

From Tundra to Table

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Learning Objectives

Upon completion of this course, participants will be able to:

- State regulatory obstacles to bringing culturally appropriate practices to elders and regulations as they apply to what foods are allowed in long term care.
- Be able to discuss USDA, Alaska DEC, FDA, Farm bill of 2014 and CMS regulations as they pertain to food being able to be served in long term care.
- Match the federal, state and local agencies involved in regulating food acquisition and their regulatory boundaries.
- Review the components of each regulation in terms of jurisdiction and explain positive approaches to use in building trust and collaboration.
- Discuss the benefits of serving traditional wild game food on residents' health, behaviors, depression and culture.
- Give examples of evidence based practices for implementing culturally sensitive care.

DISCLAIMER:

- Some images may be offensive.
- The photos and videos taken of Kotzebue and its people are an accurate and true presentation of the lifestyle of our Alaska Natives.

The gathering, hunting, preserving and eating of traditional foods is more than just a diet... it's a way of life for Alaska Native people

- Traditional Food Guide for Alaska Native Cancer Survivors, 2008
- Slide used with permission from the Alaska Traditional Foods Initiative presentation June 22nd, 2015 - Melissa A. Chlupach, MS, RD, LD

From Tundra to Table

The journey to return traditional native foods to the Long Term Care Elders



What is culture change

- "Culture change" is the common name given to the national movement for the transformation of older adult services, based on person-directed values and practices where the voices of elders and those working with them are considered and respected. Core person directed values are choice, dignity, respect, self determination and purposeful living... Pioneer Network
- Deep culture change is an important component of the Rights of residents to "care and services to attain or maintain the highest practicable physical, mental and psychosocial well being" as promised in the 1987 Nursing Home Reform Law.... www.Itombudsman.org

- Nursing homes were initially established to care exclusively for medical conditions
- Culture change movement aims to create levels of privacy and choice that persons residing in skilled nursing facilities would experience if they were living in their own homes. Source: Dr. Robin P Bonifas, MSW Culture Change in Long Term Care Facilities CSWE Gero-Ed Center
- Aging is a continued state of development and growth, rather than a period of decline. Source: <http://www.edenalt.org/>

HOW DOES CULTURE CHANGE IMPACT ALASKANS

- Before contact with other cultures, Native Alaskans spent years perfecting the nutrition lifestyles according to their region. A number of things led to changes however including the introduction of a cash based economy instead of a barter economy and the assimilation of children into Western language and culture while they were sent away to boarding schools.
- To Alaska Natives, subsistence represents the very core of their existence as a people... It is the essence of their being. Celebrations, stories, songs, dance and spirituality are derived from subsistence activities. Through subsistence activities, children learn respect for the wildlife and fish that present themselves for use. They also learn to share, respect and provide for their Elders, care for the land and coexist with other human beings and cultures.

- Many were forbidden to speak their language and were taught to eat according to the food pyramid.
- "Traditional food was seen as the poor food. It was almost a shame thing." (1)
- Many of the Elders who were persuaded that Western medicine and food was healthy are now angry when talking about the benefits of traditional food. According to Dr. Bergeron, "The western providers are coming back and saying. Oops we were wrong. Your traditional foods were better for you."(1)

Background to the Original Traditional Foods Program & 1993-2015

- Kotzebue, Alaska is the largest village in the Northwest Arctic Borough (pop.3,300), an area roughly the size of Indiana
- It is 35 miles above the Arctic Circle and is the northernmost licensed nursing home in the country. To the west about 250 miles lies Siberia.

- Historically, the economy has been a barter one- there are no roads in or out of town. Fresh produce and groceries were only introduced to the area a little more than 40 years ago.
- Staple goods on average cost double of those in the lower 48. Milk is \$10.00/gallon when not on sale.
- In Kotzebue, there had been a Senior Care Center that for many years did serve traditional wild game.

- The traditional food was supplied originally by a Title VI program (Meals on Wheels).
- Beginning in 1993, the Maniilaq Association and the federal government, rather than buying western food, provided support for supplies such as gas and bullets to hunt and fish.
- The program was modeled after a traditional hunter gatherer program.
- Not a market based program: food is not for sale.
- The small stipends allowed village residents to support their Elders by subsistence hunting. Wildlife management, important as subsistence resources, are finite.

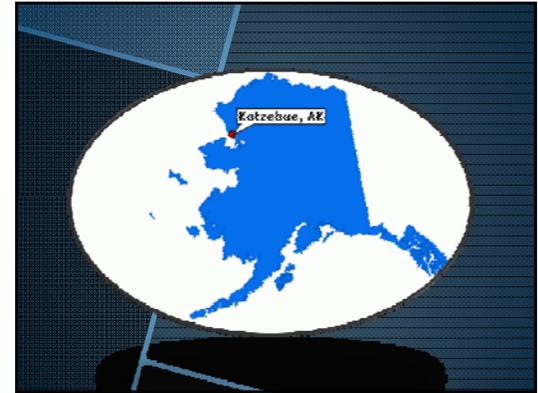
- Whatever animals were shot were processed at a small facility and meat was donated to the Elders in the community as well as the Senior Care center.
- In 1995, program funding was cut but restored a year later through the support of the state.
- After several years, that funding was cut so Maniilaq approached the federal government but they had concerns about funding a program that provided non-USDA inspected foods.
- The Maniilaq Association decided to tap into their general fund to continue the program and has done so for the past 15 years.

- Board reports showed the success of the program as a \$100.00 investment in hunter support brought in \$300.00 worth of food product.
- When the Senior Center closed, the Elders were moved into the new LTC facility, Utuqqanaat Inaat, meaning a place for Elders.
- The meat donations stopped and instead a monthly potluck (niqipiaq) was cooked by the Kotzebue Elders.
- Loss of donations meant that Elders would be impacted socially as they were losing a part of their cultural identity, dignity and a direct link to the land. Donated food often identified the hunter who contributed the meat.

“ Although much appreciated, the challenge came up as to how to continue the original program.

This is our story.....

The Journey





Inupiaq cultural values

Knowledge of language	Respect for Nature
Sharing	Spirituality
Respect for others	Humor
Cooperation	Family Roles
Respect for Elders	Hunter Success
Love for Children	Domestic Skills
Hard work	Humility
Knowledge of Family Tree	Responsibility to Tribe
	Avoidance of Conflict



Utugqanaat Inaat Nursing Home

What traditional foods did the Elders want?

- “ 1. Caribou
- “ 2. Moose
- “ 3. Seal oil
- “ 4. Muktuk (whale)
- “ 5. Shee Fish
- “ 6. Salmon
- “ 7. Ptarmigan
- “ 8. Duck & Geese
- “ 9. Berries

SOLVING THE PROBLEM

- Who has authority over foods served in nursing homes
- CMS (Note* Because facility is Native Alaskan, it does not get surveyed under state regulations.)
- Who Has Authority Over Traditional Foods- need to look at following agencies
 - Federal - USDA, FSIS, Farm Bill, FDA
 - State - Alaska DEC, Fish and Wildlife
 - Local - Maniilaq Health Center Sanitarian under US Public Health Services

Federal Agencies

- USDA
- Farm Bill
- FDA
- U.S. Fish and Wildlife
- CMS



State Agencies

- DEC – Two divisions
 - Veterinary service
 - Disease Prevention
 - Food codes
- Fish and Wildlife
- Bartering
- State Troopers
 - Ethical Hunting



Local

- Local Health Department - none
- MHC sanitarian – US Public Health Services

Rules Governing Nursing Homes



Center Medicare and Medicaid Services

- REGULATION- 483.35(i) (1) aka F Tag 371 The intent of this regulation is to ensure that the facility:
 - Obtains food for resident consumption from sources approved or considered satisfactory by Federal, State or local authorities.
- Nursing homes with gardens are compliant with the food procurement requirements as long as the facility has and follows policies and procedures for maintaining the gardens.

Obstacles to overcome:

- How will food be approved or considered satisfactory
- Who has jurisdiction: Federal, State or local authorities
- What will satisfy CMS?
- Lacking gardens, will CMS accept the tundra as our garden

The Role of the FDA

- The FDA under the Department of Health and Human Services.
- Responsible for the safety of all domestic and imported food products
- Oversight of all seafood, fish and shellfish products
- Meats from animals or birds are not under FSIS
- Meat products from exotic game for interstate commerce
 - even if they bear the USDA mark.
- Shared responsibility for eggs with USDA (FSIS)
- FDA has jurisdiction
- Source: The Federal Food Safety System: A Primer - Congressional Research Office

The Role of the USDA

- Inspection of Non-Amenable Species – exotic animals can be slaughtered under voluntary USDA inspection. The institution would pay for the inspection services and would have to find a firm to do it for them. As each species would need to be processed separately, it would be quite costly for the processor, requiring economies of scale.
- FSIS charges for voluntary inspections include all of the actual time spent performing the reimbursable services, including the time to travel to and from a facility where the reimbursable service is rendered.

USDA definitions

- (J) Deer means any member of the deer family.
- (K) Exotic animal means any reindeer, elk, deer, antelope, water buffalo or bison.
- (O) Field ante-mortem inspection means the ante-mortem inspection of an exotic animal away from the official exotic animals establishment's premises.

Ante-Mortem Inspection

- An ante-mortem inspection of an exotic animal shall... be made on the day of slaughter.... Immediately after the animal is stunned or killed, it shall be shackled, hoisted, stuck and bled.
- (a) to be performed on an exotic animal in the field in a designated area of an exotic animal producer's premises.
- Reindeer, elk, deer, antelope, bison and water buffalo are eligible for field ante-mortem inspection.

- A transport vehicle that is as sanitary as practicable as determined by the inspector.
- Reindeer, elk, deer, antelope, bison and water buffalo are eligible for transport vehicle inspection.
- Inspections are to be performed in pens at official exotic animal establishments.
- **Post Mortem Inspections**
- Conduct post-mortem inspection ... must occur in the shortest length of time practicable and on the day that field ante-mortem inspection is performed.

- ### Obstacles to overcome
- Flying an inspector from Anchorage to Kotzebue and beyond would be cost prohibitive
 - Not able to meet guidelines for slaughtering exotic animals including ante and post-mortem inspections such as driving the caribou and moose into holding pens, stunning them in the head and having a designated area as these animals migrate.
 - No way to do transport vehicles as there are no roads in the tundra.

- ### Farm Bill - Agriculture Act of 2014
- Passed on February 4th, 2014 and signed into law on February 7, 2014
- Sec. 4004 Food distribution program on Indian Reservation
- Sec. 4033 Service of traditional foods in public facilities
- The term " food service program" includes:
 - residential child care facilities
 - child nutrition program
 - hospitals, clinics and long term care facilities
 - senior meal programs
 - Traditional Food
 - Wild game meat, fish, seafood, marine animals, plants and berries

PROGRAM. The Secretary and the Commissioner shall allow the donation to and serving of traditional food through food service programs at public facilities and non-profit facilities operated by Indian tribes and facilities operated by tribal organizations, that primarily service Indians if the operator of the food service program:

- “ Ensures that the food is received whole, gutted, gilled, as quarters or as a roast, without further processing;
- “ Makes a reasonable determination that:
 - “ The animal was not diseased
 - “ The food was butchered, dressed, transported and stored to prevent contamination, undesirable microbial growth or deterioration and
 - “ The food will not cause a significant health hazard or potential for human illness
- “ Carries out any further preparation or processing of the food at a different time or in a different space from the preparation of other food for the applicable program to prevent cross contamination.

Obstacles to Overcome

- How to ensure the food is good
- Is there any possibility of getting seal oil approved?
- Does not address specifically what wild game is allowed to be served
- Does not address what traditional foods cannot be received as a donation
- Smallest size of meat is a roast
- Does not address donated fish
- No discussion of how the bill is integrated with USDA voluntary species or CMS regulations

US Fish and Wildlife /NOAA

- USFW manages polar bears, walrus and sea otters
- NOAA manages seals
 - Non-endangered species such as bearded seals, spotted seals, belugas, walrus can be sold by anyone who is from an "Alaska Native village" designated town. True only for the meat and oil and not for the skins, teeth or handicrafts.

Alaska Department of Environmental Conservation (DEC) Food Code

- Traditional wild game meat, seafood, plants and other food donated to an institution or nonprofit program
- Food must be whole, gutted, gilled, as quarters or roasts without further processing
 - Animal is not diseased,
 - The food was butchered, dressed, transported, and stored to prevent contamination, undesirable microbial growth or deterioration and
 - The food will not cause a significant health hazard or potential for human illness
- Conducts any further preparation or processing of the food at a different time or in a different space at the food service from the preparation or processing of other food to prevent cross contamination

- Cleans and sanitizes food-contact surfaces of equipment and utensils after processing the food
- Labels donated seafood and game meat with the name of the food and stores it separately from other food through storage in a separate freezer or refrigerator or a separate compartment or shelf in the freezer or refrigerator and
- Meets all other applicable requirements of this chapter.
- **Prohibited food** - Because of significant health hazards and the potential for human illness, the operator of a food establishment may not allow the following food in the food establishment under any circumstances:

- Molluscan shellfish
- The following game meats and oils:
 - Fox meat
 - Polar bear meat
 - Bear meat
 - Walrus meat
 - Seal oil, with or without meat
 - Whale oil, with or without meat
 - Fermented game meat, such as beaver tail, whale flipper and fermented muktuk
 - Fermented seafood products such as salmon eggs or fish
 - Hermetically sealed low-acid foods (some exceptions)
 - Reduced oxygen packaged foods (some exceptions)
 - Smoked or dried seafood products unless these products are from a seafood processing facility permitted under 18AAC 34 or from another approved source

- **Highly susceptible populations.** In a food establishment that serves a highly susceptible population in a facility that provides health care, assisted living services or custodial care, the operator may not serve or offer the following foods in a ready-to-eat form unless the foods are prepared in response to a specific adult's request:
 - Raw animal foods, including raw seafood, raw marinated seafood, raw molluscan shellfish and steak tartare
 - Animal food that is not cooked to the minimum temperatures provided in 18AAC 31.232 such as lightly cooked seafood, rare meat, soft boiled eggs that are made from raw shell eggs and meringue
 - Raw seed sprouts
 - Unpasteurized juices

Obstacles to Overcome

- How to ensure that the food is good - do staff have the knowledge to determine such
- Is there any possibility of getting seal oil approved as it is such a part of their diet
- How does a facility get a steady supply of food to make it worth doing
- Is there a liability concern if someone gets sick
- Are dietary staff able to handle fish that is only gutted and gilled
- Are dietary staff able to handle meat in a size no smaller than a roast - state does not want hunters handling food any more than they have to - they are not meat processors

State and Local Regulatory Oversight Regarding Fisheries

- State agencies manage fisheries in fresh waters in the state and ocean waters up to 3 miles from shore. They inspect all food processing plants, wholesale, distribution and warehouse firms to ensure that they are handling, storing, processing and transporting all food including seafood in a safe and sanitary manner.
- Recreational fish not for sale without a commercial harvester's license.
- Source: Seafood Health Facts: Making Smart Choices

The Role of Alaska State Troopers

- Responsible to protect resources and ensure the proper salvage of wild game meat
- Illegal to possess illegally taken game

The Role of the Alaska Department of Fish and Game

- Responsible for Transfer of possession form for unprocessed game meat
- It is individual's responsibility to make sure the game is taken legally before you accept or transport it. If you accept game or parts of game from someone else, either permanently as a gift or temporarily in order to transport that game, it becomes your responsibility to salvage all edible meat for human consumption.
- Barter equals trading. Buying or selling is customary trade. Moose, bear, sheep and all wildlife, other than caribou or hare, can be traded. In the Northwest Arctic Borough where Kotzebue is located, caribou and hare can be bartered. Under no circumstances can anyone buy or sell.
- Responsible for proxy permits which are useful for moose because individuals are allowed only one per year.

Obstacles to Overcome

- What is the liability if an animal was not taken ethically?
- How does bartering work?

What is the Federal Bill Emerson Good Samaritan Food Donations Act

- The Emerson Act provides protection for food and grocery products that meet all quality and labelling standards imposed by federal, state and local laws and regulations even though the food may not be "readily marketable due to appearance, age, freshness, grade, size, surplus or other conditions."
- The law protects food donors, including individuals and non-profit feeding programs who act in good faith. While exceptions are made for gross negligence, the law states that test groups will not be subject to civil or criminal liability.
- Source: <http://foodtodonate.com>

Matching the federal, state and local agencies involved in regulating food acquisition and their regulatory boundaries

Review the components of each regulation in terms of jurisdiction and boundaries. Explain positive approaches to use in building trust and collaboration

Building Collaboration



- Working with the Agencies with the focus on our Elders
- Educating each other about Regulations and learning how to make traditional foods happen in health care

Initial Collaboration - Conference Call with USDA and Alaska DEC

- Call made with Alaska DEC and USDA to determine which agency had jurisdiction over the processing of traditional wild game such as moose and caribou.
- Important issue from USDA was brucellosis - DEC shared information on field studies confirming food was safe.
- Once concern addressed, then the decision was made to turn jurisdiction to the state of Alaska.

sustainable in the absence of a bacterial reservoir in the caribou or reindeer.

In Alaska, caribou are hunted mostly in spring, fall and winter. In the spring and fall, meat is air dried on racks and saved for later consumption. This is an efficient and economical way for preserving wild meat, as well as a traditional practice. Part of a freshly killed caribou is sometimes eaten raw, including the bone marrow and some internal organs. This can expose people to the *Brucella* bacteria. Another route of exposure is through a cut in the hand during butchering.

It is not known how frequently the infection occurs in people; although brucellosis has only rarely been reported to public health. Since 1973, there have been 17 reported cases in Alaska (DHSS). But the fact that brucellosis is difficult to diagnose may mean the disease is under reported, and that the rates are actual higher.

The *Brucella* - Caribou Connection

Brucellosis is a very old disease, and yet it has only recently been associated with wildlife in the Arctic. Up until the 1950s, reported human cases in Alaska were largely attributed to drinking

Follow up with Alaska DEC- Sept. 2014

- Informed by Alaska DEC that a permit would be needed and would have to meet certain standards to be a state approved facility - there could not be a federally approved one.
- Would meet the CMS requirements of a source approved or considered satisfactory by federal, state or local authorities.
- All meat would be donated to the hunter support facility and inspected by the hunter serving as the gatekeeper for Maniilaq. No food would be accepted directly by the LTC
- Liked that hospital would provide a sanitarian to oversee facility on a regular basis.

Next Collaboration -Meeting with All Agencies - Feb 2015

- Purpose of meeting was to come up and do inspection of processing facility, but was changed to a conference with all pertinent agencies to define issues and work out solutions. Agencies participating in person or on call included:
 - Alaska Department of Health and Social Services(DHSS) regional CMS, Regional Planning Director for the Northwest Regional Council(Bellingham, Washington) Mountain Pacific(Alaska Quality Improvement Organization) Alaska Native Tribal Health Consortium, Alaska Department of Fish and Game, Alaska State Wildlife Trooper, Long Term Care Ombudsman's Office, US Fish and Wildlife, State of Alaska Governor's Office, and NANA Management Services

Outcome of Feb 2015 meeting and other participant initiatives

- Need to develop resources and guidance for the lay person to confidently be able to identify wholesome, properly handled game meats.
- Alaska Department of Fish and Game to develop a barter/sell matrix that clearly outlines the legality of transferring game meats.
- A draft of a crosswalk indicating the differences between the federal and the state regulations was developed.
- LTC centers across the state getting clearer guidance about the implementation of the farm bill and how can they serve traditional goods at their facility.
- Seal Oil Task Force held first meeting on June 3rd to discuss hurdles
- Alaska's Traditional Foods Donation Poster and Healthy Traditional Alaskan Foods in Food Service Programs Toolkit.

GUIDELINES FOR FISH & WILDLIFE		
	STATE	FEDERAL
1. All game meats must be properly handled and stored.	YES	YES
2. Game meats must be inspected by a qualified person.	YES	NO
3. Game meats must be labeled with the species and date of harvest.	YES	YES
4. Game meats must be stored in a cool, dry place.	YES	YES
5. Game meats must be stored in a clean, sanitary container.	YES	YES
6. Game meats must be stored in a secure location.	YES	YES
7. Game meats must be stored in a way that prevents cross-contamination.	YES	YES
8. Game meats must be stored in a way that prevents spoilage.	YES	YES
9. Game meats must be stored in a way that prevents pest infestation.	YES	YES
10. Game meats must be stored in a way that prevents odor.	YES	YES

CMS – The Last Hurdle



Final Collaboration- Meeting with CMS/DHSS and Alaska DEC - 4/2015

- Goals of the meeting were to:
 - Clarify intent of F 371
 - Educate DHSS what the regulations are for serving traditional foods in health care facilities.
 - Will they accept the “Tundra is our Garden”?
 - Will they accept the Alaska DEC as the authority having jurisdiction?
 - Determine whether the hunter support program’s state permit would meet DHSS/CMS requirements for an approved source
 - Ask what would the facility need to do to show a survey team upon entry that they have met the approval requirements.

Outcome of Meeting – 4/15

- The DEC state permit would meet the requirements for a source approved or considered satisfactory by state authorities provided they followed the regulations. Supported previous statements from DHSS.
- DHSS would also accept the Alaska DEC permit for any kitchen as a source considered satisfactory by state authorities. This opened the door for all nursing homes to accept donated traditional wild game.
- The facility was allowed to treat the “tundra as its garden.”
- Upon entry the only requirement to show a state survey team was its’ Alaska DEC permit should there be any question about the approving authority.

Alaska DHSS: "If the processing plant had the stamp of approval from the Alaska DEC that would satisfy the F371 requirements." CMS regional office "absolutely agreed."

Source: email from DHSS to Utuqqanaat Inaat February 26, 2014



• "CMS Regional office and other attendees at Seattle gathering were very impressed with the traditional foods program...a big thumbs-up from CMS. They really enjoyed seeing the pictures and hearing about the successes of bringing traditional foods to the table. They also liked "the tundra is their garden" Well done!

• Source: email from DHSS to Utuqqanaat Inaat June 18, 2015

Health Benefits of Traditional Foods

- Traditional Alaska Native foods are some of the healthiest foods in the world. Moose and caribou meat are high in protein and low in saturated fat. Alaskan wild blueberries have more antioxidants than cultivated ones. Three ounces of bearded seal have 14 mg of iron, 80% of the recommended daily value. Seal oil, a cultural favorite, is an excellent source of omega-3 fatty acids, which aid in heart and mental health. A study that looked at the dietary intake of Alaska native people indicate that a higher proportion of nutrients come from the traditional foods, especially protein, iron and omega-3 fatty acids. The mean intakes of omega-3 from fish and sea mammals of participants in the study are over twenty times greater than the general US population.
- Source: Kay Branch, Johnson, J, Nobmann, E, Asay, A dietary intake of Alaska Native people in two regions and implications for health: The Alaska Native dietary and subsistence food assessment project. International Journal of Circumpolar Health. 2009,68(2) 108-122

“ When an individual steps away from the subsistence lifestyle and diet they are accustomed to, poor health outcomes can be expected.

“ A diet high in fats and refined carbohydrates from processed foods replaces the bountiful tundra harvest they were raised on.

“ The incidence and prevalence of diabetes, cardiovascular disease, obesity, hypertension and depression may increase.

New Findings on Traditional Foods

- Switch has been made in a generation or less
- Prevalence diabetes tripled since 1990
- Cancer leading cause of death 30%
- Obesity rate rose 63%
- Obesity 35.8 %

Top Ten Foods Eaten by Alaskan Natives 1987-1988

1. Coffee and tea
2. White rice
3. Sugar
4. Tang and Kool Aid
5. Whitebreads, rolls, crackers
6. Butter
7. Fish
8. Regular Soft Drinks
9. Margarine
10. Milk(whole and evaporated)

• Source: Nobmann, ED, Byers T, Lanier, AP, Hankin, JH, Yvonne Jackson, M. The diet of Alaska Native adults, 1987-1988. American Journal of Clinical Nutrition 1992,55,1024-1032

“Dietary supplements of iron, calcium, vitamin D, B12, protein and fiber may be ordered by the provider to replace what is not present in their non-native diet.”

“Wild game meats, fish, and marine mammals provide a diet rich in animal and fish protein, low in saturated fat, and rich in omega-3 polyunsaturated fatty acids...plants and berries provide vitamins, minerals, and fiber.”

“Perhaps some of these medications ordered as supplements can be reduced when a resident returns to their native traditional diet.”

“Egeland, GM, Fyfe, LA & Middaugh, (1989). The use of traditional foods in a healthy diet in Alaska: risks in perspective. Alaska Division of Public Health.

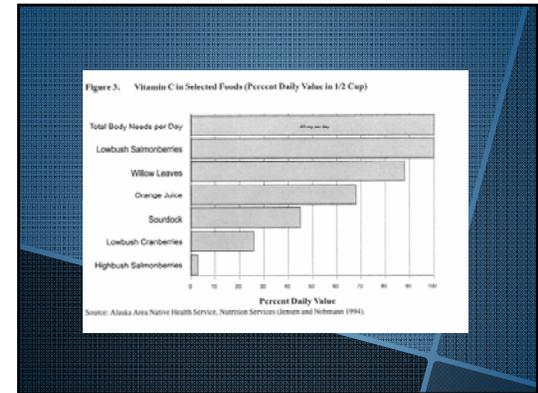


Figure 4: Vitamin A in Selected Raw Foods (Percent Daily Value in 1/2 Cup)

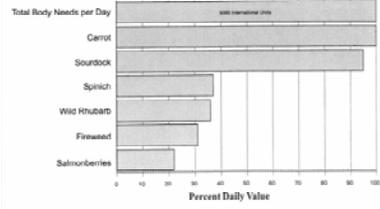
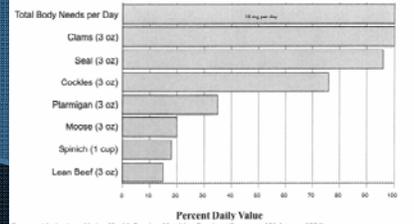


Figure 5: Iron in Selected Foods (Percent Daily Value in a Serving)



Source: Alaska Area Native Health Service, Nutrition Services (Gossett and Nohmann 1994).

Figure 6: Calcium in Selected Foods (Percent Daily Value in a Serving)

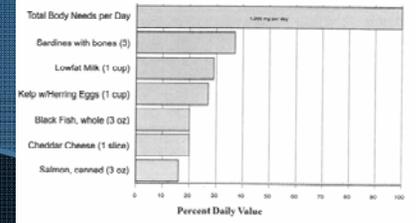
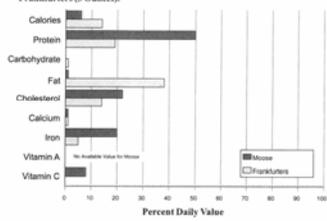
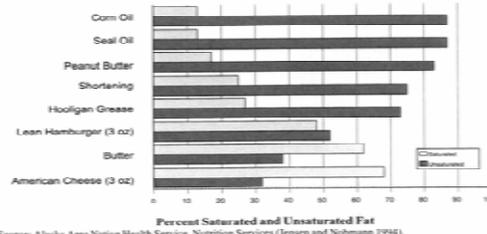


Figure 7: Percent Daily Value of Nutrients in Moose (Roasted) and Beef and Pork Frankfurters (3 Ounces).



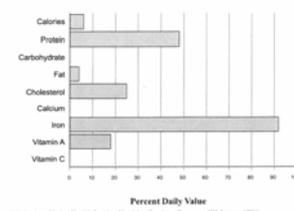
Source: Alaska Area Native Health Service, Nutrition Services (Jensen and Nobmann 1994, and USDA, 1996).

Figure 8: Percent Saturated and Unsaturated Fat in Selected Foods in 1/4 Cup

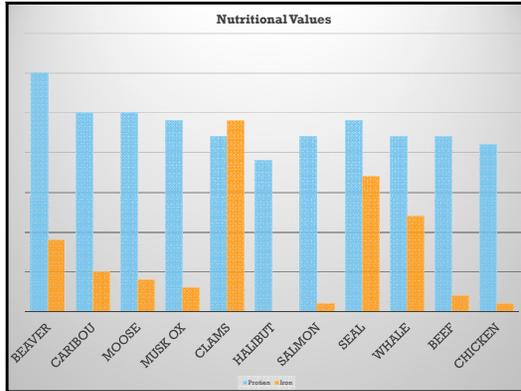


Source: Alaska Area Native Health Service, Nutrition Services (Jensen and Nobmann 1994).

Figure 9: Percent Daily Value of Nutrients in Ringed Seal Flesh (3 ounces)



Source: Alaska Area Native Health Service, Nutrition Services (Jensen and Nobmann 1994).



Weight Loss – Medical Model

- Common Approaches
 - Medications
 - Anabolic
 - Stimulants
 - Antidepressants
 - Supplements
 - Supplements
 - Commercially prepared
 - Recipe enhancements

Weight Loss – Traditional Foods

- Supplement with traditional foods
 - Jerky – salmon, caribou, musk ox
 - Berries – whole, smoothies
 - Compotes – berries in whipped oil (Eskimo Ice Cream)
 - Teas – Tundra Tea
 - Ice Cream

NIQIPIAQ
Once a month our elders, staff and community celebrate a monthly potluck meal at our long term care facility. This is called Niqipiaq.

Niqipiaq means potluck in Inupiat.

The meal begins with a prayer in Inupiat and then in English.

Volunteers serve the elders a bounty of food prepared by the community:

- Whale
- Seal
- Salmon
- Moose
- Caribou
- Eskimo ice cream

Residents Enjoying The Monthly Niqipaig



Good talk...good food.

From one end of the room a song may begin.
 Words unfamiliar to the non-Natives present,
 it grows in strength as all add their voices,
 eating as one,
 singing as one.

“ A culture returning to what has sustained it throughout millennia.

Ecosophy

“ We will now be able to prepare and serve these traditional foods without waiting for our once a month gathering.

“ Sharing subsistence harvests is integral to the existence of our Alaskan Natives and part of the ecological philosophy of the people.

“ This kind of animistic pragmatism of the Inupiat encourages traditional knowledge and skills be passed from generation to generation preserving their cultural identity.

“ Anthony B. (1982). *Animistic pragmatism and subsistence ways of Inupiat villages* presented by introducing the village to food in the sub-arctic. *Anthropology Journal of Chicago* 11(4), 11-19.

“ *The following recipes are taken from **Serving the North Slope: An Inupiat Cookbook**, compiled by Terry Richards-Rail, 1990.*

DUCK OR GOOSE SOUP

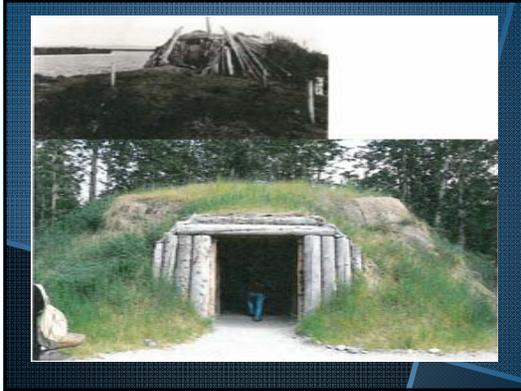
66 Put water in pot, about ¾ full.
 66 Add 2 ducks (or 1 goose) and 2 cups chopped onions.
 66 Add some salt and pepper.
 66 Boil for a ½ hour and simmer until tender.
 66 Add rice and simmer for another half hour.
 66 Add salt and pepper to taste, if needed.
 66 Enjoy with sailor boy crackers and butter or jam!
 66 **Optional: Curry Powder** (about ½ teaspoon or so sprinkled in)
 66 Macaroni can be added instead of rice or with the rice
 66 Can add other veggies, like celery, carrots, etc with the rice
 66 *Maire Pederson*

CROCK POT MOOSE OR CARIBOU

66 *This recipe is one of our family favorites. I had this going on mornings when I know that I won't have time to cook that evening and it is something we can drink out over rice or biscuits. Serves up to 8 or 9 people easily.*
 66 1. **Layers of Veggies**
 66 **First Layer:** Cut 4 to 5 medium potatoes into quarters and place them as the first layer
 66 **Second Layer:** 4 carrots cut into chunks or a small bag of baby carrots spread over
 66 **potatoes** (you can add some celery with the carrots)
 66 **Third Layer:** Cut 5 good size mushrooms 1/4 inch thick, and place over everything.
 66 2. **Brown chunks of moose or caribou** (1-1/2 to 2 pounds of meat) cut into 1 inch like size
 66 pieces in a pot or large pan. **Melt grease** by mixing 4 to 8 cups of cold water with about 1 to 1-1/2 cups of flour (white or wheat flour). I use milk and margarine to make a more golden, brown gravy and I scrape around the bottom of a Dutch-Dishpan as we assemble the gravy into the crock pot. **Then** cooking the gravy with the meat until it is done so it doesn't freeze up in the crock pot. Mix in a can of beef consomme (the good stuff) and pour over the top in the crock pot.
 66 3. I usually just the crock pot on high heat to start, and then it down to low when I am ready to go out the door in the morning. I put a flat cookie sheet under the crock pot or case there are drippings. It is yummy. Our favorite is with moose meat.
 66 *Maire Adams Curtis*

Barrow's Finest PICKLED MUKTUK

66 Boil muktuk for thirty minutes. Rinse well in hot water twice. Use plenty of salt and pepper while boiling.
 66 **Make brine (4 pints):** 2 cups white vinegar 1 ¼ cups sugar 4 bay leaves 6 cloves
 66 2 teaspoons mustard seed
 66 1 teaspoon black pepper
 66 1 teaspoon allspice
 66 1 teaspoon pickling spice
 66 Bring to a boil for ten minutes; let it cool.
 66 Put muktuk in jars with slices of onion, lemon and orange. Pour brine over the muktuk and let it stand in the refrigerator for one week. Then store in cool place.
 66 *Jane Paitorak*



Donated Food: Cut of Meat: Weight (lbs): Date Packaged:	Donated Food: Cut of Meat: Weight (lbs): Date Packaged:
 KEEP FROZEN A Product of the Traditional Foods Facility Lot #:	 KEEP REFRIGERATED A Product of the Traditional Foods Facility Lot #:
Donated Food: Cut of Meat: Weight (lbs): Date Packaged:	Donated Food: Cut of Meat: Weight (lbs): Date Packaged:
 KEEP FROZEN A Product of the Traditional Foods Facility Lot #:	 KEEP REFRIGERATED A Product of the Traditional Foods Facility Lot #:

Donated Item 1

Food Type

Caribou
 Moose
 Muskox
 Fish
 Waterfowl
 Plant/Berry
 Other

Description of Donated Item(s)

Location Harvested

Date Harvested

Total Weight (lbs)

Quality/Notes

Donated Item 2

Food Type

Caribou
 Moose
 Muskox
 Fish
 Waterfowl
 Plant/Berry
 Other

Description of Donated Item(s)

Location Harvested

Date Harvested

Total Weight (lbs)

Quality/Notes

Request for Variance of Requirements

Alaska Department of Environmental Conservation
 Division of Environmental Health
 Food Safety & Nutrition

Food Number: _____ Type of Variation: _____
 Establishment Name: _____ Date: _____ Site: _____
 Physical Address of Location: _____ Telephone: _____

Provision: 18 AAC _____ Section: _____

Description: _____
 Describe why the designated provision cannot be met, or would create an undue hardship: _____

Describe the alternative method which is proposed for meeting the purpose of the designated provision: _____

Applicant's Signature: _____ Date: _____
 Applicant's Printed Name: _____ Title: _____

DEC USE ONLY

RECOMMENDATION OF DISTRICT OFFICE STAFF

Comments: _____
 Approved Disapproved Conditional Approval

CA: _____ Signed: _____ Date: _____

DECISION OF PROGRAM MANAGER

Comments: _____
 Approved Disapproved Conditional Approval

Signed: _____ Date: _____

Solved the puzzle

- Use of Alaska DEC permits in LTC kitchens now opens the door for an approval authority satisfactory to CMS/DHSS
- Foods such as moose, caribou, geese, herring eggs are now permissible in LTC kitchens.
- The Tundra as Our Garden opens the door for continuing a subsistence lifestyle
- What are opportunities in other states
- Horizon limitless

Special thanks to all of those who have been a part of the traditional foods journey in Alaska:

- Paul Hansen, CEO, Maniilaq Health Center
- Cyrus Harris, Natural Resource Specialist
- Dr. Ted Mala
- Kay Branch, Elder Care Program Coordinator, ANTHC (retired)
- Chris Dankmeyer, Environmental Health Manager
- Paulette Schuerch, Special Assistant to the Governor of Alaska
- Melissa Chlupach, NMS Regional Healthcare Dietitian
- Dr. Gary Ferguson, Director, Wellness and Prevention at ANTHC
- Lorinda Lhoika, Alaska DEC
- Nancy Furlow, Director, National Resource Center for Alaska Native Elders



Resources

Alaska Natives try to keep old food ways alive in land of food pyramid
by Kayla Gahagan, <http://america.aljazeera.com/articles/2014/7/18/Alaska-natives-try-to-keep-old-food-ways-alive-in-land-of-food-pyramid>

Eating indigenously changes diets and lives of Native Americans
by Kevin Taylor, <http://america.aljazeera.com/articles/2013/10/24/eating-indigenously-changes-diets-and-lives-of-native-americans>

The Inuit Paradox: High Protein & Fat, No Fruits/Vegetables and yet Lower Heart Disease and Cancer <http://theinuit.com/the-inuit-paradox-high-fat-lower-heart-disease-and-cancer/>

Shift from traditional foods takes toll on Alaska Native populations
by Yereah Rosen, <http://www.adn.com/article/40929/shift-traditional-foods-takes-toll-Alaska-native-populations>
