



Featured Food

Carrots are one of those vegetables that are very versatile. We love to eat them raw, cooked, steamed or prepared our own special way.

The fabulous facts on this vegetable are:

- they are loaded with vitamin A
- they contain more natural sugar than any other vegetable
- carrots are proven to help improve vision

These tasty bits of beta caroten can be a healthy snack for those on the go and as a great snack for kids.



Mellow Pan-Roasted Carrots

Ingredients:

- 2 lbs. fresh California carrots
- 2 tbsp. olive oil
- freshly ground pepper
- 1/2 cup chopped onion
- 1 tbsp. dried or fresh thyme
- 1 tbsp. dried or fresh rosemary chopped
- 1 orange

Directions:

Clean and trim carrots. With large carrots, cut off 4 to 6 inches of narrow end of each, then cut wider end lengthwise in half. With small carrots, leave them whole or cut crosswise in half.

Heat oil on high in large skillet, place carrots closely together in the pan in a single layer. Sprinkle in the onion and ground pepper. Cover and cook over medium-low heat, turning once halfway through, for 30 minutes or until fork tender.

Liquid should be evaporated and carrots beginning to caramelize at end of cooking time. Sprinkle in the herbs. Squeeze 3 or 4 wedges of the orange over the carrots. Toss well and serve hot.

Food Access: Federal Food Stamp Program

The federal food stamp program helps low-income households get more food than they could with their personal income. You will be asked to submit a social security number and proof of citizenship.

To apply for food stamps in your area first:

- locate your local county social services department
- fill out an application for assistance
- turn in application to your assigned worker

The amount of food stamps that you will receive depends on the size of your household. This also depends on the amount of income coming in.



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)
dwoodman@ncidc.org

Spring Your Family Into Action!

April 2004

Food Safety: Storing Food

We all have different ways of storing our leftovers. But are the ways we store them safe? According to the Clemson Extension Group, proper storage of <Er leftovers will maintain the quality of the food and decrease bacteria. The goal for home food storage is to provide safe and high-quality foods.

Maintaining a food's quality depends on several factors: the procedures used during processing, the way food is stored and the length of storage. The longer cooked food remains unrefridgerated, the higher the bacteria count will grow. Here are some tips for storing cooked foods properly:

- ◆ Use plastic containers with lids that seal completely.
- ◆ Aluminum foil, plastic wraps etc. also work well when wrapped properly.
- ◆ Pay attention to when you cooked the food and how long that it has been refridgegerated. I would suggest to throw if out after 3 days.



NCIDC Mini-Grants Program 2004

The Northern California Indian Development Council is pleased to announce the availability of funds to address unmet needs within Indian Country in California. Funds are available to create, expand and improve the following funding categories:

- ◆ Tribal Community Food and Nutrition Programs
- ◆ Tribal Community and Economic Development Programs
- ◆ Tribal Job Training and Employment Assistance Programs
- ◆ Tribal Libraries including Public Internet and Technology Access
- ◆ Tribal Education Programs including Head Start and CCDBG Centers

The deadline for submission of a mini-grant application is **April 26th, 2004 as indicated by USPS postmark.**

If you have any questions or require an additional RFP packet please contact Konni Albers by email (konnia@ncidc.org) or call her at **(707) 445-8451.**

Information on the mini-grant is also available on our website, check it out at www.ncidc.org.



Senior Source: Fitness

As we age, exercise becomes even more important. Daily, moderate exercise can help reverse the effects of aging. It's not just about living longer, but living better. Physical inactivity and poor diets are becoming the leading preventable cause of death in America. A healthy diet and moderate exercise are two factors that can help turn back the clock.

Here are some low-impact and affective exercises for you to try:

Aerobics: Some great ideas for this type of exercise are swimming and walking. Try this at least 30 minutes, 3 times a week.

Strengthening exercises: These exercises are meant to help strengthen muscles you use everyday. Light lifting will do this. 3 sets of 8-12 repetitions are plenty. Try this type of exercise at least 30 minutes, 3 times a day.



Stretching/Flexibility: Stretching is important to do before any workout. This helps to warm up the muscles and to prevent any cramps or tightness that can occur during the workout. For about 30 seconds each, stretch all major parts of your body. Don't bounce when stretching, this causes more impact than necessary on your cold muscles.

Kid's Choice: Childhood Obesity

As kids age their energy levels decrease. Childhood obesity is on the rise. Obesity in youth causes early onsets of diabetes, hypertension and other obesity-related chronic diseases. Poor dietary habits and lack of exercise are primarily to blame. Become active with your kids and make exercise a fun activity.

Turn off the television: The average child spends 24 hours a week watching television. Limit the amount time they spend in front of the T.V. or computer.

Be an active example: If you want to have physically active children, get physically active yourself. Participate in physical activities as a family.



Focus on activity: Ask your children what types of physical activity they enjoy. Make it fun and effective. These activities should be done on a weekly basis.

Encourage as a routine: Instead of your kids running to the computer or television after school, encourage them to do a fun activity that helps to keep their minds sharp and their bodies in shape. Also be sure to include healthy snacks as a treat.



Ask Dr. Coyote*



Answers on food and exercise

Dear Dr. Coyote: So, in your most respected opinion, why are our Native kids these days getting so large? Is it genetic, a result of institutional prejudice or a dominate society placing western values on traditional people? What gives?

Response: Face it, our kids are being molded in our own image. We used to hunt, fish, gather food, chop wood, play games, swim, run, be outdoors all day, make baskets, travel miles to visit people (on foot no less) and we lived a much happier and more active life. Now we are happy if we can figure out how to use the microwave for instant macaroni and cheese. Get out of your recliner, go outside and take your children with you. Plant a garden (or get some friends and family and start a community garden), go on daily nature walks, gather acorns and mushrooms in the fall, hike, learn to fish with a pole, take up a sport, coach your child's team, turn off the television and move.

Leading by example is not the way Dr. Coyote chooses to live, but hey, you're a responsible parent now and that is your job, not mine. I remember my friend Raccoon, who lived with his grandmother. She would send him out to get acorns so they would have food for the winter. On his way up the mountain to their family gathering site, he would play a stick game with his friends. Then on the way home, he would jump in a creek and swim to cool off. Take a clue from Raccoon and figure out how to incorporate lots of exercise in your daily life. Get active, and make sure your kids are close by your side.



**Please note that in many cultures, Coyote is the trickster and his advice should be taken with a grain of sodium reduced kosher sea salt (his section is intended as humor or parody). If you have any questions to ask of Dr. Coyote about, diet, health, nutrition or exercise please email: coyote@ncidc.org*

