



National American Indian & Alaska Native

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

IOWA

SAMHSA
Substance Abuse and Mental Health
Services Administration

Native Nutrition for Prevention and Healing

April 18, 2023

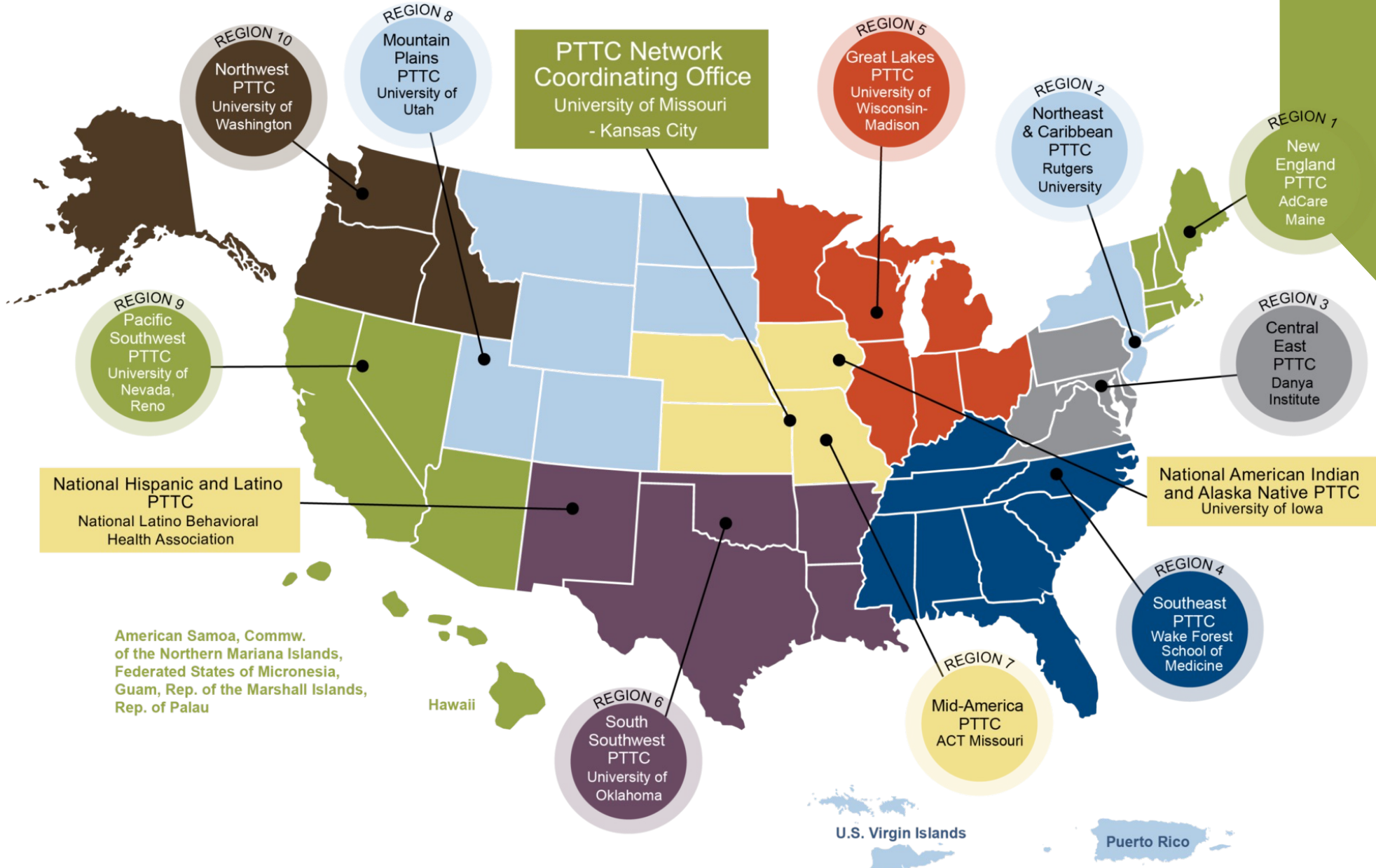


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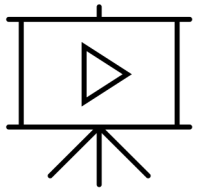
The National American Indian and Alaska Native Prevention Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

The content of this event is the creation of the presenter(s), and the opinions expressed do not necessarily reflect the views or policies of SAMHSA, HHS, or the American Indian & Alaska Native PTTC.

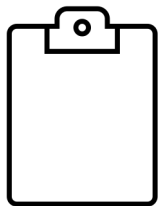


Follow-up

Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Link to our evaluation survey (GPRA)

<https://ttc-gpra.org/P?s=265541>



Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited.

Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse Indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations

Ttakimaweakwe, Keely Driscoll, Meskwaki and Winnebago Nations

Ki-o-kuk, Sean A. Bear, 1st. Meskwaki



Today's Presenter

Jason Champagne, MPH (Red Lake Nation)

Originally from the small town of Baldwin, Kansas, he always had a longstanding interest in food and nutrition. After high school he started working in construction to save enough to go to Le Cordon Bleu at Brown College in Mendota Heights, MN. Upon graduation from culinary school, he had the privilege of working as a chef for Walt Disney World in Orlando, Florida for 3 years. Although he was successful with this job, his work was focused on quantity and production, and he realized he had lost sight of why he entered a culinary career—to cook and connect with people.

He was awarded a scholarship to the University of North Dakota and graduated with a degree in Community Nutrition and Native American studies. He then went to the University of Minnesota School of Public Health completing a graduate degree in Public Health Nutrition. He has worked with tribal communities across the country as a Native Chef to help other Native Americans understand the basics of culinary arts, incorporate basic strategies to improve the overall nutrient content of foods, and incorporate traditional foods into contemporary food styles.

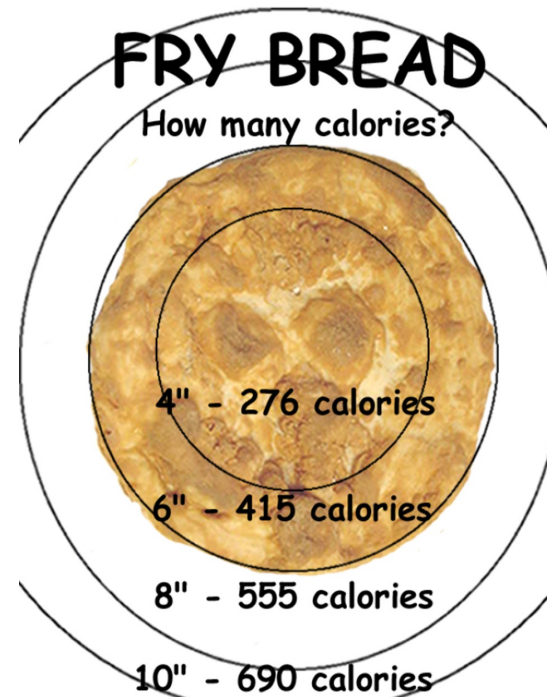


Overview

1. Connection between diet and disease with general nutrition recommendations for prevention and good health
2. Native nutrition for practice-based evidence (diabetes, obesity, heart disease, cancer, dental issues, etc.)
3. Ancestral foods as medicine
4. Q & A



Impacts of Colonialization on our Health



Recommendations for Healthy Eating

Native Nutrition for Prevention & Healing toolkit

Foods to buy,

Where to buy or gain access to,

How to cook, and

How to grow.



Resources for Healthy Eating



Produce boxes with tribal organizations

Community/ School Gardens

Fresh Food Farmacy (Geisinger)

Healthy cooking classes

Native American Nutrition: <https://nativenutrition.umn.edu/>

WeRNative: <https://www.wernative.org/articles/food-as-medicine>

National AIAN PTTC: <https://pttcnetwork.org/centers/global-pttc/products-and-resources?center=37>

Native Nutrition for Prevention and Healing

Native Food is Medicine series on NCBH YouTube channel

Native Nutrition for Prevention and Healing toolkit for all registered participants of this series

How to reach Jason:

The business card features a circular logo on the left with a Native American-inspired design in black, white, red, and yellow. The text 'JASON THE NATIVE CHEF' is prominently displayed in a bold, white, sans-serif font. A tagline 'Teaching Culinary Arts for a Healthier Tomorrow.' is written in a smaller white font on a dark brown background strip. The card also includes the logos for the University of Minnesota and Le Cordon Bleu. Contact information for Jason Champagne, MPH, including a phone number, email address, and website, is provided in white text on the right side. The background of the card is a collage of images including feathers and red-handled tools.

JASON THE NATIVE CHEF
Teaching Culinary Arts for a Healthier Tomorrow.


UNIVERSITY OF MINNESOTA
School of Public Health

 **LE CORDON BLEU**

Jason Champagne, MPH
(785)304-1578
e: jrchampagne027@gmail.com
www.JasontheNativeChef.com

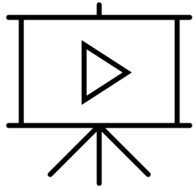
For more information

cph-nativecenter@uiowa.edu

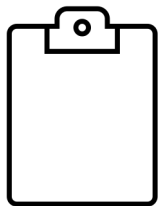
- Our next series:

A Look at Practice Based Evidence in Indigenous Prevention

MAY 18; JUNE 7 & 21; JULY 12 & 26



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