and tinipola as thickening substance) • Wasna (pemmican) • Wild Rice • Beans • Indian Corn • Wild Onions • Wild Raspberries • Wild Strawberries • Frybread • Indian Tacos • Cake • Wojapi (made with sugar, processed berries and starch) • Popovers • Foods fried in oil • Adding bacon, pork, hamburger • and fatty meats in place of or with leaner meats such as Buffalo and "wild game" • Pasta • Potato Salad • Foods high in carbohydrates • and starches • Foods high in sugar <p>Making Better Decisions, Just for the Health of it.</p>	<p>Traditional and Contemporary Native Foods Flyer</p>	

RESOURCE	DESCRIPTION	QUANTITY
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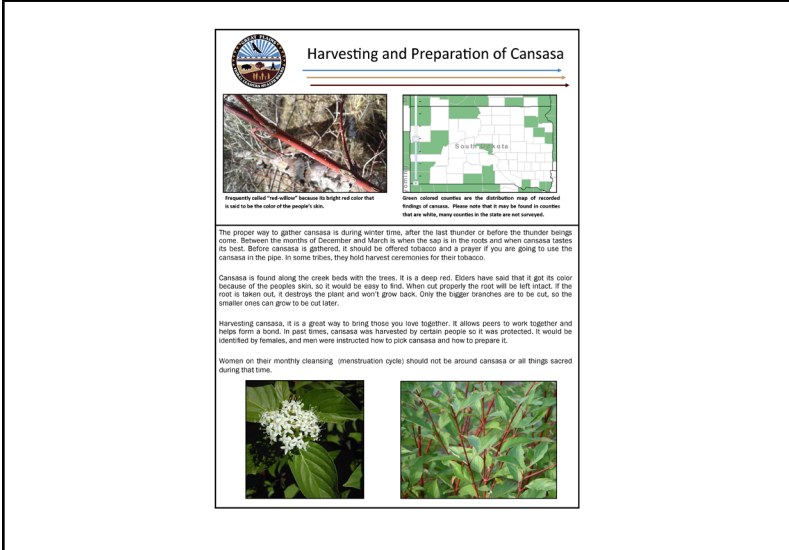
TOBACCO CESSATION



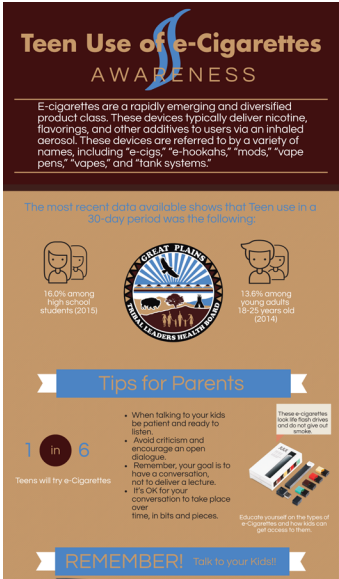

Sacred Willow Book



Smoking and Diabetes in Indian Country Flyer



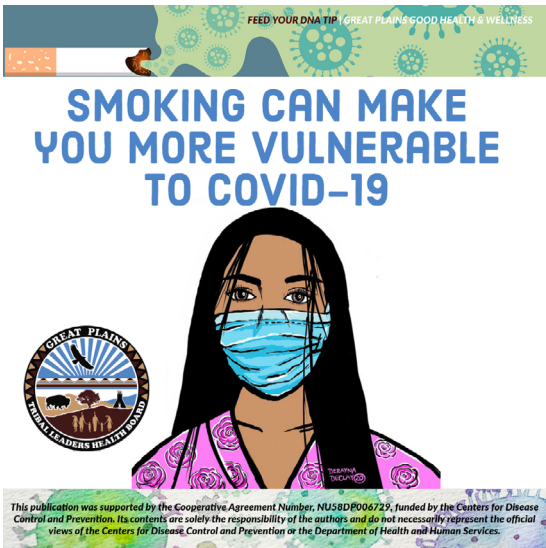
Harvesting and Preparing Cansasa Fact Sheet

RESOURCE	DESCRIPTION	QUANTITY
 <p>Teens Use of E-Cigarettes Awareness</p> <p>E-cigarettes are a rapidly emerging and diversified product class. These devices typically deliver nicotine, flavorings, and other additives to users via an inhaled aerosol. These devices are referred to by a variety of names, including "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," and "tank systems."</p> <p>The most recent data available shows that Teen use in a 30-day period was the following:</p> <ul style="list-style-type: none"> 16.0% among high school students (2015) 13.6% among young adults 18-25 years old (2014) <p>Tips for Parents</p> <ul style="list-style-type: none"> When talking to your kids be patient and ready to listen. Avoid criticism and encourage an open dialogue. Remember, your goal is to have a conversation, not to deliver a lecture. It's OK for your conversation to take place over time, in bits and pieces. <p>Teens will try e-Cigarettes 1 in 6</p> <p>REMEMBER! Talk to your kids!</p>	<p>Teen Use of E-Cigarettes Awareness Flyer</p>	
 <p>Are You Exposing Your Children to Thirdhand Smoke?</p> <p>What is Thirdhand Smoke?</p> <p>This toxic chemical residue also sticks to cushions on couches and chairs, carpeting, curtains, toys, stuffed toys, walls and every other surface in a house or car.</p> <p>Thirdhand smoke is the invisible combination of PARTICLES and GASES that cling to a smoker's hair and clothing. The toxic chemical residue includes heavy metals, carcinogens, and other harmful chemicals that babies and young children can get on their hands and clothes.</p> <p>The toxic mix of thirdhand smoke contains potential health hazards to non-smokers who are exposed to it, especially children.</p> <p>Why Should You Quit?</p> <p>Quitting will save you:</p> <p>\$194</p> <p>That is approximately:</p> <p>776 diapers</p> <p>That is approximately 22 packs of diapers!</p> <p>Why is it so DANGEROUS to expose your children to smoky items?</p> <p>Exposure can cause lung problems like asthma and wheezing in all children. Smoke exposure has also been linked to slowed learning, learning and behavior problems in children.</p>	<p>What Is Thirdhand Smoke Flyer</p>	

RESOURCE	DESCRIPTION	QUANTITY
<h1>HEALTH TIPS</h1> <p>MORE HEALTH TIPS CAN BE FOUND HERE: https://www.facebook.com/media/set/?set=a.1945280712348384&type=3</p>		



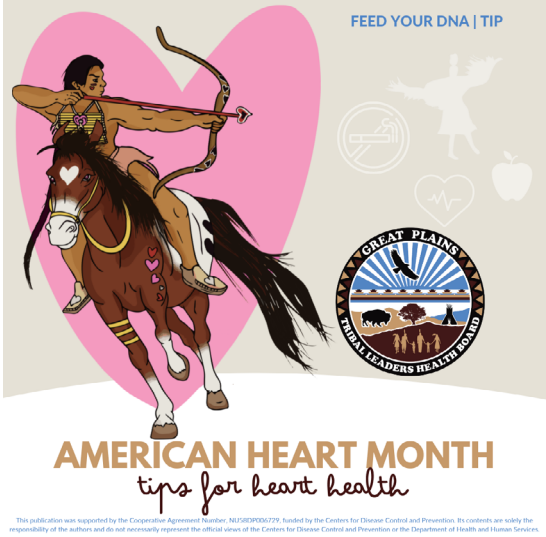


Earth Day Handout



Smoking and Covid Handout



World Heart Day Handout

RESOURCE	DESCRIPTION	QUANTITY
 <p>FEED YOUR DNA TIP</p> <p>AMERICAN HEART MONTH tips for heart health</p> <p><small>This publication was supported by the Cooperative Agreement Number, NU58P006279, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.</small></p>	<p>American Heart Month Handout</p>	
 <p>COPING WITH STRESS DURING DIFFICULT TIMES</p> <ul style="list-style-type: none"> TALK WITH FAMILY & FRIENDS BY PHONE OR VIDEO RELAX WITH BEADWORK FOCUS ON POSITIVE ACTIVITIES ACKNOWLEDGE YOUR FEELINGS EXERCISE IN YOUR HOME AVOID USING ALCOHOL, DRUGS & COMMERCIAL TOBACCO DISCONNECT FROM MEDIA AND SOCIAL MEDIA ROUTINELY SEEK ACCURATE INFO FROM REPUTABLE SOURCES KEEP A HEALTHY DIET JOIN SOCIAL DISTANCE POWWOW LIVE FROM YOUR HOME FOLLOW SAFETY AND HYGIENE PROCEDURES SMUDGE YOUR HOME WITH PRAYER <p><small>This publication was supported by the Cooperative Agreement Number, NU58P006279, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.</small></p>	<p>Coping With Stress During Difficult Times Handout</p>	
 <p>FEED YOUR DNA TIP GPGHW</p> <p>WINTER SOLSTICE MARKS THE START OF THE</p> <p>ČANŠAŠA HARVESTING SEASON</p> <p>ČANŠAŠA (TRADITIONAL TOBACCO) IS THE INNER BARK OF THE RED WILLOW. IT IS FREE OF ADDITIVES, WILL NOT CAUSE NEGATIVE HEALTH ISSUES, AND IS NOT ADDICTIVE. ČANŠAŠA IS SACRED AND SHOULD BE USED IN A RESPECTFUL MANNER. IT CAN BE USED IN VARIOUS WAYS INCLUDING: CEREMONY, CLEANSING, MEDICINAL, AND IN GIVING THANKS.</p> <p><small>This publication was supported by the Cooperative Agreement Number, NU58P006279, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.</small></p>	<p>Cansasa Harvesting Season Handout</p>	