

Buffalo and Native American Wellness

This educational resource kit explains the historical and cultural significance of the buffalo to Native American people and how the animal supported the survival of the Tribes. Ancestral lifestyles are compared to the lifestyles of today stressing the message that parts of the past and present can be combined to ensure healthier lifestyles in the future. Modern-day cooking methods, recipes, and the nutritional value of buffalo meat are included. The relationships between buffalo herds, Native people, and diabetes prevention are also discussed.

Gifts from the Earth: Fruits and Vegetables

Eating five servings of fruits and vegetables a day is one of the most important things you can do to promote good health. This educational resource kit provides a basic understanding of the importance of eating fruits and vegetables. Information on gardening and fruits and vegetables traditionally grown and eaten by Native Americans is also included.

Each Teaching Kit contains:

- A Complete Workshop Plan, which includes presenter's notes, group activities, and overheads
- Copy-ready Handouts
- A List of Additional Resources (such as books, Internet sites, etc.)
- Recipes
- Cultural Food Information
- Video (Buffalo Guide Only)

Possible uses include:

- Community Gatherings
- Diabetes Education Classes
- Diabetes Support Groups
- Teacher In-Services

For more information, contact:
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QTY:	DESCRIPTION	EACH KIT PRICE	TOTAL COST
	Buffalo and Native American Wellness	\$60.00	
	Gifts from the Earth: Fruits and Vegetables	\$60.00	
	Both Kits	\$100.00	
	Shipping & Handling (per kit)	\$5.00	
		TOTAL AMT. DUE	

USDA grant monies covered cost of developing initial materials.
Fee is collected to ensure future printing costs.

Make checks payable to: United Tribes Technical College
Attn: Kim Hinnenkamp
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