

Alaska Traditional Foods Initiative & Movement

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NANA Management Services

A photograph of a traditional Alaska Native dwelling, possibly a igloo or a similar structure, with several large fish hanging from the ceiling. The fish are arranged in a row, and their heads are visible. The interior of the dwelling is dimly lit, and the walls appear to be made of a natural material, possibly ice or stone. The overall atmosphere is one of traditional life and food preservation.

“The gathering, hunting, preserving and eating of traditional foods is more than just a diet – it’s a way of life for Alaska Native people.”

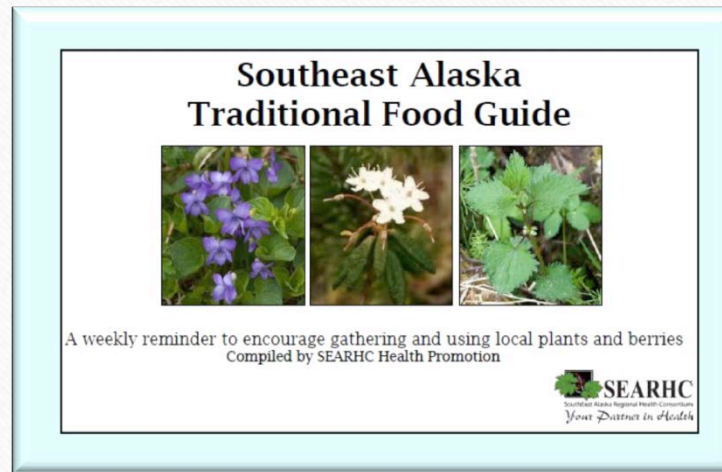
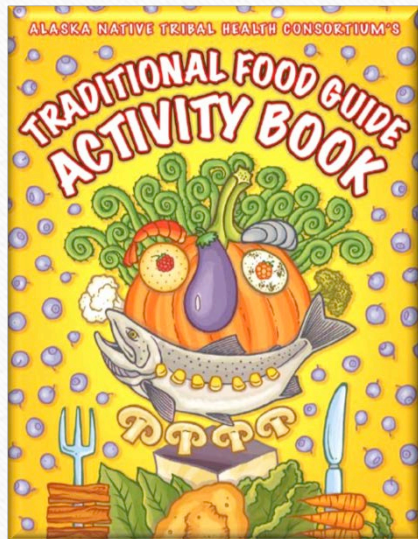
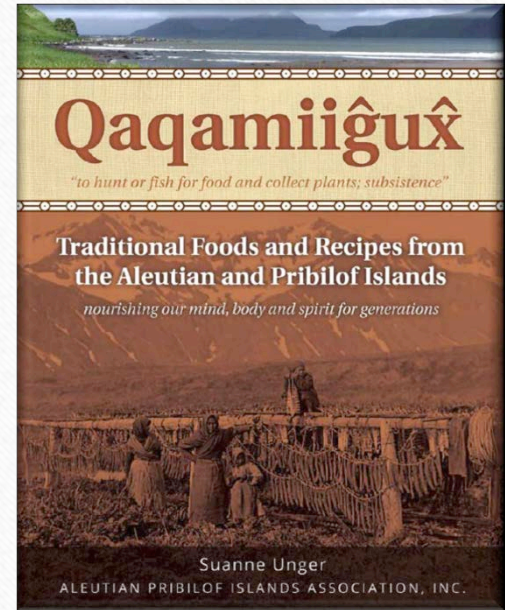
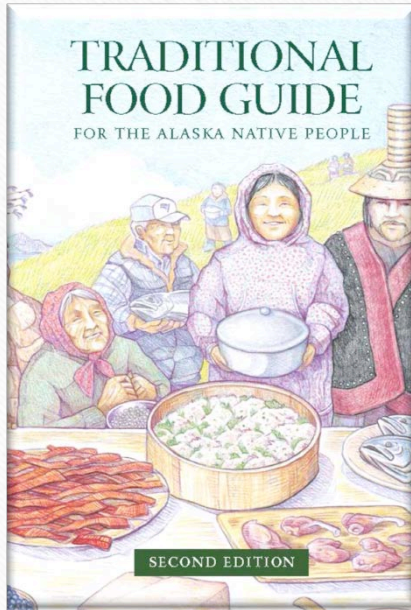
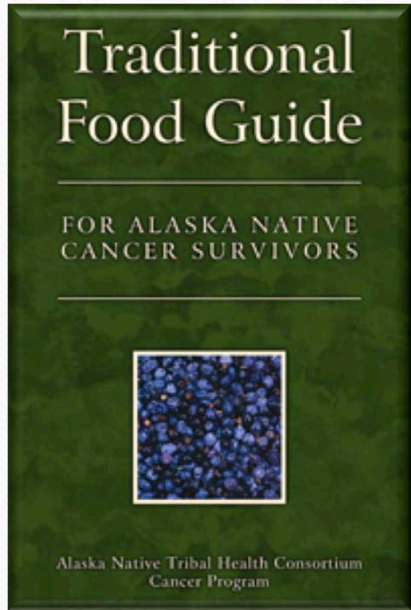
Traditional Food Guide for Alaska Native Cancer Survivors, 2008

Environmental Health Series
ARCTIC HEALTH

The Alaska Dietary Survey

1956-1961





Traditional Foods are Healthy Foods

Bowhead Whale is a healthy food high in omega fatty acids, protein, vitamins A, D and E, and some essential minerals. It is highly recommended as part of a healthy, traditional diet!



Aḡviq

Whaling Captain's Healthy Serving



- Bowhead meat *Uuruq*
- Heart *Uumman*
- Kidney *Taqtu*
- Intestine *Iḡaluq*
- Gum *Mamaaq*
- Flipper *Aqikkaq*
- Skin & blubber *Maktak/Urunaaliḡ*
- Fruit & Roll *Siḡḡaq & Muqpaḡauraq*

You Are What you Eat!



Niqipiaq - the "real food" is SAFE and HEALTHY to eat and essential to Inupiat well being

The benefits of eating Alaskan traditional foods are many and are recognized by the state of Alaska's Division of Public Health.

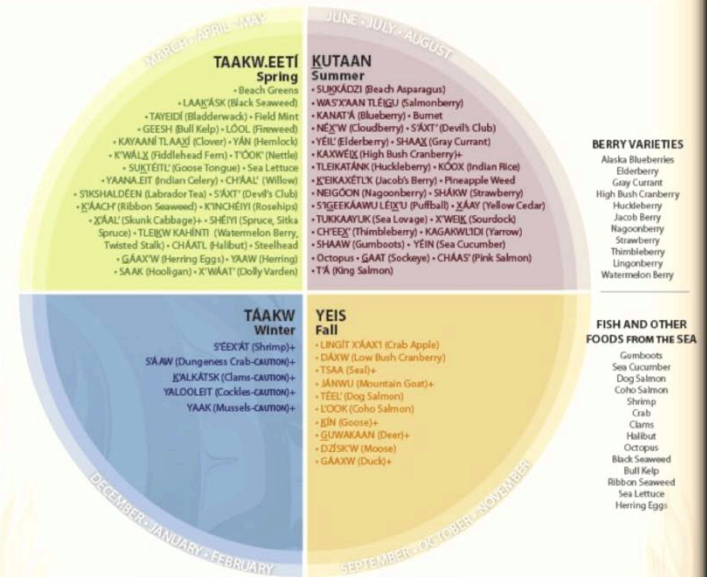
The NSB-DWM continues to monitor the health of subsistence species. Call for more information at 907.852.0350.

Nutrient Information for Whaling Captain's Serving			
Food Served	Serving size	How served	Nutrient estimate/based on studies of raw foods (in this serving size)
Maktak	12.27 oz (348 g)	boiled	~75% of recommended daily protein, high in good unsaturated fats, vitamins A and C, beta carotene, some carbohydrates
Meat	3.7 oz (105 g)	boiled	~50% of protein, some good unsaturated fats, ~1% calcium, many essential elements
Intestine	1.02 oz (29 g)	boiled	protein, essential elements
Kidney	2.08 oz (59 g)	boiled	protein, small amount carbohydrates, good unsaturated fats, elements
Flipper	4.02 oz (114 g)	raw	skin carbohydrates, vitamin C, beta carotene
Tongue	-	boiled	very high in good unsaturated fats, protein, vitamin A, some elements
Heart	-	boiled	high protein, many elements
Stewed Fruit	9.62 oz (273 g)	boiled	-
Eskimo donut	1.62 oz (46 g)	fried	-



North Slope Borough
Department of Wildlife Management
P.O. Box 49
Barrow, Alaska 99723
907.852.0350

A SEASONAL CELEBRATION OF TLINGIT TRADITIONAL FOODS



- BERRY VARIETIES**
- Alaska Blueberries
 - Elderberry
 - Gray Currant
 - High Bush Cranberry
 - Huckleberry
 - Jacob Berry
 - Nagoonberry
 - Strawberry
 - Thimbleberry
 - Lingonberry
 - Watermelon Berry

- FISH AND OTHER FOODS FROM THE SEA**
- Gumboots
 - Sea Cucumber
 - Dog Salmon
 - Coho Salmon
 - Shrimp
 - Crab
 - Clams
 - Halibut
 - Octopus
 - Black Seaweed
 - Bull Kelp
 - Ribbon Seaweed
 - Sea Lettuce
 - Herring Eggs

SEARHC
State of Alaska
+INDICATES FOOD IS AVAILABLE FOR MORE THAN ONE SEASON
CONTACT A LOCAL FISH AND GAME OFFICE FOR MORE INFORMATION ON HUNTING AND FISHING REGULATIONS.
CAUTION: FOR MORE INFORMATION ON PARALYTIC SHELLFISH POISONING, CONTACT THE ALASKA DEPT OF ENVIRONMENTAL CONSERVATION.



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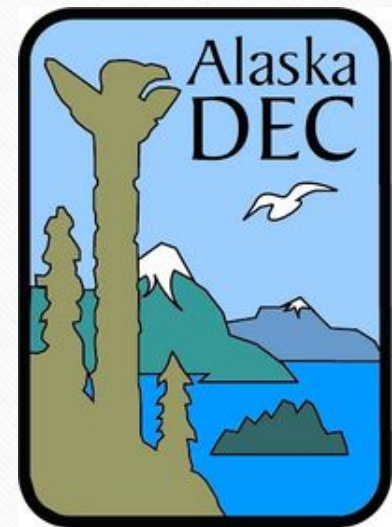
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Traditional Foods Movement

- Department of Environmental Conservation (DEC) Alaska Food Code
 - Has included verbiage about traditional foods for a number of years.
 - Traditional wild game meat, seafood, plants and other food donated to an institution or a nonprofit program.
 - Includes residential child care facility with a license from the DHSS, school lunch program and senior meal program.
 - Food must be whole, gutted, gilled, as quarters or roasts without further processing.
 - Animal is not diseased.
 - Food is butchered, dressed, transported and stored to prevent contamination, undesirable microbial growth or deterioration.

<http://dec.alaska.gov/commish/regulations/pdfs/18%20AAC%2031.pdf>



Traditional Foods Movement

- Alaska Traditional Foods Poster and Toolkit
 - Developed by Nancy Furlow and Sarah Shimer at UAA in collaboration with NMS, ANTHC, AK Food Policy Council AK DEC, among others
 - Posters are being distributed throughout the state.
 - Toolkit in print.



Traditional Foods Movement

- Farm Bill

- The Agriculture Act of 2014 passed the Senate with an overwhelming bipartisan majority of 68-32 on February 4th, 2014. The Farm Bill was signed into law on February 7th, 2014.
- Supported by former Alaska Senator Mark Begich.
- This included Sec. 4004 Food distribution program on Indian reservations and Sec. 4033 Service of traditional foods in public facilities.
 - The term “food service program” includes:
 - Food service at residential child care facilities that have a license from an appropriate State agency.
 - Any child nutrition program
 - Food service at hospitals, clinics, and long-term care facilities
 - Senior meal programs

Traditional Foods Movement

- Farm Bill (cont.)
 - The Secretary and the Commissioner shall allow the donation to and serving of traditional food through food service program at public facilities and nonprofit facilities, including facilities operated by Indian tribes and facilities operated by tribal *organizations, that primarily* serve Indians if the operator of the food service program -
 - Ensures that the food is received whole, gutted, gilled, as quarters or roasts without further processing
 - Animal is not diseased
 - Food is butchered, dressed, transported and stored to prevent contamination, undesirable microbial growth or deterioration.
 - The food will not cause a significant health hazard or potential for human illness.
 - Traditional foods verbiage in the Farm Bill is very similar to the DEC Alaska Food Code.

A photograph showing a row of jackets hanging on a rack. The jackets are primarily red and silver. The scene is set in a room with a wooden floor and a window with blinds in the background. The text "What's been happening?" is overlaid on the image.

What's been happening?

Traditional Foods Movement

- Alaska Environmental Health Association Annual Meeting Discussion Panel – October 2014
- AFN – October 2014
 - Tom Vilsack, Secretary of Agriculture, spoke on the 23rd.
 - Leslie Wheelock, USDA Director of Tribal Relations, attended AFN as well and spoke with Mr. Vilsack about traditional foods.
- ANTHC Traditional Foods Work Group, headed by Dr. Gary Ferguson – October 2014
- FDA Conference Call – December 2014
- Alaska Food Safety Advisory Committee (AFSAC) quarterly meeting - January 2015
- Traditional Foods Meeting in Kotzebue – February 2015
- National Nutrition Month – March 2015
 - ANMC Nutrition Fair promoting Store Outside Your Door
 - SEARHC Traditional Foods table



Traditional Foods Movement

- Herring egg donation to ANMC – April 2015
- Traditional Foods presentation to the Alaska Native Harbor Seal Commission – May 2015
- Traditional Foods presentation at the Alaskan Plants as Food and Medicine Symposium – June 2015
- Siglauq Grand Opening – July 2015
- Pioneer Network Conference in Chicago, IL – presented by Val Kreil – August 2015
 - “From Tundra to Table: One Alaskan Organization’s Journey to Bring Traditional Foods to its Inupiat Elders”
- National Title VI Training and Technical Assistance Conference and Tribal Consultation, Washington DC – presented by Val Kreil, Chris Dankmeyer, Cyrus Harris and Kay Branch – August 2015
 - “From Tundra to Table: One Alaskan Organization’s Journey to Bring Traditional Foods to its Inupiat Elders”



Traditional Foods Movement

- Seal Oil Task Force started in June 2015
- USDA Visit by Leslie Wheelock and Sedelta Oosahwee – September 2015
- Traditional foods presentation at the Alaska Environmental Health Association Annual Meeting– October 2015
- October Title VI Chat: Traditional Foods in Alaska: Past, Present and (webinar) – October 2015
- Traditional Foods table at ANMC’s Health Fair at AFN –
- Seal meat donation ceremony at ANMC – January 2016
- American Public Health Association Annual Meeting and Exposition in Chicago, IL – Nancy Furlow and Sarah Shimer (UAA) – November 2015
- Alaska Public Health Association Health Summit – February 2016
- Alaska Food Policy Council Conference – February 2016
- Monthly traditional foods email updates
- Media coverage (ADN, Alaska Dispatch, Arctic Sounder, KTVA, Native America Calling)



Traditional Foods Movement

- September 2015
 - USDA Visit to Anchorage, Wasilla and Kotzebue
 - Leslie Wheelock, USDA Director of Tribal Relations
 - Sedelta Oosahwee, Associate Director, White House Movement on American Indian and Alaska Native Education Office
 - Meeting on Monday, September 2nd, 2015
 - ANTHC, SCF, NMS, DEC, Division of Ag, AK USDA, AK USDA Rural Development
 - No money to appropriate for a demonstration project, but grants are available
 - Encouraged to work with the AK USDA on developing a demonstration project



Traditional Foods Movement

- Utuqqanaat Inaat (A Place for Elders), Maniilaq's Long Term Care
 - 2012, Maniilaq Association opened up an 18 bed long-term care facility
 - Elders would love it even more if traditional foods could be served on a more regular basis.
 - DEC and State Surveyors
 - Let the tundra be considered as the elder's garden.
 - Any kitchen with a DEC permit can receive traditional game directly.



Traditional Foods Movement

- Maniilaq's Hunter Support Program
 - Cyrus Harris, Natural Resource Specialist
 - Provide elders with native foods



Traditional Foods Movement

- Traditional Foods Meeting

- February 2015
- Organizations represented include Maniilaq Association, ANTHC, NMS, DEC, USDA, State of Alaska Governor's Office, DHSS, Fish & Game (ADFG), Wildlife Troopers (ASWT), US Fish and Wildlife (USFW), State of WA, Mountain Pacific, JTAK Food Safety and LTC Ombudsman Office.



Traditional Foods Movement

- Action Items from Maniilaq Traditional Foods Meeting

- Bringing up the idea to the Alaska Food Policy Council for Kotzebue to host a Town Hall/Listening Session.
- There is a need to develop resources and guidance for the lay person to confidently be able to identify wholesome, properly handled game meats. This may best be developed in a collaborative manner between ADFG, ASWT, and USFW. This could be a useful educational resource statewide, if not already developed somewhere.
- ADFG Barter/Sell matrix that clearly outlines the legality of transferring game meats.

GUIDELINES FOR FISH & WILDLIFE 04/2015		
	OK TO TRADE? In regulation, called "BARTER"	OK TO BUY OR SELL? In regulation, called "CUSTOMARY TRADE"
FISH		
FEDERAL Salmon, whitefish, sheefish, or any other fish taken from <u>federally managed waters in Alaska</u> (See map of federal public lands on back)	YES	YES <small>cannot be sold to a commercial enterprise.</small>
STATE Salmon, whitefish, sheefish, or any other fish taken elsewhere in the Kotzebue District	YES	NO
STATE Salmon or sheefish taken during a commercial fishery with a commercial fishing permit	YES	YES
MARINE MAMMALS		
FEDERAL Nigipiaq from marine mammals, such as seal oil, muktuk, black meat, etc. <small>CITATION: 16 U.S.C. § 1371 "...And provided further, That any edible portion of marine mammals may be sold in native villages and towns in Alaska or for native consumption..." 50 CFR § 18.23 (b)(2) "...no marine mammal taken...may be sold or otherwise transferred to any person other than an Indian, Aleut, or Eskimo...unless: ... (iv) It is an edible portion and it is sold (A) in an Alaska Native village or town or (B) to an Alaska Native for his consumption.</small>	YES	YES

Traditional Foods Movement

- Action Items from Maniilaq Traditional Foods Meeting
 - LTC Centers across the state could benefit from clear guidance about the implementation of the Farm Bill and how voluntary inspections of non-amendable species (i.e. wild game) may be performed.
 - School Lunch Program: Paulette Schuerch, Governor's office
 - Policies for Maniilaq's processing facility



Construction Phase







Potluck
Hmm, hmm good



Traditional Foods Movement

- Traditional Foods Meeting cont.
 - Another benefit, and very unexpected, was seeing and speaking with KTVA's anchor Emily Carlson and her cameraman in town. They were originally in Kotzebue for AFN, interviewing the Governor and other legislators. They popped in during lunch and tagged along during the facility tour. It was great seeing a story unfold as they interviewed Cyrus, who beamed with joy and was proud of everything and everyone around him.
 - April 26, 2015 "In Kotzebue, traditional Native diet coming to long-term care facilities"

https://www.youtube.com/watch?v=SKOGtNNQ4lQ&feature=player_embedded



Traditional Foods Movement

- Siglauq, Traditional Foods Processing Facility

- An Inupiaq name meaning ice cellar or cold storage

- Grand opening was Tuesday, July 7th.

- Barrow, Bethel and the Kenaitze tribe have shown interest in the processing facility.

- Processed 200lb of Muskox in September and made Muskox stew while Leslie Wheelock and Sedelta Oosahwee (USDA) visited. This was the beginning of offering traditional foods as a menu item on Utuqqanaat Inaat's menu.



THE SIGLAUQ



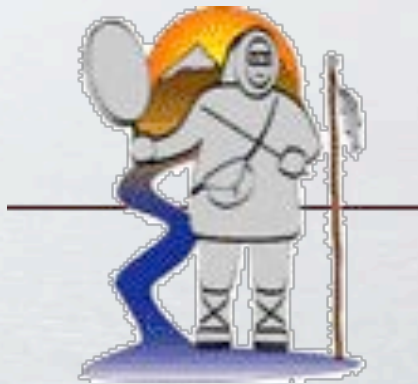
Grand Opening
of The Siglauq



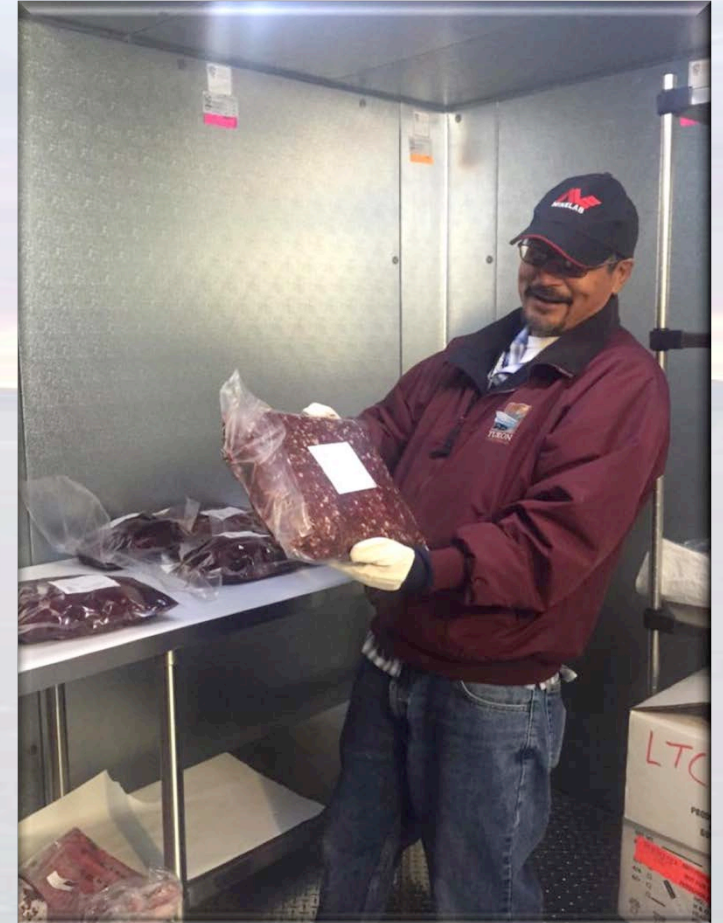




Visit from the USDA



Freshly packaged Muskox



Muskox Stew

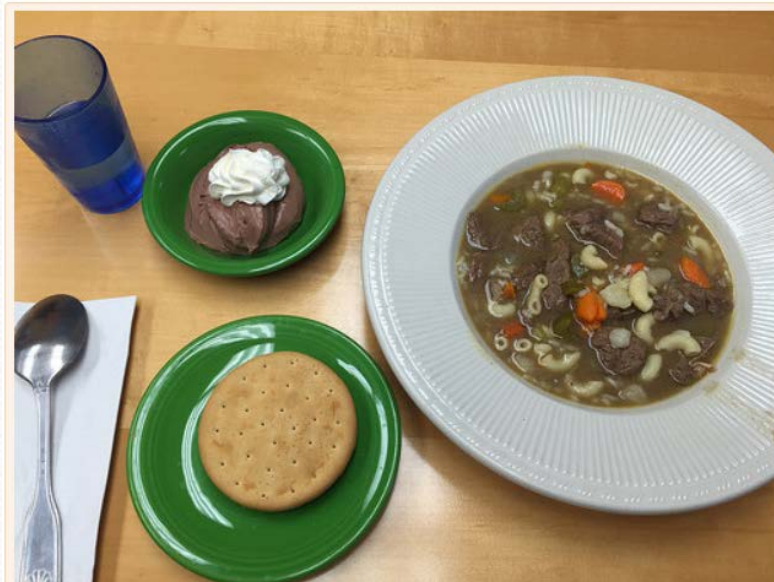


Traditional Foods Movement

- USDA Foods Help Nourish a Culture

- USDA Blog posted on November 4th, 2015

<http://blogs.usda.gov/2015/11/04/usda-foods-help-nourish-a-culture/>



Recent memos from the Food and Nutrition Service provide clarification on how traditional foods, including Musk Ox in the depicted stew, play a vital role within dietary guidelines. Photo by Sedelta Oosahwee.



Utuqqanaat Inaat in Kotzebue, Alaska offered meals with traditional ingredients, including Musk Ox Stew. With recent changes to the Farm Bill, senior living and child care centers now have additional guidance on how to include these and other traditional foods in served meals.

Photo by OTR staff.

Traditional Foods Movement

- Alaska Native Medical Center (ANMC)
 - There are 229 federally recognized tribes in Alaska.
 - More than any other state
 - This means that ANMC provides healthcare to more tribes than any other hospital in the U.S.



Traditional Foods Movement

- Over the last several years, the ANMC Food and Nutrition Services department, contracted by NANA Management Services (NMS), has looked at various ways to implement traditional foods into the patient menu.
 - Reindeer stew
 - Reindeer sausage
 - Mixed berries
 - Agutuk with and without fish (Eskimo Ice Cream)
 - Wild Alaskan salmon
 - Smoked salmon
 - Pilot bread
 - Fry Bread



Traditional Foods Movement

- Thinking outside of the box

- Alaska moose salvage program
- High tunnel discussion
- Donations?



- Herring eggs
- Seal meat
- Moose
- Caribou
- Fish



Traditional Foods Movement

- April 2015, ANMC received a donation of herring eggs from the Sitka Tribe of Alaska.
 - Herring egg salads were prepared for ANMC patients and SCF elders lunch program.
 - Roald Helgesen, CEO and Administrator for ANTHC, joined the NMS Food Services team at ANMC, passing out herring egg salad to patients.
 - Feedback was positive and complimentary.
 - “Gourmet” was used to describe the herring egg salad.



Traditional Foods Movement



Traditional Foods Movement

- ANMC and Seal Meat
 - Working with the Alaska Native Harbor Seal Commission (ANHSC) on seal meat donations
 - First seal meat offering at ANMC on January 27th, 2016



Traditional Foods Movement

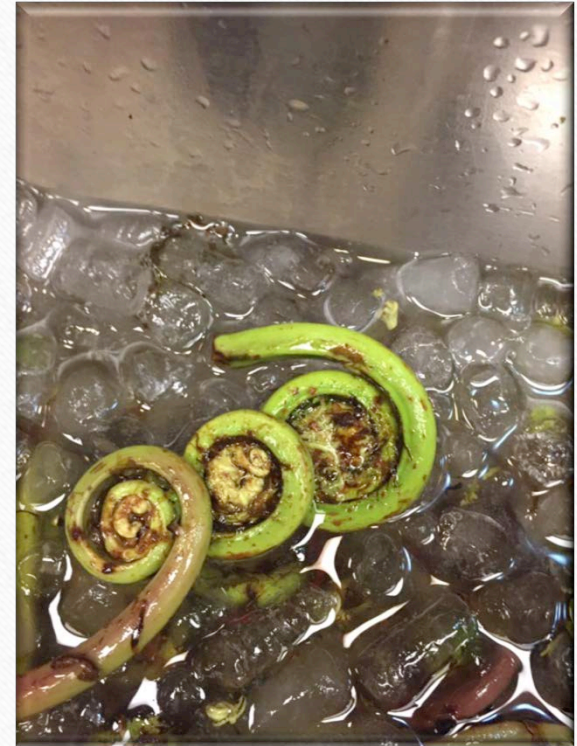
- ANMC At Your Request Room Service Patient Menu



Herring Eggs

Traditional Foods Movement

- Fiddlehead Ferns



Traditional Foods Movement

- Beach Asparagus



Traditional Foods Movement

- Schools

- Try to offer as many traditional foods as they can...within the guidelines.
- Fish to school program
 - Sitka – donations through the commercial fleets directly to the commercial processors
- Today, schools around the State of Alaska can accept donated traditional foods. However, they are unable to receive reimbursement for the school lunch program if offered as a main meal.
 - AK Department of Fish & Game views this as a sale, which is illegal according to the regulations.



Traditional Foods Movement

- Alaska HB 179, "An Act relating to donations of fish and game to food service programs."
 - Introduced to the legislature on April 1, 2015
 - Sponsors: Representatives Kreiss-Tomkins, Millett, Ortiz, Kito, Stutes, Munoz, Wilson, Foster, Nageak
 - HB 179 allows schools, medical facilities, senior centers, and child care facilities to accept and serve donated subsistence- and sport-caught fish, game, plants, and eggs in their food service programs.
 - HB 179 will nourish Alaska's children and elders, both physically and spiritually.
 - It is on hold in Resources.



http://www.akleg.gov/basis/Bill/Detail/29?Root=HB%20179#tab6_4

Safety

Traditional foods offer benefits far beyond basic dietary nutrition. As with any food, it is important to keep food safety in mind.

From 2009 to 2013, 23 cases of botulism were reported to the Alaska Division of Public Health, Section of Epidemiology, 22 of which were foodborne. All of these cases were associated with eating traditional Alaska Native foods. Foods identified as sources for these outbreaks included aged fish, fish heads, beaver tail, and seal and fish oil. This does not include the most recent and one of the largest outbreaks in 2014, which occurred in Southwest Alaska.

Botulism is caused by ingestion of toxin produced by the bacteria *C. Botulinum*. The disease is characterized by both neurologic and gastrointestinal symptoms. Patients often have nausea or vomiting accompanied by difficulty swallowing, double vision, dry mouth, dizziness and poor balance. Food can look, smell and taste perfectly normal, but yet be contaminated.

Early recognition and treatment of botulism is critical and is a public health emergency.

Preventing Botulism in Seal Oil



It is important to cut all of the seal meat off of the blubber that you are going to render. Pure fat is not a place where bacteria easily grow. After the fat has rendered, the oil should be boiled, poured into sterilized jars and stored in containers that can be closed tightly. The oil should be kept

in the freezer or stored in a cool place (Unger, 2014). If you suspect botulism in your oil, boil it for 15 minutes before tasting it. Boiling destroys the Botulism poison (Stetson, 2011).



References

Unger, Suanne. (2014). *Qaqaamiigux Traditional Foods and Recipes from the Aleutian and Pribilof Islands*. Anchorage, AK: Aleutian Pribilof Islands Association, Inc.

The Alaska Native People, DeCourtney, CA, Simeon, DM, & Mitchell, KM. (2008). *Traditional Food Guide for Alaska Native Cancer Survivors*. Anchorage, AK: Alaska Native Tribal Health Consortium

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Health Canada. (2011). *Food Safety for First Nations People of Canada: A Manual for Healthy Practices*. Retrieved from Health Canada: <http://www.epi.hss.state.ak.us/eh/FNIHFoodManual.pdf>

Department of Health and Social Services Division of Public Health, Section of Epidemiology. (2014). *Reportable Infectious Diseases in Alaska 2009-2013 Summary*. http://www.epi.hss.state.ak.us/ia/reports/ID_Summary.pdf

Special thanks in the development of this brochure

Melissa A. Chilupach, NMS Regional Healthcare Dietitian
Robin Randich, NMS Healthcare Marketing Manager
Seth Anderson, 2014-2015 UAA Dietetics Intern

Special quyanna to our seal hunters

A special thank you to our seal hunters for continuing to teach the youth the proper protocols and ways to respect the seal after a hunt.

To our Elders, thank you for your continued support and guidance.
~ Quyanna

Alaska Native Harbor Seal Commission

Alaska Native Harbor Seal Commission
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www.anhsc.com

Don't forget to look for us on Facebook under Alaska Native Harbor Seal Commission.

Rev. 8/27/15

Healing Foods: Seal Oil & Meat



ALASKA NATIVE HARBOR SEAL COMMISSION

"Ensuring that harbor seals remain an essential cultural, spiritual, and nutritional element for our traditional way of life, and to promote the health of harbor seals in order to carry forward the cultural spiritual and nutritional traditions of Alaska Natives."

Healing Foods: Seal Oil & Meat

NMS developed a brochure for ANHSC

Seal Oil & Meat

Seal is a traditional staple food of the Alaska Native Peoples. It is a reliable food which can be harvested year round. All parts of the seal are utilized for different purposes. The practices of hunting and preserving these foods continues the passage of culture from one generation to the next. These practices aid in keeping the Alaska Native peoples fit and active.



Nutritional Info

There is limited information on nutrient content for harbor seals. Nutrient information has been collected for other seals in Alaska, such as ringed, bearded and spotted seal. The nutrient information presented in this brochure is based on data from bearded and spotted seals. Even though each species has its own unique genetic and nutrient make up, there are similarities.

Nutrition Facts

Bearded seal meat, raw	
Serving Size: 3oz (85g)	
Amount Per Serving: 1	
Calories 158	Calories From Fat 78
% Daily Value*	
Total Fat 8.7g	13%
Saturated Fat 1mv	1v
Cholesterol 103mg	34%
Sodium 48mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	—
Protein 20g	40%
Vitamin A 11%	Vitamin C 1v
Calcium 0%	Iron 80%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Nutrition Facts

Spotted seal oil	
Serving Size: 1 Tablespoon (14g)	
Amount per Serving: 1	
Calories 126	Calories From Fat 126
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 2g	10%
Polyunsaturated Fat 2.6g	—
Monounsaturated Fat 7.7g	—
Cholesterol 1mv	1v
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	—
Protein 0g	0%
Vitamin A 10%	Vitamin C 0%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

The Benefits

Seal Meat

Seal meat is an excellent source of iron. In fact, 3 ounces of bearded seal meat has 14mg of iron, which is 80% of the Daily Value. You would have to eat 25 ounces of beef pot roast, 24 hot dogs, 68 chicken nuggets or 57 ounces of canned luncheon meat (pork/ham) to get the same amount of iron as 3 ounces of bearded seal meat.

Iron carries oxygen from the lungs throughout the body. Plus it is part of several enzymes that help digest foods in our bodies. Many parts of our bodies are affected when we don't consume enough iron (e.g., anemia).

In addition to iron, seal meat is a good source of protein, Vitamins A and B, and minerals (copper, iron, phosphorus, potassium and zinc). Plus, it's low in sodium.

Seal Oil



Seal oil is rich in omega-3 fatty acids, which may decrease diabetes, hypertension, cardiovascular diseases, arthritis and autoimmune diseases. An added bonus is that omega-3 fatty acids may improve mental health.

One tablespoon of bearded seal oil has 4000mg of omega-3 fatty acids, while spotted seal oil is almost half of this amount. Butter, margarine, vegetable (corn) oil, vegetable shortening and canola oil don't even compare to seal oil.

Spotted seal oil is also a good source of Vitamins A, D and E and the mineral Selenium. Like bearded seal meat, it is also low in sodium.

"Fresh out of the water...when you kill a seal...then you throw it in a pot on a beach...That's the best time to eat it."

~ Moses Dirks, Atka (2011)



Recipe

Boiled Seal with Vegetables

Ingredients

- 5 lbs. of seal meat or seal lion
- 1 large yellow onion,
- 3 lbs. of potatoes
- 3 small turnips
- 1 head of cabbage
- Petruski or wild parsley
- Salt & pepper for taste

1. Place seal meat in a 2-3 gallon pot, fill 3/4 of the way full and bring to a boil.
2. Chop onions and add to boiling pot.
3. Bring water down to a simmer.
4. In the last 30 minutes of cooking add the last of the vegetables and salt and pepper for taste.
5. Serve over rice.

Recipe Adopted from George Kudrin, 2008



Unger, 2014

Traditional Foods Movement

- Seal Oil and the Seal Oil Task Force

- Seal oil is a prohibited food in the Alaska Food Code

- Because of significant health hazards and the potential for human illness, the operator of a food establishment may not allow seal oil in the food establishment under any circumstance.

- University of Alaska – Fairbanks Cooperative Extension Service document

<http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00268.pdf>

- Can we traditionally render seal oil, develop necessary safety procedures and offer it to healthcare and long-term care facilities, senior meal programs and schools? We're working on it.



Traditional Foods Movement

- Seal Oil and the Seal Oil Task Force
 - Maniilaq Seal Oil Project
 - Brian Himelbloom & Chris Sannito
 - UAF - Kodiak Seafood and Marine Science Center
 - Eric Johnson
 - University of Wisconsin - Department of Bacteriology
Botulinum Toxins Laboratory





Alaska Traditional Foods Movement Supported by

ANTHC

**AK Wildlife
Troopers**

**US Fish &
Wildlife**

**Alaska Child
Nutrition
Programs**

SCF

SEARHC

**Maniilaq
Association**

**AK Fish
& Game**

**Alaska
Environmental
Health Association**

**State of AK
Governor's
Office**

**Food Bank
of Alaska**

**NMS/
NANA**

**Alaska Food
Policy
Council**

UAA

**Alaska Native
Harbor Seal
Commission**

SPORK

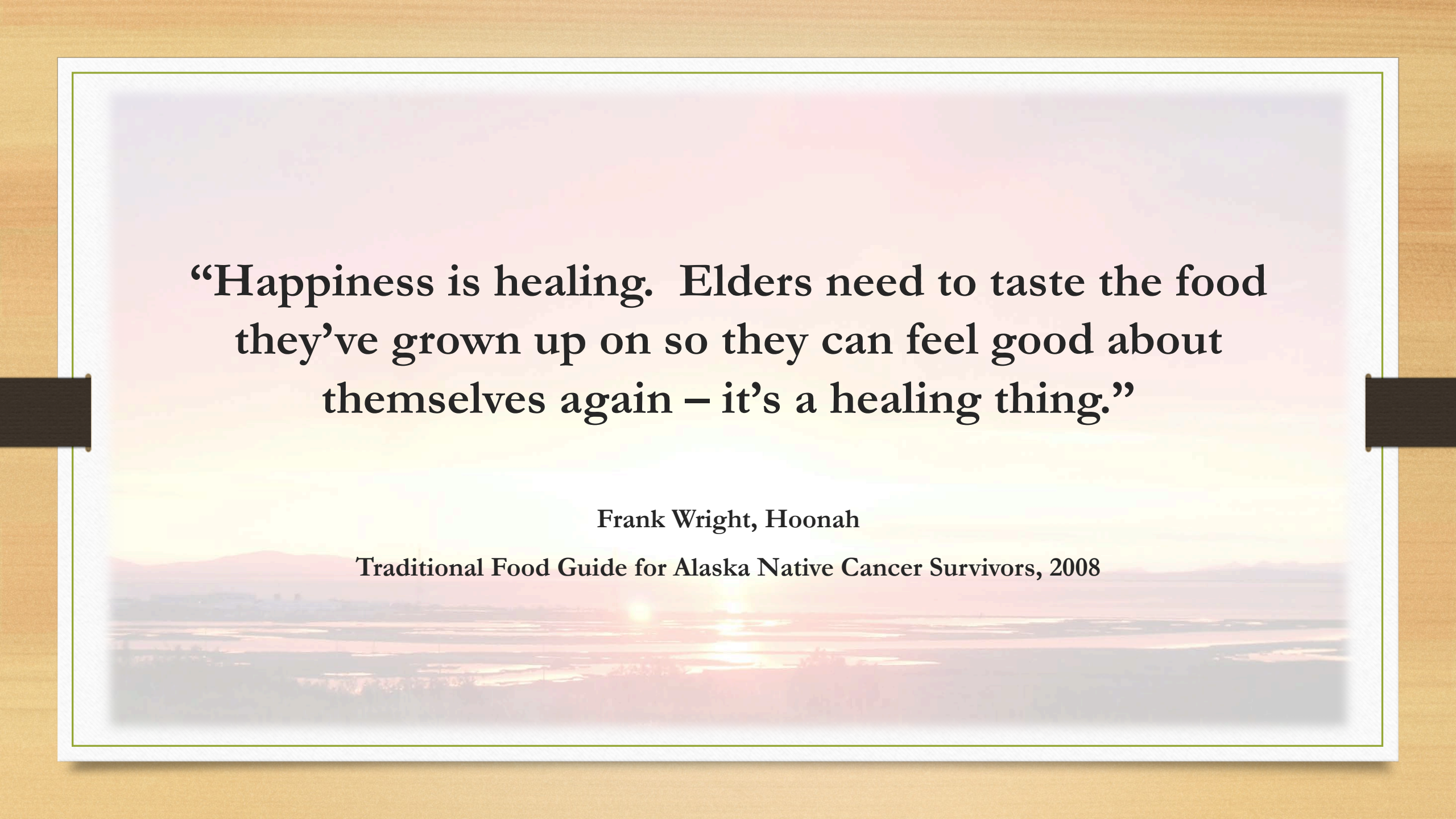
**Utuqqanaat Inaat
(A Place for
Elders) LTC**

**Organized
Village of
Kake**

**State of
AK USDA**

**AK Dept. Health
& Social Services**

**AK Dept. of
Environmental
Conservation**



“Happiness is healing. Elders need to taste the food they’ve grown up on so they can feel good about themselves again – it’s a healing thing.”

Frank Wright, Hoonah

Traditional Food Guide for Alaska Native Cancer Survivors, 2008

Ugheli nanghal'aeni
(Ahtna Athabascan)

Thank you

Nakhwal'in shoo ihtii
(Gwich'in Athabascan)

Quyana tailuci
(Cup'ik)

Cama'i
(Alutiiq)

Tats gwiik
(Haida)

Yuxudz yuxogh
srigisddheyh go ninuxdatl
(Deg Xinag Athabascan)

Enaa neenyo
(Koyukon Athabascan)

Ts'lm'wii'amhaw
(Tsimshian)

Quyakamsi tagilghiisi
(St. Lawrence Island Yupik)

Paġlagivsigiñ
(Iñupiaq)

Quyana taaluten
(Cup'ig Nunivak Island)

Waqaa
(Yup'ik)

Daneyosh
(Upper Kuskokwim)

Tsen-'ii, shign'ahdal
(Tanana Upper)

Awa'ahdah
aanda'laxsa'a'ch't
(Eyak)

Aang
(Aleut)

Yak'ei haat yigoode'e
(Tlingit)

Chin'an gu nin yu
(Dena'ina Athabascan)





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