

NISQUALLY TRIBE

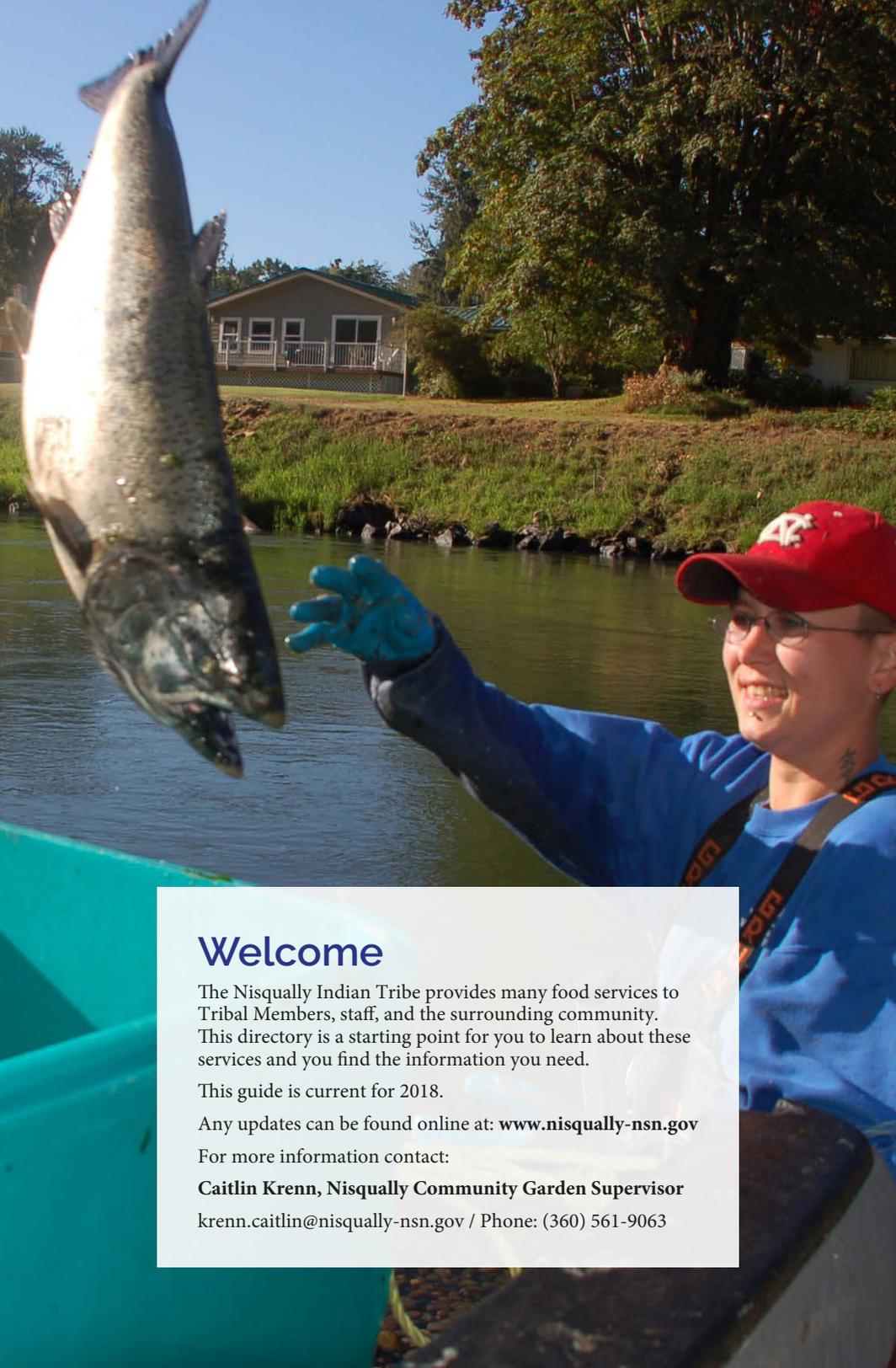


FOOD SERVICES DIRECTORY



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Welcome

The Nisqually Indian Tribe provides many food services to Tribal Members, staff, and the surrounding community. This directory is a starting point for you to learn about these services and you find the information you need.

This guide is current for 2018.

Any updates can be found online at: www.nisqually-nsn.gov

For more information contact:

Caitlin Krenn, Nisqually Community Garden Supervisor

krenn.caitlin@nisqually-nsn.gov / Phone: (360) 561-9063



DAYCARE CENTER

Candace Wells, Daycare Supervisor

wells.candace@nisqually-nsn.gov

(360) 456-5221 ext 2163

Who

All children enrolled in Nisqually Daycare.

What

Nisqually Daycare serves breakfast, lunch, morning snack, and afternoon snack. The Daycare also has an educational garden growing vegetables and berries for use in the Daycare snacks.

ELDERS CENTER

Cleo Frank, Elders Program Manager

frank.cleo@nisqually-nsn.gov

(360) 456-5221 ext 2166

Who

Native Elders (55 years and older) and their caregivers. Nisqually tribal members, staff, and community under 55 can also eat lunch at the Elders Center for a fee.

What

The Nisqually Elders Center offers free, nutritious lunch 4 days per week to Native Elders (55 years and older) and their caregivers. Nisqually tribal members, staff, and community under 55 can also eat lunch the Elders Center for a fee.



The Tribe's Registered Dietician works with the cooks to create nutritious menus and provides one-to-one consultation with elders who have specific nutritional needs. Traditional foods, including salmon and berries, are incorporated into lunches when possible. Nisqually Community Garden works with the Elders' cooks to supply fresh produce for the meal program, and the Elders Center has a garden growing vegetables for use in Elders meals.

Nutrition classes

Are hosted weekly and include food demonstrations, recipe sharing, and hands-on projects. Classes are open to elders, caregivers, and the Nisqually community.

Food Bank

The Elders Center hosts an informal food bank table available to Elders free of charge. Nisqually Community Garden also makes fresh produce deliveries to the Elders Center weekly, April-December. Produce is available free of charge to all tribal Elders for personal and family use.



EMERGENCY FOOD ASSISTANCE PROGRAM

Marie McDonald, Community Services Director

mcdonald.marie@nisqually-nsn.gov

(360) 456-5221 ext 1234

Who

Nisqually Tribal Members who meet income requirements.

What

The Emergency Food Assistance program is administered by Washington State, through SPIPA and Nisqually Indian Tribe. Food vouchers are issued to participants through the Tribe's Community Service Department and can be used to purchase healthy foods at grocery stores.



FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS: USDA FOODS

Nisqually USDA Food Warehouse:

(360) 438-4216

Who

Income-eligible American Indian and non-Indian households that reside on the reservation. Households may not participate in FDPIR and SNAP (food stamps) in the same month.

What

Each month, households choose from a list of foods to create a package that helps maintain a nutritionally balanced diet. Households fill out the food order a month in advance, and staff fill the order for pickup.

Food Categories

Recipes and cooking tips are also available.

- Meats
- Fruits
- Vegetables
- Dry Beans
- Juices
- Dairy
- Pasta
- Grains
- Nuts
- Oil
- Specialty/Seasonal/Traditional

Traditional foods available through FDPIR

- Canned Pumpkin
- Canned Cranberry Sauce
- Bagged Whole
- Grain Blue
- Cornmeal
- Frozen Ground Lean Bison
- Frozen Ham
- Wild Rice
- Frozen Salmon Fillets.

The USDA's Food and Nutrition Service (FNS) administers the Food Distribution Program on Indian Reservations (FDPIR) at the Federal level. There are approximately 276 tribes who use FDPIR. The program is administered locally by the South Puget Intertribal Planning Agency (SPIPA), in partnership with Nisqually Indian Tribe.

USDA purchases food and delivers to the SPIPA warehouse at Nisqually. SPIPA staff manage storage and distribution.





HEAD START & EARLY HEAD START

Debbie Sioux Lee, Head Start Director

siouxlee.debbie@nisqually-nsn.gov

(360) 456-5221 ext 1121

Who:

Infants, Toddlers and Children from Birth to age 5 from low-income families.

What:

The Nisqually Tribe's Head Start is a federal program, administered by the Tribe, that promotes the school readiness of children from age three to five. The Tribe also provides Early Head Start, which serves infants and toddlers from birth to three.

Head Start and Early Head Start

Cooks serve breakfast, lunch, and morning and afternoon snacks each school day. Cooks work with the Tribe's Registered Dietician to create healthy menus for on-site meals and source fresh seasonal vegetables from Nisqually Community Garden. The dietician provides technical assistance to staff for early childhood nutrition issues. Parents are invited to meet with the dietician individually to problem-solve nutritional issues for their child. Parents' Nights also feature nutrition activities.

Nisqually Head Start partners with the Nisqually Garden to offer weekly produce bag pickup, free of charge, to all families with a child enrolled in Head Start or Early Head Start. The bags are distributed during the growing season and include a range of items from the garden, along with a newsletter including recipes and nutrition information.



HEALTH DEPARTMENT

Cynthia Gallegos, Interim Health Clinic Manager, PHN

cynthia.gallegos@nisquallyhealth.org

360-459-5312

Who

Nisqually Tribal Members, Staff, and Community.

What

The Nisqually Health Department recognizes that health, nutrition, and food go hand-in-hand. The Nisqually Health Clinic offers the services of a Registered Dietician (RD). The RD provides Medical Nutrition Therapy to individuals and small groups for health issues related to diabetes prevention and control.

This includes blood sugar control, weight management, cholesterol reduction, infant and child feeding issues, and food intolerance. These services are available free of charge to anyone, of any age, who is eligible for services at the Nisqually medical clinic. The RD also hosts monthly "brown bag lunches" for diabetes prevention and control, which feature healthy cooking demonstrations and tastings.

The Health Department offers culturally relevant meals at events focused on education and outreach. Every 6 weeks, the Health Department offers breakfast and lunch for mammogram day. The annual Health Fair and Spring Wellness events offer a wealth of information about food and wellness and also provides a luncheon. Regular Men's Events also feature dinners.

The Community Health Representatives (CHRs) can help with nutrition support and sometimes frozen meals. Caregivers can also work with Nisqually elders to help with cooking, grocery shopping, bring meals from or transport to the Elders Center. Elders can be referred to these services by their healthcare provider.

HEALTH, FITNESS, NUTRITION PROGRAM

Kareem Gannie, Health Coach

gannie.kareem@nisqually-nsn.gov

(360) 455-5213

Who

Nisqually Tribal Members, Staff, and Community.



What

The Health, Fitness, Nutrition program offers health coaching and software for nutrition, fitness, personal training, body fat percentage, and diet consultations with the program's health coach. This program is housed at the Nisqually Youth Center.



NISQUALLY COMMUNITY GARDEN



Carlín Briner, Production Supervisor

briner.carlin@nisqually-nsn.gov

(360) 561-9153

Who

Nisqually Tribal Members, Staff, and Community.

What

Nisqually Community Garden grows nutritious foods and plant medicines and encourages the active practice of traditional ways of healthy living and eating. Garden staff tend 5 acres of vegetables, berries, traditional plants, and fruit trees.

Produce is available July-October at a weekly stand at the Tribal Center. Fruits and vegetables are free or by donation. Tribal members can also harvest directly from the Garden. Additionally, weekly deliveries are made to the Elders Center and Daycare April-December. Families with children in Head Start and Early Head Start are also eligible to receive a free weekly bag of produce from the garden during the growing season.

The Garden hosts youth field trips and community classes on cooking, food preservation, medicine making, gardening, and harvesting traditional plants. The Fall Harvest Dinner offers foods from the Garden and She Nah Nam Seafood, and features an annual giveaway of plant-based body care products, teas, and storage vegetables for the winter.



NISQUALLY MARKETS

Charie Coulliette, Inventory Control Manager

ccoulliette@nisquallymarkets.com

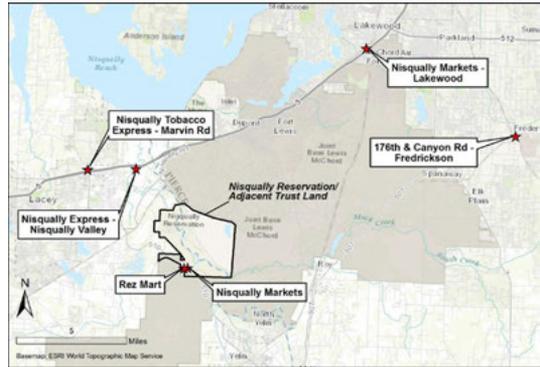
(360) 464-2893

Who

Nisqually Tribal Members and General Public.

What

There are 6 Nisqually Market stores, including one location retailing food on the Nisqually Reservation. EBT cards are accepted at the on-reservation, Lakewood, and Frederickson locations. The on-reservation store offers freshly made in-house sandwiches, salads, chicken and other deli items, as well as a range of convenience foods and beverages.



Nisqually Markets sells native-produced goods from the Tribe's She Nah Nam Seafood, including:

- Smoked fish
- Corn flour
- Tanka bars
- Olive oil
- Wild rice
- Jerky



NISQUALLY SHELLFISH FARM

Margaret Homerding, Shellfish Program Manager

homerding.margaret@nisqually-nsn.gov

(360) 456-5221 ext 2138

Who

Nisqually Tribal Members, Staff, Community, and General Public.

What

Nisqually Shellfish Farm grows, harvests, and wholesales oysters and clams.

The farm sells directly to restaurants and distributors. Buyers must be certified shellfish receivers with a license to resell, so individuals cannot buy directly from the farm.

The Shellfish Farm works with distributors that ship their oysters around the country. Their ground spread and cultch oysters are sent to local canneries to be shucked and prepared as a bucket product, which is distributed to restaurants that use gallons of oysters in soups or stews. The farm is working to expand to more local sales in Olympia, Seattle, and Portland. They are also working to establish regular deliveries to the Red Wind Casino and the Nisqually Elders program.

In Winter 2016-17, the Shellfish Farm started a seasonal oyster stand at the Tribal Center. Oysters were distributed weekly, for a limited time, at no cost or by donation to tribal members, community members, and staff on a first-come-first-served basis. They hope to continue this in the future.





NISQUALLY YOUTH & COMMUNITY CENTER

Stacy Gouley, Youth & Community Center Director

gouley.stacy@nisqually-nsn.gov / (360) 455-5213

Who

Nisqually Tribal Members, Staff, and Community.

What

The mission of the Nisqually Youth & Community Center (NYCC) is: “We are honored to support and preserve culture, lending praise and acknowledging our ancestors. We provide a friendly, healthy, and safe environment in our community. We are teaching confidence, teamwork, and leadership to future generations.”

NYCC hosts numerous community events each year and serves as the Tribe’s venue for various program meetings and trainings.

NYCC has a kitchen facility equipped to cook meals for hundreds of people, as well as a large gymnasium, locker rooms, saunas, meeting rooms, weight room, cardio room, and a running track. There is also a fire pit / fish cooking pit outside the building. The facilities are available for tribal program use and for individual rental, pending approval by Youth Center staff.

NISQUALLY YOUTH PROGRAM

Kevin Moore, Program Operations Manager

moore.kevin@nisqually-nsn.gov / (360) 455-5213

Who

Nisqually Tribal Youth and Community Youth

What

The Nisqually Youth Program provides food for intertribal sports league events, afternoon snacks for youth, and sack lunches for program field trips. When kitchen staff is available, the program aims to provide dinners three times a week to youth and community using services at the Nisqually Youth and Community Center. Youth Program staff also assist with food at community meals and events at NYCC.





RED WIND CASINO

Cheebo Frazier, General Manager

cfrazier@redwind.net

(360) 412-5000

Who

Nisqually Tribal members and General Public.

What

The Nisqually Tribe's Red Wind casino has six restaurants:

- Blue Camas Buffet
- Pealo's Landing
- Coho Sports Pub
- Squalli-Absch Grille
- Medicine Creek Deli
- The Seafood Restaurant



These are the only restaurants on the Nisqually Reservation. Nisqually Tribal members, and enrolled members of other Tribes with Tribal ID, receive 50% off all restaurant purchases. For the general public, all active and retired military service members and seniors 55+ receive 25% off meals.

The casino's catering service delivers prepared food orders to tribal events and departments. Nisqually Tribal government programs receive half off catering and restaurant purchases from the casino.

Red Wind also regularly donates food to community events, and the casino provides food donations to funerals for tribal and community families in their time of need.

Quality and consistency are the top priorities for Red Wind in sourcing ingredients. When possible, the casino tries to source their produce, seafood, and other proteins from the Pacific Northwest, depending on the season and availability. Salmon and other seafood and products are purchased from Nisqually tribal enterprises and Tribal fishers and gatherers when available.



SALMON HARVEST PROGRAM

Craig Smith, Salmon Harvest Program Manager

smith.craig@nisqually-nsn.gov

(360) 456-5221 ext 2133

Who

Nisqually Tribal Members exercising treaty rights.

What

The Salmon Harvest Program's goal is to provide Tribal members with the opportunity to sustainably harvest fin fish in their usual and accustomed area.

Nisqually Tribal Members harvest salmon commercially and for ceremonial and subsistence use. The program develops run forecasts, tracks run sizes, and helps set fishing schedules to maximize Nisqually treaty fishing and work within management criteria for each species.

The program works with the Nisqually Fish Commission, Washington Department of Fish and Wildlife, and federal agencies to preserve fishing for the Nisqually Tribe, while staying within management guidelines that allow continued salmon harvest.

The program oversees Coho, Pink, Chum, and Chinook salmon runs, as well as Steelhead trout. The Tribe also manages two hatcheries that raise and release Chinook and Coho.



SHE NAH NAM SEAFOOD

Rick Thomas, Marketing Director

rick.thomas@shenahnamseafood.co

(503) 385-5959

Who

Nisqually Tribal Members and General Public.

What

She Nah Nam Seafood's mission is to sustain Tribal Treaty Rights through salmon, seafood, and other Native-harvested and produced products. She Nah Nam offers premium prices to Nisqually fishers on the river and ensures those prices stay consistent throughout the fishing season.

She Nah Nam's processing facility for salmon and seafood is fully HACCP certified and processes fish at low (commercial) or no cost (C&S) for tribal members.

She Nah Nam also offers a range of Native-made products from across the United States, including

- Wild Rice
- White & Blue Corn
- Maple Syrup
- Beans
- Jam
- Olive Oil
- Vinegar
- and more

She Nah Nam distributes Nisqually-caught salmon and other seafood to local, national, and international buyers and does direct sales from its processing facility and Nisqually Markets. They sell to more than 24 casinos in the Pacific Northwest, California, and Arizona, and to regional restaurants. Red Wind Casino is their biggest single account, with more than half of their sales each month going to the restaurants at Red Wind. She Nah Nam also donates and sells seafood to Nisqually tribal programs.

NISQUALLY TRANSIT

Diane Moreno, Dispatcher

moreno.diane@nisqually-nsn.gov

(360) 456-5221 ext 1146

Who

Nisqually Tribal Members, Staff, Community, and General Public.

What

Nisqually Transit

Offers no-cost rides to grocery stores & restaurants, tribal departments, and special events, weekday.

Hours: 7am-5pm.

Nisqually Transit is ADA accessible and offers regular routes and pre-scheduled pickups and drop-offs at special locations on the Reservation and in Yelm, Lacey, and Olympia. Transit also offers some delivery of Elders' meals & transportation to Elders' lunch.



Children learn how to plant a garden in the Nisqually Head Start program.
See page 6 for more information.

WIC FOOD PACKAGE

Debbie Gardipee, SPIPA

gardipee@spipa.org
(360) 462-3227

SPIPA main number

(360) 426-3990

Who

Pregnant women, new and breastfeeding moms, and children under 5. Dads, grandparents, and other caregivers of children under the age of five may also sign kids up for WIC. If you or your family member are on Medicaid, Temporary Assistance for Needy Families (TANF), or Basic Food you may be eligible for WIC too.

Eligibility depends on household size and income. WIC services are open to eligible American Indian and non-Indian households in Thurston County.

What

Application for WIC is on the 2nd Wednesday of every month from 10:00am – 2:00pm at the Nisqually food warehouse. Date and time are subject to change. Call ahead to make an appointment during this time.

WIC helps improve the health of mothers and children through nutrition education, breastfeeding support, monthly packages of healthy food, and health screenings and referrals. Almost half of all babies in WA state are on WIC. WIC offers recipes and tips for improving family nutrition and offers nutrition advice for children with food allergies. WIC offers free one-on-one appointments with a nutritionist, breastfeeding support including appointments with a lactation consultant or peer counselor and opportunities to connect with other breastfeeding mothers.

WIC also offers monthly food packages including healthy food like milk, cereal, fruits and vegetables, and extra food for fully breastfeeding moms. The program offers iron-fortified formula for non-breastfed babies and jarred baby fruits, vegetables, and meats. WIC also offers health screenings and referrals to other services including WA basic food and local food banks





WILD SHELLFISH MANAGEMENT PROGRAM

Margaret Homerding, Shellfish Program Manager

homerding.margaret@nisqually-nsn.gov

(360) 456-5221 ext 2138

Who

Nisqually Tribal Members exercising treaty rights.

What

Nisqually Tribal Members harvest shellfish commercially and for ceremonial and subsistence use. The Shellfish Management Program surveys wild shellfish harvest areas and provides regulatory guidance for those areas. The Shellfish Management program estimates the abundance of 36 shellfish species, including wild geoducks, Dungeness crab, pacific oysters, Olympia oysters, and Manilla clams, and calculates how much of each Nisqually tribal members can harvest sustainably. The Shellfish program also has information about the safety of specific harvest areas.

Tribal members can harvest on public lands as allowed by the regulations, but must notify private property owners of their intent to harvest from private beaches. Tribal members can contact the Shellfish Program manager for more information on contacting property owners. Harvesters should report their harvests to the Shellfish Program manager so that wild shellfish populations can be maintained.

The program posts an article in the tribal newsletter when each harvest season opens. Tribal members can harvest anywhere on state lands for harvest and are not limited to usual and accustomed areas (U&A). However, when harvesting on public lands outside of the U&A, tribal members must follow state guidelines. U&A Beaches are open for tribal members year-round, but areas outside the U&A and managed by the state are only open during set seasons. Nisqually Tribal members don't need a state license to harvest in their U&A's but should have a subsistence card, available for free from the Natural Resources office.

Regulations, maps, and a list of which beaches are currently open and closed are posted in the Natural Resources office.



People of the River, People of the Grass

