



Northern California Indian Development Council, Inc (NCIDC)

www.ncidc.org

California Native Food and Nutrition Program

241 "F" Street, Eureka * CA * 95501
707.445.8451 (voice) • 707.445.8479 (fax)
waunshla@ncidc.org

June 2000



This CD contains two (2) different "electronic" books in Portable Document Format (PDF). If you are not familiar with ".PDF" files, you can read about them and download the latest free *Adobe Acrobat Reader* program from www.adobe.com that will

allow you to open, view, and print these ".PDF" files.

The first cookbook is contained in the file on the CD named "NACOOKBK.PDF." This book was compiled by Mary Farkas, M.S., R.D., M.A. of the Sherwood Valley Indian Health Program, and is titled "Reclaim Your Body and Health, Nutrition Facts and Commodity Food Recipes for the California Northcoast Indian Community." This wonderful book contains some great recipes as well as nutritional information regarding weight loss, children, pregnancy, and native foods. Sample meal plans are included.

Mary E. Farkas obtained her Masters in Science Degree from Tufts University in 1982. She has been a Registered Dietitian since 1982. She obtained her Masters in Counseling Psychology Degree from University of San Francisco in 1993. She has worked with the Mendocino County Indian Community since 1986, and is a consultant dietitian for Consolidated Tribal Health Project.

The second book included on this CD is contained in the file on the CD named "NADIETBK.PDF". The book is titled "Native

American Health Recipes" by Cruz H. Acevedo, Jr., Ph.D. Dr. Acevedo works extensively with Native communities, and has been a favorite speaker at the Annual Traditional Tribal Health Conference held by California Rural Indian Health Board (CRIHB). Dr. Acevedo originally completed this book as part of his Doctoral Dissertation (August 23, 1983) and work on the Elderhealth Project: Four Worlds Development Project, University of Lethbridge, Lethbridge Alberta. These recipes were updated and revised in November 1996 and again in March 2000 to incorporate new findings and research that is better suited to Native populations using these recipes.

Northern California Indian Development Council (NCIDC) would like to thank Dr Cruz Acevedo and Mary Farkas for allowing us to redistribute their excellent publications through our California Native Food and Nutrition Program. We would also like to thank Stacy Kennedy at CRIHB for all the excellent resource materials and referrals she provided to us.



A complete web-based informational resource (www.ncidc.org/food/crframes.htm) has also been developed as a component of the main NCIDC web site at www.ncidc.org. This food and nutrition site contains extensive links to federal, state, and non-profit nutritional programs, funding, and resources for Indian community food and nutrition programs.