Native Infusion: Rethink Your Drink
A Guide to Ancestral Beverages

THANK YOU FOR JOINING US! THE WEBINAR WILL BEGIN SHORTLY.
Webinar Management

Participants will be muted for this webinar.

If you have questions during the webinar, please “raise your hand” using the hand button or you may enter your question(s) in the Question box.
What “Assets” Mean to First Nations

- Physical Assets
- Natural Assets
- Social Capital
- Cultural Assets
- Human Capital
- Political Assets
- Financial/Economic Assets
- Institutional Assets
First Nations’ Facts

1980: Founding Year

1980-2017: Provider of TTA

1993: National Grantmaking Program begins

1993-2017: Awarded 1,345 in grants; $28.9 million
First Nations’ Strategies & Programs

5 STRATEGIES
First Nations utilizes to achieve success in our focus programs:
- DIRECT FINANCIAL SUPPORT through GRANTMAKING
- TECHNICAL ASSISTANCE & TRAINING
- COALITION-BUILDING
- ADVOCACY
- POLICY

Achieving
Native Financial Empowerment
Native financial & credit education, consumer protection & financial fraud education, combatting predatory lending, and research.

Nourishing
Native Foods & Health
Native food systems, food security, health & nutrition, and food sovereignty efforts.

Advancing
Household & Community Asset-Building Strategies

Investing
in Native Youth
Native Youth & Culture Fund, College Scholarship/Internship programs, and youth-oriented financial education, among other programs.

Strengthening
Tribal & Community Institutions
Nonprofit & tribal-capacity building activities including the Urban Native Project, Native Arts Capacity Building Initiative, and coalition-building work among other programs.
Native Infusion: Rethink Your Drink
A Guide to Ancestral Beverages

Authors: Valerie Segrest & Elise Krohn
Funding support provided by First Nations Development Institute and the Muckleshoot Tribe’s Traditional Foods Program
Health Concerns for Indian Country

Consumption & Disparities

• Numerous studies have linked the intake of sugary drinks, the largest single source of added sugars in the diet with:
  – Obesity
  – Type 2 diabetes
  – Heart disease
  – Dental caries

“Pouring on the Pounds”

• Consumption of sugary beverages does not make you “feel full” like you would if you eat actual calories from solid food.
• Studies show people drinking sugary beverages don’t compensate for their high calorie intake by eating less foods.
How much is too much?

According to figures from the beverage industry, soda companies produce 10.4 billion gallons of soda each year.

That is enough to serve every American a 12 ounce can every day, 365 days a year.

12 ounces = 10 tsp of sugar
10-15 tsp = # of tsp of sugar a teen gets/day from soda alone

Having 1 can a soda per day increases a child's risk of developing diabetes by 60%
What we are up against?
In 2004 the beverage industry spent $2 billion on advertising alone – targeting ages 2-17
Food, drink and snack industries spent 1,178 times more on advertising then the government’s 5 A day campaign.
When is Food the Medicine?

- **Medicine Tea**: 0 mins of walking
- **Iced Cap**: 48 mins of walking
- **Flavored Latte**: 63 mins of walking
Colonial Impacts on Water

• Reduced control and access to water
• Disrupted management practices and vast pollution
• Mistrust of water supply
Native Infusion: a six-poster set highlighting traditional beverages, with information and inspiration

An educational tool honoring ancestral health traditions

Contains six UV-coated 12 x 17.5” posters
Water is our most important drink. Our bodies are made of 65–85% water. Water offers us protection, delivers nutrients, regulates temperature and removes waste. When we are fully hydrated, we feel less pain and more energy.
“Water is one of our most important spiritual medicines. The morning dew from the sword fern, the rain and even the water we drink every day can purify and cleanse us. Water is precious and you have to ask for its healing.”

-Kimberly Miller, Skokomish
Water and our Body

• Water makes up 60-70% of the body’s weight
• Many essential roles for our mind, body and spirit.
  – Carries nutrients
  – Removes waste
  – Cools the body (sweat)
  – Digests food
  – Repairs and replacement of old tissue
  – Cushion for the organs and joints
Nettles are nature's springtime super food. They purify and nourish our body so we can feel clear, strong and energized. The tender shoots are cooked in a variety of ways and dried leaves make a tasty tea or seasoning. The sting of nettle reminds us to be fully aware and protected.
Stinging Nettles

Natures original energy drink!

1 cup of leaf tea= 300mg Calcium

29 times higher in calcium, 8 times higher in magnesium, and 12 times higher in Iron than spinach!!!
Evergreen tree tips from Douglas fir, hemlock, spruce and true fir trees are the original thirst quenchers. In springtime limey green new growth emerges at the end of branches. Snack on them fresh or make them into tea to recharge and be your best.
Evergreen Tree Tip Tea
Nature’s Original Thirst Quencher!!

Tips from Spruce, Fir and Hemlock

High in vitamin C & electrolytes.

Delicious hot or cold. Try serving as lemonade!
Wild Rose helps us remember what is precious and to keep it safe from harm. The sweet smelling flowers soothe irritation, heal wounds and add delicious flavor to food and drinks. In fall, flowers become rose hips, which strengthen our heart and contain Vitamin C that shields us from illness.
Rosehips & Petals

“Naturally Enriched!!”

High in Vitamin C and bioflavonoids. Support immune health and protect our body from chronic disease.
Wild Strawberries remind us to embrace and savor the moment. These berries might be small but their burst of flavor brings joy to all who taste them. Pick them in fields and forests during the height of summer. Try making flavored water by adding strawberries, citrus fruits and aromatic herbs to your water bottle!
Wild Strawberry Fruit & Leaf
“Made from the Earth”

Strawberries are anti-diabetic and anti-inflammatories.

Berry leaves including huckleberry, strawberry & raspberry are high in minerals and antioxidants.
**FOOD IS OUR MEDICINE**

**Huckleberry** helps us to live a long and vibrant life. The deep blue, purple or red berries are medicine for our hearts and are said to contain the blood of the earth. Dried huckleberry leaf tea balances blood sugar and protects us from chronic diseases.
Wild Berry Leaf Teas

Building Strong Veins for Generations!

High amounts of antioxidants, vitamins and minerals. Improves immune and circulatory system function.
Water
a Universal Solvent

- Harvesting & Storing Your Own Tea Plants
- Natural Sweeteners
- Herbal Infusions, Teas & Decoctions
- Making Your Own Soda
- Preparing Herbal Ice Cubes
Bone Broth

Bones + Water + Vegetables + Herbs + Vinegar

Smoothies

Fruit/Veggies + Nuts + Water + Yogurt + Spices
Plant Handouts

- Dandelion
- Douglas fir
- Hawthorn
- Huckleberry
- Stinging Nettle
- Wild Strawberry
- Wild Rose
Blueprinting Your Beverage Station
Native Infusion Drink Station Tips

- Make it fun and self serve
- Encourage a taste of each
- Set the tone that these drinks will taste different without the sugar
- Explain they are made from plants
- Thank people for being courageous
- Display harvested and store bought tea options
- Have recipes and flavored water
- Have a tasting panel
“You need to try a new food or drink 6 times before you decide whether you like it or not. Our bodies will begin to crave the things we need, but we have to develop a relationship with them first.”

Bruce Miller (Subiyay), Skokomish Elder
What are your favorite traditional beverages?
How it started:
Setting the Table
Healthy Drink Stations in British Columbia

Fiona Devereaux, RD
Aboriginal Health Dietitian
Coast Salish Territory

Robynne Edgar
Director, Healthy Living
Aboriginal Sport, Recreation and Physical Activity Partners Council

Elise Krohn, M.Ed
Herbalist, Educator and Native Plants Specialist
Native Infusion Training for Educators
~*Spring 2018*~

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Posters and books can be ordered at:
www.chatwinbooks.com/indigenous-health
Thank you joining our webinar today!

Recording and attachments can be downloaded from www.firstnations.org/fnk by Thursday, November 9, 2017
Next free webinar: Capital Opportunities in Agriculture!

*Capital Opportunities in Agriculture*
**Wednesday, November 29, 2017**
11 a.m. Pacific / Noon Mountain / 1 p.m. Central / 2 p.m. Eastern

Does your agriculture business need funding? Does your organization work with small businesses looking for start-up capital in agricultural enterprises? Join us as we explore opportunities for capitalizing agricultural endeavors with Native Community Development Financial Institutions (CDFIs). These non-conventional banking structures provide much-needed long-term support, including training and technical assistance, and low-interest capital to ensure the sustainability of agriculture-based businesses. This webinar is part of the *First Nations Knowledge* webinar series.

**Panelists:**
- **Angie Main**, Executive Director, Native American Community Development Corporation
- **Pete Upton**, Executive Director, First Ponca Financial, Inc.
- **Onna LeBeau**, Executive Director, Black Hills Community Loan Fund

If interested in registering, go to: firstnatinons.org – scroll down to the bottom of the page and in the left hand corner we have a featured section called “In the News,” click on the “It’s Free! Capital Opportunities in Agriculture” Webinar’