



Building Healthy Communities

An Integrated Food System Methodology

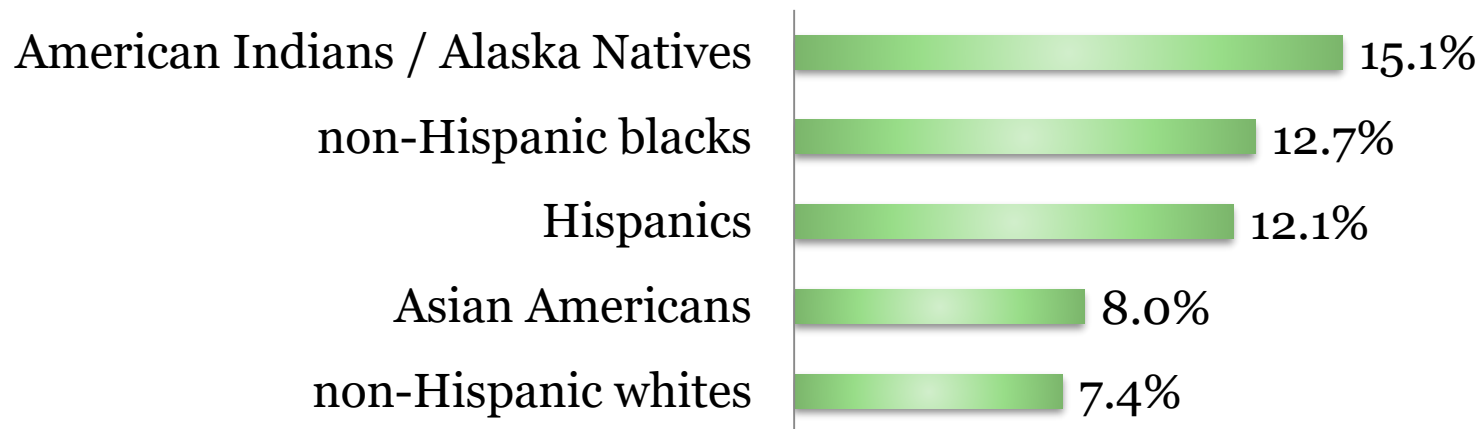
Institute for Tribal Environmental Professionals
Webinar
October 24, 2017



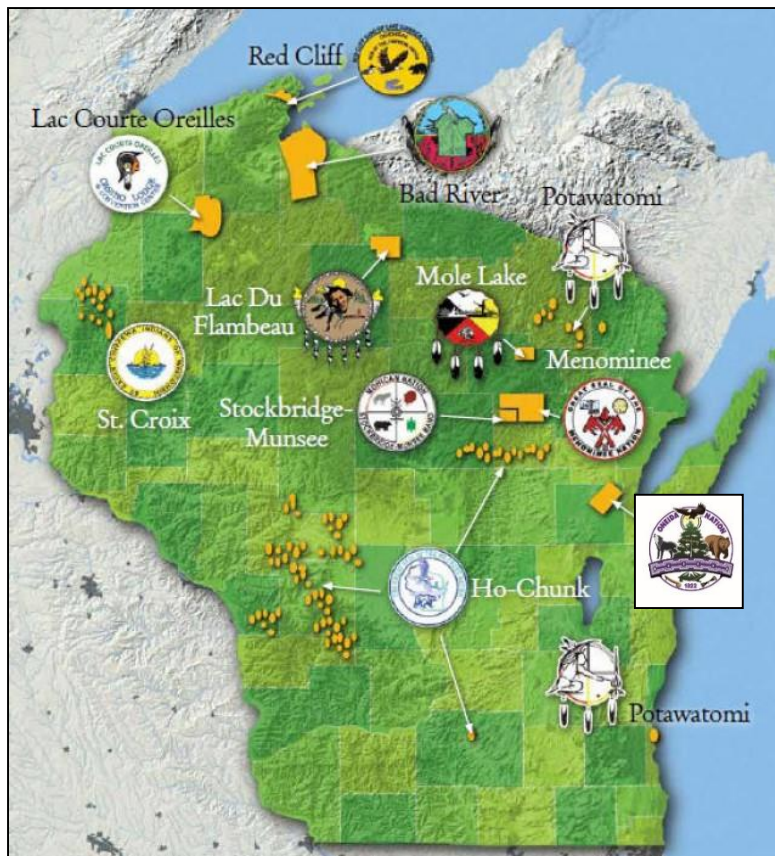
Food for thought...

1. How **sovereign** are we, if we can't feed ourselves?
2. How **healthy** are we, if we are plagued with diabetes?

National Diabetes by Race/Ethnicity



Wisconsin's Sovereign Nations



Our Vision: A Nation of strong families built on Tsi?niyukwaliho'.ta and a strong economy.

Oneida, WI

Established in 1838
65,400 total acres
17,143 tribal members

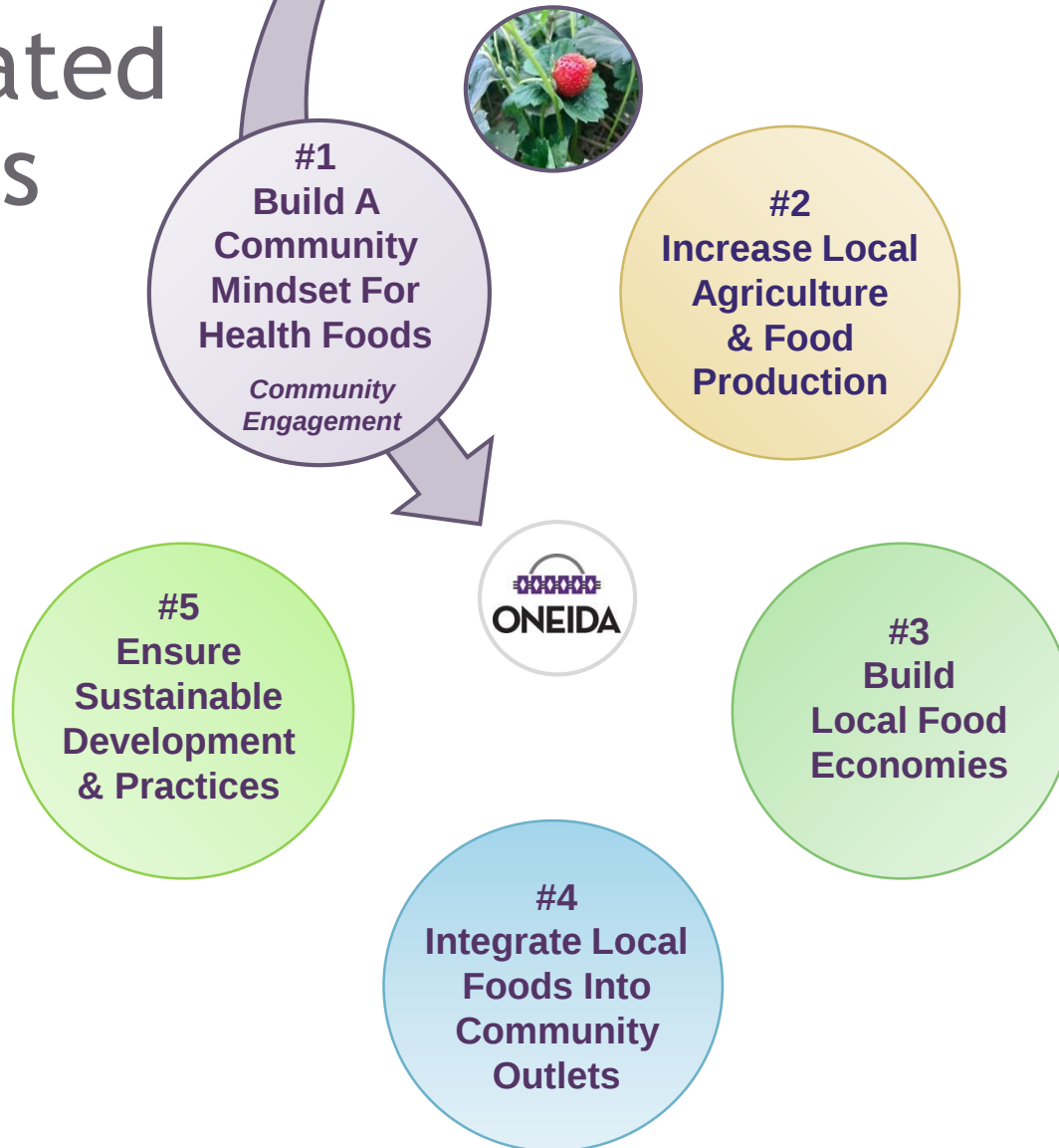
Cultural Driven

Iroquois



To build a healthy community through an integrated system, anchored on the Three Sisters Philosophy of tradition & collaboration, and engaging our community to build sustainable practices for future generations.

Five Inter-related Strategies



Build a Community Mindset for Healthy Foods

Strategy #1

- Youth Entrepreneur
- Farm to school program
- LFPP Training
- Community Gardens
- Apple Fest, Husking Bee,
- Pick your own strawberries
- Edible Landscape
- Community Education
- Educational Corridor
- Experiential Learning for Indian Country



Youth Entrepreneurs

Grant

- First Nations Development Institute
- W.K. Kellogg



W.K.
KELLOGG
FOUNDATION™



Agriculture Community Events

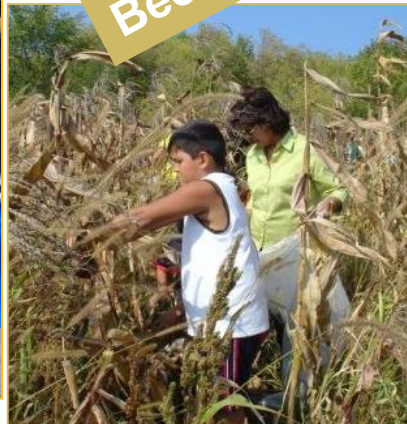
Seed & Plant
Distribution



Farmers'
Market Bash



Husking
Bee



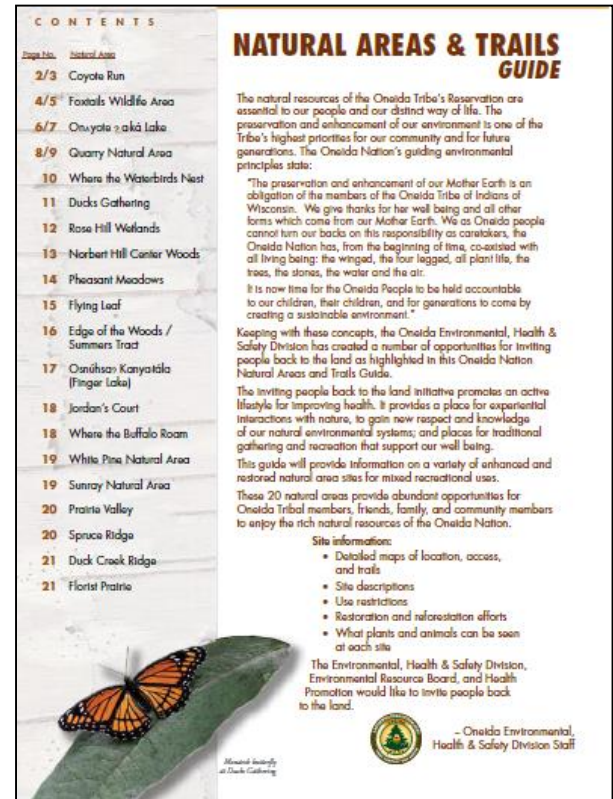
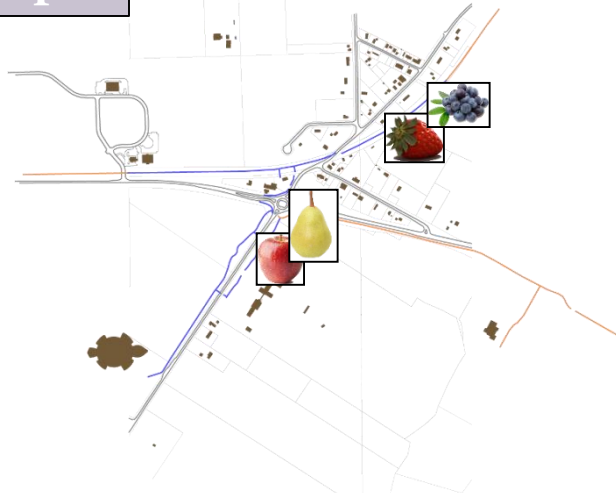
Apple
Fest



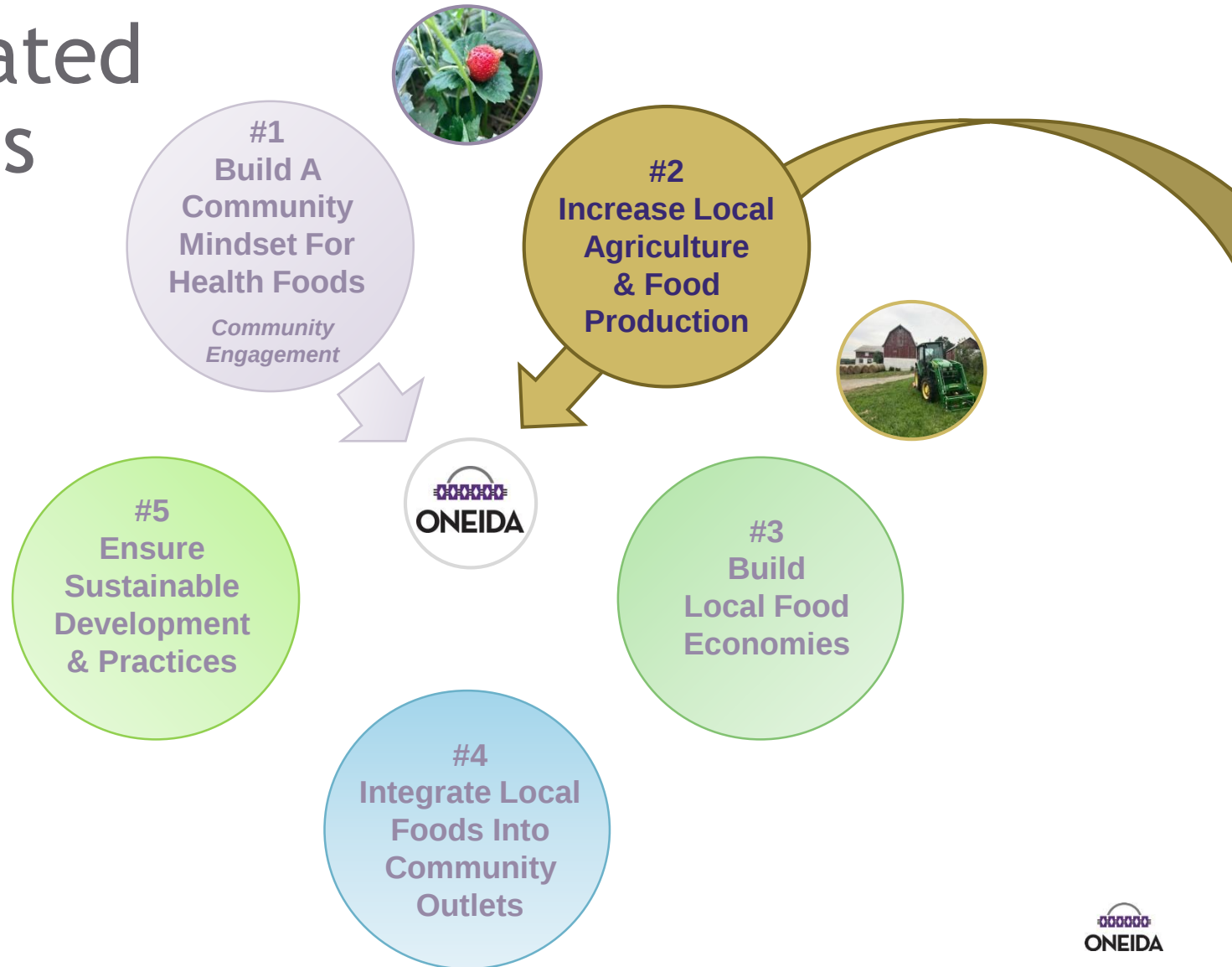
Engage Community

- USDA / NRCS
- Protecting Natural Resources

Edible Landscape



Five Inter-related Strategies



Increase Local Food Production

Strategy #2

- Tsyunhehkwa Crops
- Increase Angus Beef production
- Plant new apple orchard trees
- Farm to School – Aquaponics
- Wild rice planting
- Edible Trails
- Commercial Greenhouse



Agricultural Hub



- Tsyunhehkwa Farm
 - 80 Acres, White Corn 6,000 lbs.
 - Experiential Learning Workshops
- Oneida Farms
 - 6,000 Acres, Bison & Beef
- Apple Orchards
 - 40 Acres, 4000 trees



Aquaponics

- Farm to School – fresh & local produce
- Educational Outreach
- Veterans Community Engagement

**900 Sq. Ft.
860 lbs. of fish
6,900 – 11,500 lettuce**



Thriving Community

- White Corn Growers co-op
- Community Gardens
 - 2 acers
- Tilling services
 - Residential tilling up to $\frac{1}{4}$ acer



Five Inter-related Strategies



Generate Local Food Economies

Strategy #3



Short Term

- Farmer's Market Vendors
- Commercial Composting



Mid Term

- Food Center
 - Entrepreneur Kitchen
 - Community Kitchen
 - Restaurant / Café / Bakery
- Create Diabetic Food Products



Long Term

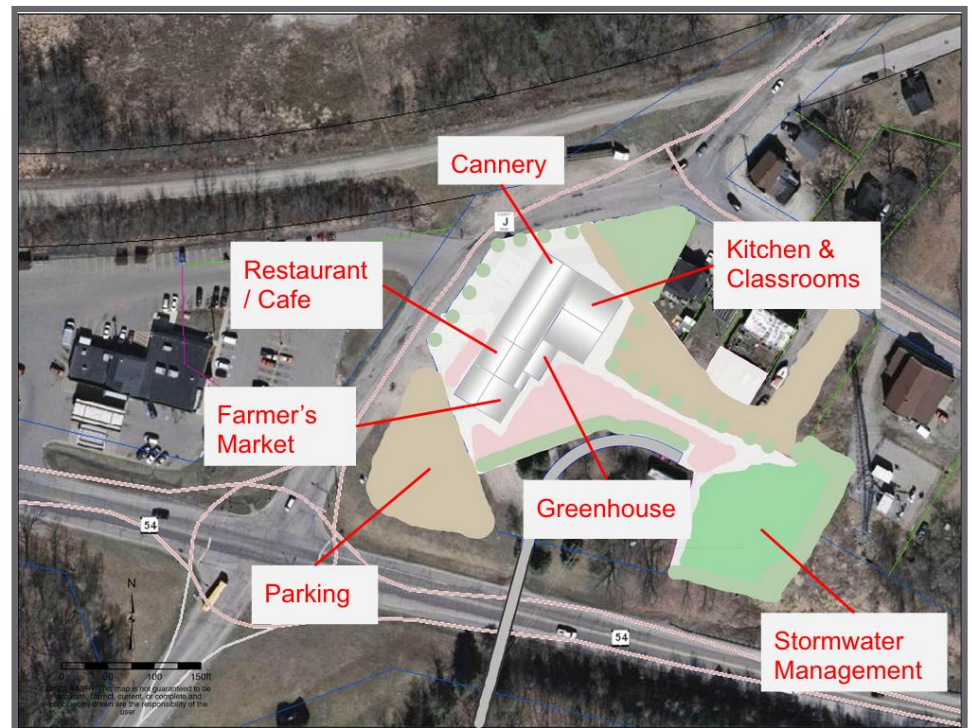
- Food Hub
- Processing Center

Oneida Market

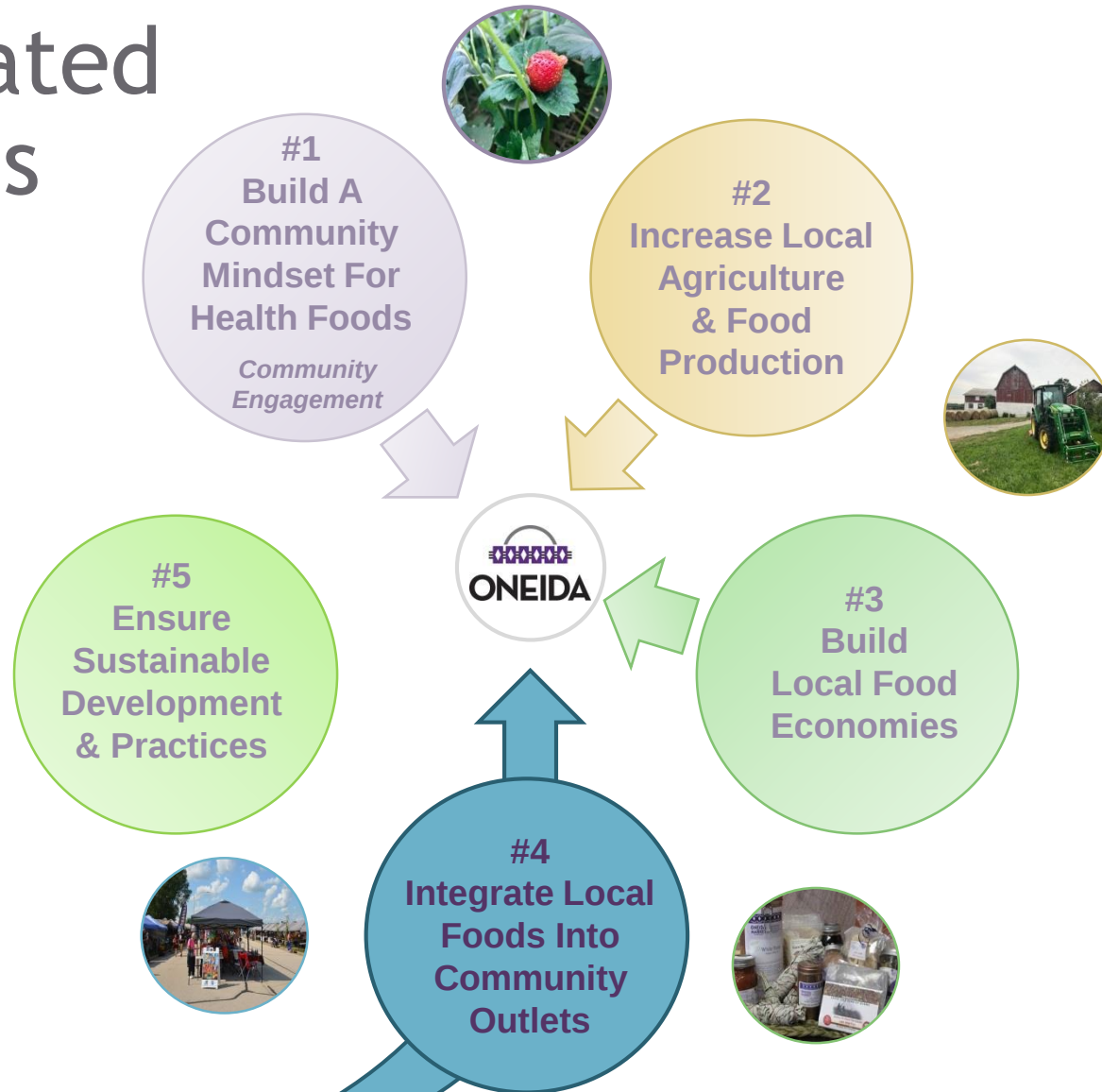
- Yocha Dehe – olive, wine
- Lower Brule – Lakota popcorn
- Oneida Harvest Label
- Oneida Private Label
- Local Start-ups



Community Food Center



Five Inter-related Strategies



Integrate Local Foods Into Community Outlets

Strategy #4



Short
Term

- School to 20% local
- FDIPR to 10% local



Mid Term

- One Stops
- Restaurants



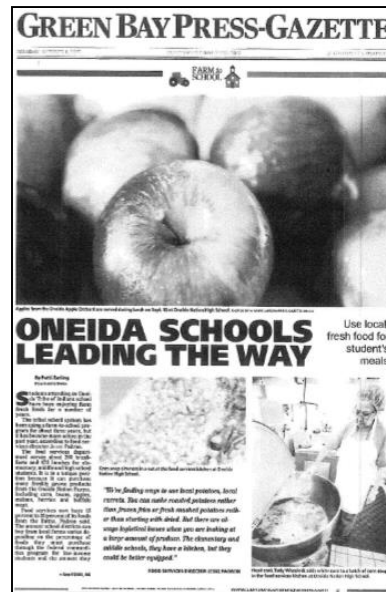
Long Term

- Schools to 80% local
- FDIPR to 25% local
- Other Community Outlets

Farm to School

6%
Fresh Foods

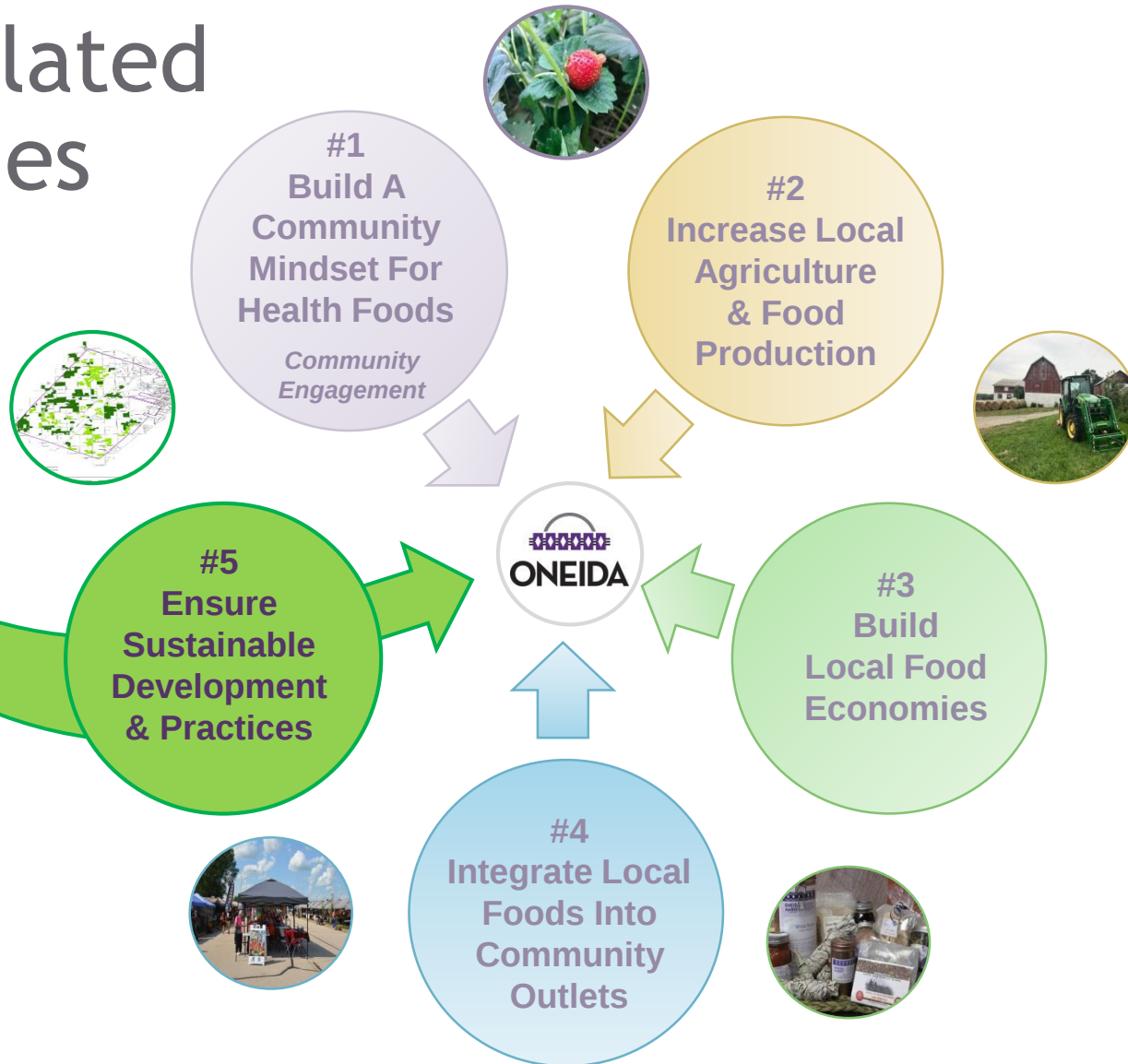
- USDA Cap is 2020 = \$55K in our school
- 4-H Model
- School Gardens
- Salad Bar



Community Outlets



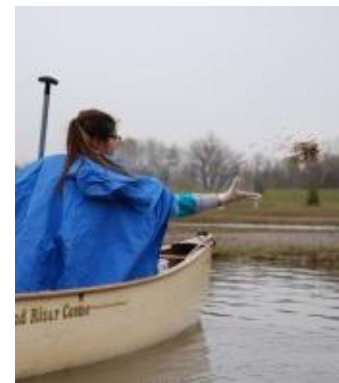
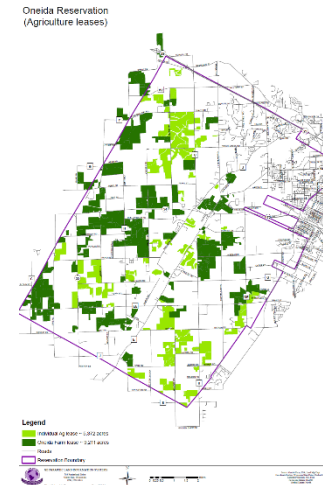
Five Inter-related Strategies



Ensuring Sustainable Practices

Strategy #5

- Land Management
 - Phosphorous removal
 - Buffer Zones
 - Soil Management
 - Crop Rotation
 - Rotational Grazing
- Land Restoration
 - Oneida Lake Project
- Operations / Sustainability
 - Financial Stability
 - Value added production
 - Efficiencies
 - Continued Growth
 - Community Engagement
- Experiential Education
 - Wildlife Education Center



Sustainability

Decisions we make to today should result in a sustainable world seven generations from now.



WHAT TO LOOK FOR

ANIMALS
Various Ducks, Sand Hill Crane, Eagles, Osprey, Great Egret, Snow Geese, Pheasant, Grouse, Reptiles, Amphibians, Crayfish, Fish, Deer, Coyote, Fox, Turkey among numerous other wildlife species

MEDICINAL PLANTS
Blue Flag, Jerusalem Artichoke, Mayapple, Marsh Marigold, Queen Anne's Lace (Wild Carrot), Trillium, Wild Bergamot, Wild Grape and Wild Ginger

CAUTION
Stinging Nettle, Thistles

TREES
Lowland hardwoods including Elm, Ash, Spruce and a Cedar swamp. Upland hardwoods featuring Cherry, Hickory and Sugar Maple

WHAT TO EXPECT
Seasonally wet areas with relatively flat trails.



Annual Hunt at Coyote Run 2013



Oneida Tribal Member Only Access

1. COYOTE RUN

Coyote Run has over 900 acres with multiple access points





Oneida Tribal Member Only Access

5. WHERE THE WATERBIRDS NEST



DESCRIPTION
This natural area features an overlook, a 55 acre shallow lake and is surrounded by grasslands, a tree reforestation, wetland restoration and wildlife food plots.

WHAT TO EXPECT
A trail system encircles the pond and provides an incredible opportunity for waterfowl viewing. A canoe launch is available off of South County U. Seasonally wet in areas with relatively flat terrain.

WHAT TO LOOK FOR

ANIMALS
Waterfowl including various Ducks, Trumpeter Swan, Tundra Swan, Green Heron, Great Blue Heron, Snow Geese, Great Egret, Osprey, Eagles and many, many more

TREES
Northern Hardwood Mix of Ash, Maple, Oak, White Pine and Spruce

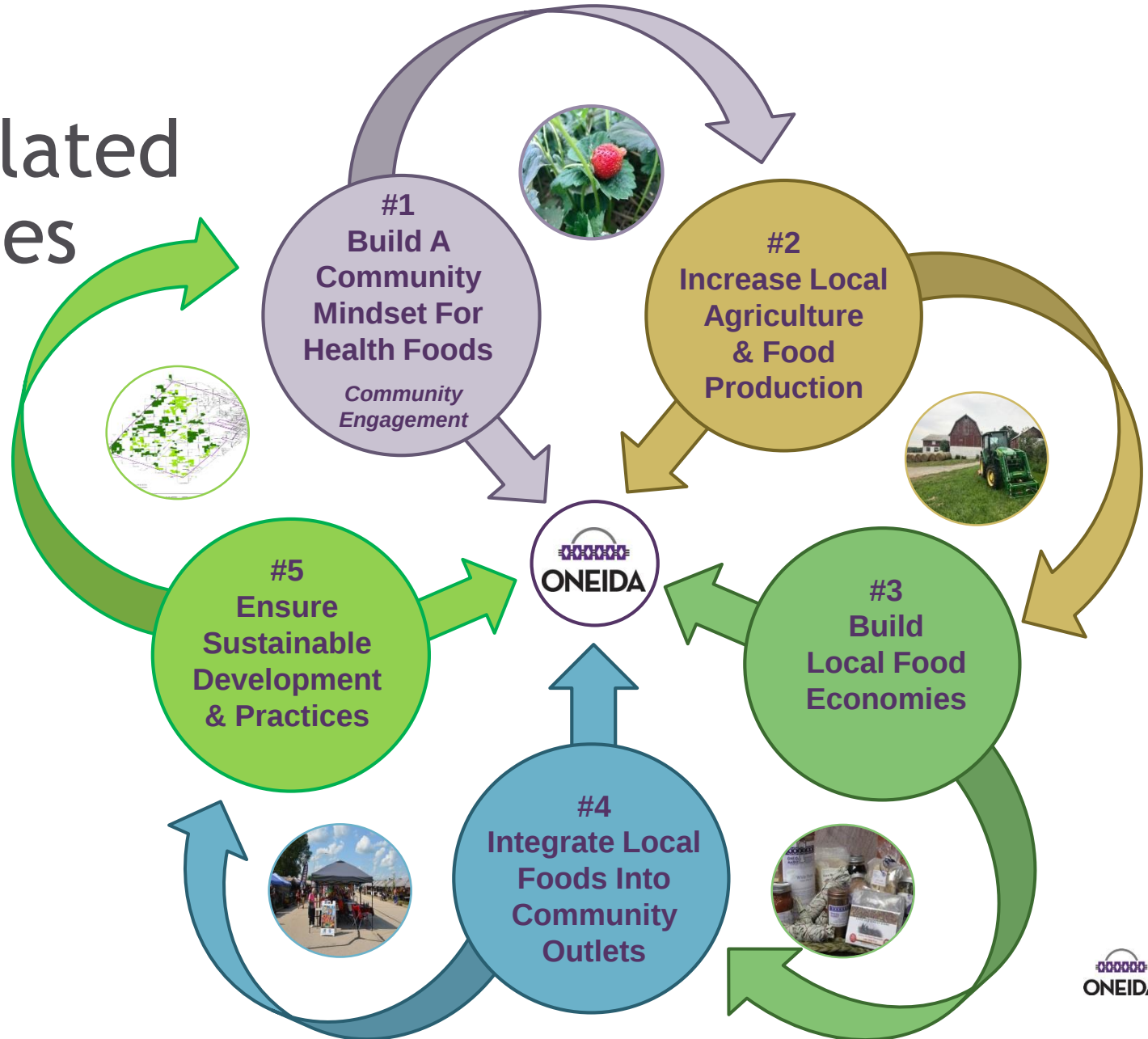
MEDICINAL PLANTS
Common Milkweed, Goldenrod, Wild Grape, Blackberries, Raspberries, and Highbush Cranberry

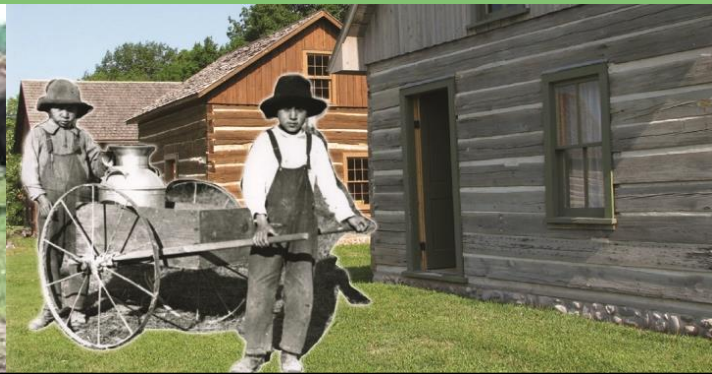


Oneida Tribal Member Only Access

Five Inter-related Strategies

For an
Integrated
Agricultural
Food System





ONEIDA
**A NATION OF
STRONG FAMILIES**



Building Healthy Communities



Yaw^ko

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