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Let's Move! In Indian Country - March Newsletter-2012

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Available at: https://works.bepress.com/padmanaban-krishnan/17/
The First Lady's Let's Move! in Indian Country (LMIC) Initiative brings together federal agencies, communities, nonprofits, and corporate partners to support and advance the work that tribal leaders and community members are already doing to improve the health of American Indian and Alaska Native children.

**BIE School Achieves HealthierUS School Challenge**
Congratulations Circle of Nations Wahpeton Indian School on achieving the Gold Award in the HealthierUS School Challenge! In recognition the school received a letter from First Lady Michelle Obama as well as a $1,500 award. The school's cafeteria staff prepares meals that offer more fruits and vegetables, whole grains, and low-fat milk. The school's curriculum also provides ample opportunity for physical activity.

**The Journey of a Young Native Leader**
Marcus Grignon has been influential in the implementation of the Menominee community food system and the "One World Youth Project." He participated in an AmeriCorps program in Santa Fe, New Mexico to learn more about food policy councils, and bring that knowledge back to his community.

**Flandreau Indian School Brings Bison Meat to School**
The students at Flandreau Indian School are bringing back traditional methods of cooking and preparing food. Students are cooking with buffalo meat and

**Grant Opportunities**
- Tewaaraton Award's Scholarship for Iroquois HS Students
  - Due April 15, 2012
- Capacity Building Assistance to Improve Health in Tribal Populations
  - Due May 1, 2012
- Robert Wood Johnson Grant for Healthy Eating Research
  - Due August 9, 2012

**Contests**
- Active School Acceleration Project (ASAP)
  - Nominate ASAP Student Ambassadors
  - Due April 1, 2012
- ASAP Innovation Competition
  - Due April 1, 2012
- Sunwise with SHADE Poster

Click here to read the Marcus's entire story. How can you make a similar impact in your community?

Photo Credit: Brower Youth Awards
developing their own recipes. These types of activities are performed after school or as weekend projects and are structured with information to educate the students about why buffalo meat is a healthier choice.

Photo Credit: Dr. Padu Krishnan

USDA Funds Nutrition Education Programs
Secretary of Agriculture Tom Vilsack announced that 17 tribes will receive additional funding, totaling $850,000, for nutrition education programs this year. The grant will benefit the educational arm of this program by providing a recipe toolkit containing menus, shopping lists and snack ideas featuring more fruits, vegetables, and whole grains. It will also help fund nutrition education sessions held during scheduled food deliveries for participants in remote reservation areas and establish community gardens to encourage fruit and vegetable consumption.

Inter Tribal Sports Promotes Physical Activity
Inter Tribal Sports announced commitments to LMIC, and began work to help combat the rate of childhood obesity in Indian Country. ITS is a nonprofit organization that works to provide athletic opportunities and values in conjunction with cultural, physical, mental, and spiritual development.

Photo Credit: Christine Foster

Nashoba Youth Foundation Opens Skatepark
The Nashoba Youth Foundation and Tony Hawk Foundation built two skate parks in Oklahoma. The professional concrete skate parks give Native American skaters a safe place to play and practice their skills. There were nearly 400 people in attendance for the grand opening. Since then, parents have noticed that the increase in physical activity has led to their children receiving better grades in school.

Contact Us at LetsMoveinIndianCountry@doi.gov

Contest
Due April 1, 2012
Young Native Writers Essay Contest
Due April 30, 2012

Events
National Heath Promotion Summit
April 10-11, 2012
Farm to School Movie Screenings

Videos
Brian “Bear” Bosto of the Fond du Lac Reservation Recognized as a White House Champion of Change

“What’s on My Plate?”
Tweet a picture of your healthy plate to #myplate

Visit Us:
letsmove.gov/indiancountry

Get Active!
Take the PALA+ Challenge

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