

ERNEH Project

Empowering Ramah Navajos to Eat Healthy
by using traditional foods



Tło Chin'e Dine Family



Traditional Foods In Modern Times

New Mexico Diabetes Advisory Council

April 4, 2014

Albuquerque, NM



**A community fed...
(and here's how)**



Ramah Navajo Community

- 4,000 community members
- 900 families living in small family “camps”.
- 625 square miles of high desert land.
- Situated ~7,000 ft. above sea level.
- Active diabetes registry at Pine Hill Health Center includes approximately 250 patients.

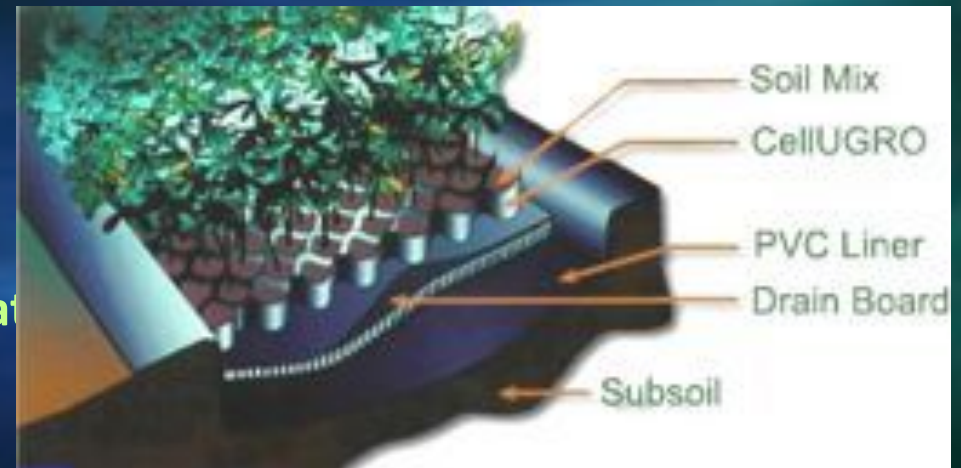
Ramah Navajo Community



Since 2006 our IHS Cardiovascular Disease Prevention demonstration project, locally known as the Heart Saver Project, has sponsored a community gardening project.

The ERNEH Project integrated with and expanded this project

- Each plant has its own cell environment to flourish
- Enable growing from seeds, seedlings, cuttings, or small plants
- Permits individual cell harvesting at different times of the season
- Drain board system prevents moisture saturation
- Grows a variety of plants side by side
- Requires very less water, plants maintain moisture longer
- Can be used in a small area



Goal

To contribute to diabetes prevention in the Ramah Navajo Community: by the reintroduction of traditional foods into community diets, by increasing opportunities for physical activity, and by social support.



Objectives

Initiate and/or enhance, through addition of traditional food plants, sustainable organic gardening and water harvesting methods.



Objectives: Cont.

At least 10 family, program or community gardens per year during each of the 5 years of this project.

160 square feet
and
10 planter boxes



Original
Intent

Keep these figures in mind...

In the beginning: 2 concerns...

- Talked to community members and elders....
 - Soil and Water...



Ramah Navajo Community Gardens



“Its all starts with what God gave us: the soil....”

Building our soil....



Water-sacred, living, gives life.....



Water cont....



“Our children must learn from us, or else we stand to lose generations..”



“Remember the healing power of tradition, eat healthy and exercise..”



It begins with a single seed, and from that one seed a multitude can grow.....Our success story.



A step toward food security



Community Gardens.....



Steamed yellow Navajo corn....







Canning, Drying and Navajo Kneel Down Bread....

