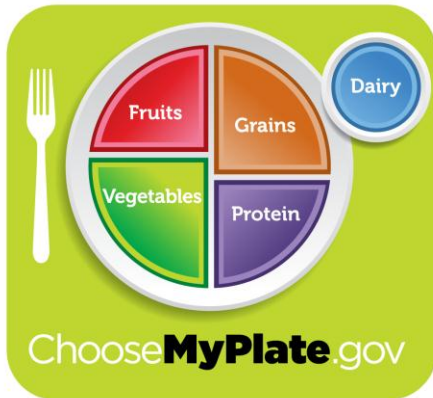


Food Distribution Program Adopts MyPlate Guidelines



Move aside food pyramid; the federal government has established new food guidelines – MyPlate – to prompt Americans to think about building a healthy plate for each meal. The Band’s Food Distribution Program is a part of the MyPlate initiative.

The MyPlate plan encourages Americans to fill half their plate with fruits and vegetables, eat whole grains as at least half of their daily grain intake, switch to fat-free or low-fat milk, and choose foods with lower amounts of sodium. The plan also recommends drinking water instead of sugary drinks and avoiding oversized portions.

The Band’s Food Distribution Program is available to qualified households located in Mille Lacs, Crow Wing, Aitkin, Pine, Kanabec, and Sherburne counties, excluding those in Brainerd. At least one member of the household must be a member of a federally recognized tribe.

Application process

Applications for the program can be faxed, mailed or e-mailed to interested households and are available at several locations, including:

- Food Distribution Warehouse (Phone: 320-532-7510; Fax: 320-532-3725)
- Emergency Services Office (Phone: 320-532-7880; Fax: 320-532-7546)
- Government Center
- District community centers
- District Assisted Living Units

Hours

The Food Distribution Warehouse is located at 16745 Shaw Bosh Kung Drive in Onamia, which is near the powwow grounds. Food can be picked up from the warehouse from 9 a.m.-noon and 12:30-3:30 p.m. Monday through Friday.

Applications and food orders can be submitted from 8 a.m.-noon and 1-5 p.m. Monday through Friday.

Tailgate deliveries are available for Elders, the handicapped, and homebound at the following locations and times:

- East Lake Assisted Living Unit: Third Tuesday of the month from 11 a.m.-1 p.m.
- Chiminising Community Center: Third Tuesday of the month from 2-4 p.m.
- Aazhoomog Community Center: Third Wednesday of the month from 11 a.m.-1 p.m.
- Hinckley Assisted Living Unit: Third Thursday of the month from 11 a.m.-1 p.m.

Contact the Food Distribution Program at 320-532-7510 for special closing times due to inventory management, holidays, and severe weather.

Available food

The food choices available through the program include:

- Meat: Ground beef, beef roast, chicken, and canned tuna, beef, and chicken
- Juice: Apple, cran-apple, cranberry, grape, grapefruit, orange, and tomato
- Fruit: Canned applesauce, apricots, mixed fruit, peaches, pears, and dried plums and raisins
- Canned items: Carrots, creamed corn, whole corn, hominy, green beans, kidney beans, refried beans, peas, sliced potatoes, diced tomatoes, mixed vegetables, and potato flakes
- Dry beans: Lima, great northern, and pinto beans
- Cereal: Corn Flakes, corn rice, corn squares, oat circles, Rice Krispies, wheat bran, farina, and oatmeal
- Soup: Tomato, vegetable, cream of chicken, and cream of mushroom
- Dairy: 1% milk, evaporated milk, instant milk, cheese, and butter spread
- Grains: Egg noodles, macaroni, spaghetti, rice, and macaroni and cheese
- Seasonal items: Ham, bison, cranberry sauce, pumpkin, and sweet potatoes
- Miscellaneous: Beef stew, vegetable oil, peanut butter, spaghetti sauce, tomato sauce, flour, wheat flour, cornmeal, egg mix, crackers, and peanuts

Food sampling

The food distribution and nutrition education programs are hosting a food sampling event at the District I Community Center on Thursday, January 12, from 11 a.m.-1 p.m. Band members will have the opportunity to sample bean soup and cornbread made from products available through the program, to learn about other foods available through the program, and to share recipes.

The Food Distribution Program will schedule similar events in each district. Watch for postings throughout the community.

Online resources

There are several online resources available to empower Americans to make healthier food choices. Below are some helpful websites.

- www.ChooseMyPlate.gov
- www.DietaryGuidelines.gov
- www.LetsMove.gov