Lummi Traditional Food Project
Vanessa Cooper, Grant PI
Northwest Indian College Cooperative Extension
Northwest Indian College

- Only accredited tribal college in the Pacific N.W.

- Main campus is located at Lummi nation

- We have full-service extended campuses at five reservations in Washington and one in Idaho

- Our Cooperative Extension Department has served 26 of the 29 Washington tribes
Community Based Participatory Research

In Partnership With:

Washington State University

Lummi Families

Growing Washington

Funded by:
Purpose & Approach

- The LTFP served 25 Lummi families through a lifestyle intervention.
- Tested an approach to improved food behaviors that emphasized lifestyle changes based on the incorporation of traditional and healthy local foods.
- Recruitment, Data collection, intervention model, outcomes, and a couple personal stories about how their work impacted their lives.
Recruitment

- Original Plan
- Challenges
- Friends and Family

Berry Crisp and Kale Wild Rice Salad
89. How often and how much of the following food items have you eaten during the last year?

Check appropriate box for how often and how much. (If you never or seldom eat a specific food item, you don’t need to check the how much box).

SMALL portion = half of a MEDIUM portion or less.
LARGE portion = one and a half of a MEDIUM portion or more.

The size of a median portion is indicated for each food item in parentheses.

<table>
<thead>
<tr>
<th>Food item</th>
<th>How often</th>
<th>How much</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>Oatmeal porridge (250 ml)</td>
<td>Small</td>
<td>Medium</td>
</tr>
<tr>
<td>Other porridge, gruel (250 ml)</td>
<td>Medium</td>
<td>Large</td>
</tr>
<tr>
<td>Dry cereal/misli (200 ml)</td>
<td>Small</td>
<td>Medium</td>
</tr>
<tr>
<td>Spaghetti/macaroni (200 ml)</td>
<td>Medium</td>
<td>Large</td>
</tr>
<tr>
<td>Rice (200 ml)</td>
<td>Large</td>
<td>Small</td>
</tr>
<tr>
<td>Wheat or oat bran (1 tablespoon)</td>
<td>Small</td>
<td>Medium</td>
</tr>
<tr>
<td>Boiled potatoes (2 potatoes or 200 ml)</td>
<td>Medium</td>
<td>Large</td>
</tr>
<tr>
<td>Fried potatoes (200 ml)</td>
<td>Large</td>
<td>Small</td>
</tr>
</tbody>
</table>
Intervention Model

• Weekly CSA’s
• Hands-on Cooking Classes
• Recipe Sharing
• On-Going Data Collection and Project Evaluation
• Culminating Events:
  • Cooking Camp
  • Annual Harvest Celebration
Outcomes and Impacts

Personal Empowerment
Ownership of research
Creating space for gifts of knowledge to be shared

Personal Relationships with one another was strengthened

Relationship with food was improved
   Althea (Relationship with food)
   Ernestine (remembering things she already knew)

Dandelion fritters

Salmon wrapped in skunk cabbage
Thank You

- NIFA
- Lummi Families
- Growing Washington
- WSU Partnership
- All of our knowledge carriers including the water, the animals, the trees, and the plant people.