



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

March 21, 2023

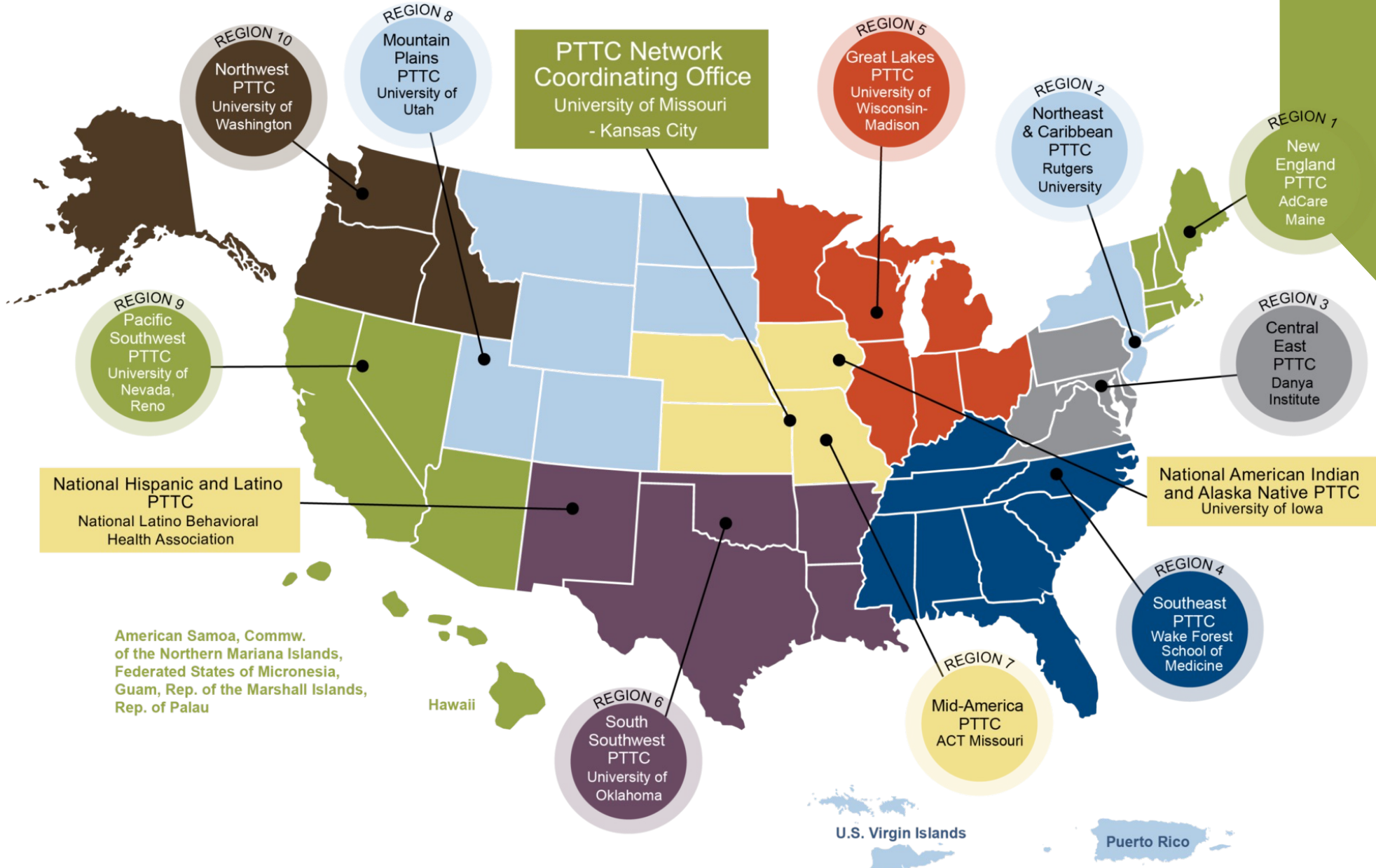


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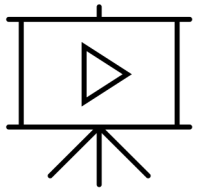
The National American Indian and Alaska Native Prevention Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

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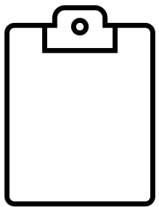


Follow-up

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



Links to the presentation slides and recording, if applicable
<https://ttc-gpra.org/P?s=647150>



Link to our evaluation survey (GPRA)



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

Chef Jason Champagne, MPH (Red Lake Band of Chippewa)

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.



Superfood Vegetable Sautee (2 servings)

Ingredients:

- 1 tablespoon olive oil
- 1 each red bell pepper, medium size, seeded, cut into 1-inch square pieces
- 1 each yellow banana squash, medium size, ¼-inch half-moon cut
- 2-3 cloves garlic, fresh, finely chopped
- 1 tablespoon fresh basil, thinly chopped
- 3 cups kale, stemmed, cut into ¾ inch strips
- 2 teaspoons ground turmeric (optional)
- Juice of ½ lemon (or lime, orange)

Directions:

- Preheat a large skillet (10 to 12-inches in diameter) over medium-high heat. Add oil; place the bell pepper into the pan. Let cook for about 1 minute.
- Add squash on top of bell pepper, then add garlic on top, sprinkle on fresh basil. Let cook without stirring for about 2-3 minutes. This lets the bell pepper get charred on the bottom. The moisture evaporating from the bell peppers will partially steam the other vegetables.
- Stir all the vegetables together, add kale on top; cook for an additional 1 minute. You do not want to overcook the kale; it will retain a nice color.
- Stir vegetables together well, add turmeric (optional) and lemon juice, toss together well. Remove to serving platter.



Teaching Culinary Arts for a Healthier Tomorrow.

CHEF



UNIVERSITY OF MINNESOTA

School of Public Health



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TV Land/ Nick at Night Report from the National Center on Addiction and Substance Abuse

15407



The National Center on Addiction and Substance Abuse
at Columbia University

CASA** and TV Land/Nick at Nite Report Finds: Teens Having Two or Fewer Family Dinners Per Week Twice as Likely to Smoke Daily and Get Drunk Monthly

Printed from <http://www.casacolcolumbia.org/newsletter/2006/56>

Family Dinners Proven Proxy for Parental Engagement

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NEW YORK, September 19, 2006 – Teens who have infrequent family dinners (two or fewer per week) are twice as likely to smoke daily and get drunk monthly, compared to teens who have frequent family dinners (at least five per week), according to a new report from The National Center on Addiction and Substance Abuse (CASA) at Columbia University and sponsored by TV Land and Nick at Nite's Family Table. This is the first time the study has examined the relationship between a teen's current tobacco and alcohol use and family dinners.

The report, *The Importance of Family Dinners III*, also reveals that, compared to teens who have five or more family dinners per week, those who have two or fewer are:

- More than twice as likely to have tried cigarettes;
- One and a half times likelier to have tried alcohol;
- Twice as likely to have tried marijuana; and
- More than twice as likely to say future drug use is very or somewhat likely.

Findings in *The Importance of Family Dinners III* draw from CASA's 11th annual back-to-school survey, released this past August.

Parental Engagement

The report's findings underscore the significance of family dinners as a proxy for parental engagement.

Compared to parents who say their families have dinners together frequently, those who have infrequent family dinners are:

- Five times likelier to say they have a fair or poor relationship with their teen;
- One and a half times likelier to say they know the parents of their teen's friends not very well or not at all;
- More than twice as likely to say they do not know the names of their teen's teachers; and
- Twice as likely to say that parents deserve not very much blame or no blame at all when a teenager uses illegal drugs.

"This year's findings prove that family dinners and the communication that occurs over the course of a meal are critical in building a relationship with your children and to understanding the world in which they live," said Joseph A. Califano, Jr., CASA's chairman and president and former U.S. Secretary of Health, Education and Welfare. "Parents who have frequent family dinners are those who take the time to know

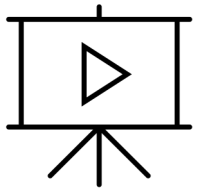
For more information

cph-nativecenter@uiowa.edu

Our next series is *Native Nutrition for Prevention and Healing*

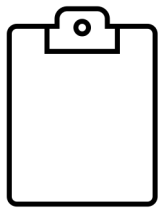
Register here:

https://uiowa.zoom.us/meeting/register/tJUkfuysqzopHdHr23YhGC0nD0ZlnV-6_WMt



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