A MESSAGE FROM COOPERATIVE EXTENSION

EASTERN BAND OF CHEROKEE INDIANS COOPERATIVE EXTENSION

We know that our Cherokee Community is under a great deal of stress and is dealing with issues we have not faced in many generations. We here at the EBCI Cooperative Extension Office want you to know that we are here to help.

There are those of us who have a vegetable garden and those of us who would like to get one started. In this newsletter we have included information on planning and designing your garden, along with more resources. While we can typically find resources to grow fruits or vegetables, finding a source of meat or protein may be a challenge. Also included is information on raising backyard poultry. We encourage all of our community to think of ways to produce or supplement some of your own food. Please use these resources to guide your thought process. As always if you need additional guidance or have questions you may contact our Ag Agent Ben Collette at bjcollet@ncsu.edu or 359-6928.

As Cherokee we have a long history of traditionally harvesting natural resources. Some of us are experts, and a lot of us amateurs when identifying native plants. We want you to stay safe and have resources to help identify plants and other natural resources and distinguish them from possibly harmful plants. Included in this information you will see a few of the most commonly harvested plants. You may contact our Area Specialized Agent Adam Griffith at adgriff5@ncsu.edu or 359-6935 for more information.

Hopefully you have been able to find food to stock your kitchens and pantries. We know with planned meals, food safety and preservation becomes important. Our Family Consumer Science Agent has included information regarding planning meals, shopping for food, and best practices to save money and still get your families needed nutrition. For information on food safety, food preservation, and more family planning assistance please do not hesitate to contact our Family Consumer Science Agent Janet Owle at jsowle@ncsu.edu or 359-6937.

Possibly one of the greatest challenges facing our community is the care of our youth. We know we have the possibility of children staying at home without adult supervision. We encourage families to educate their children on safety, food preparation, and even what chores they can help with while adults are at work. Included you will see guidance on how to work with children being home and some activity resources for youth and family. (stay at home children should always be competent regarding their safety and access to food). For more information on youth activities, educational resources, and more, contact our 4-H Youth Development Agent Sally Dixon at srdixon@ncsu.edu or 359-6936.

We are a strong community, often assisting our neighbors and extended families. With the current community health situation, gathering of people is potentially dangerous and is discouraged. However, our community can still rise and be a strong asset to face our current challenges. Included you will see information on community preparedness, community club contact information, and some information on the US Census. For more information regarding community, contact the EBCI Community Development Coordinator Tammy Jackson at tammjack@nc-cherokee.com or 359-6934.

Other areas of EBCI Cooperative Extension include the Volunteer Income Tax Assistance Program (VITA) and the Tribal Cannery. If you have an appointment for tax preparation with our office between today and April 15th, you will be contacted by our office with guidance on a drop off service. For more information contact our Financial Skills Educator/VITA Site Coordinator Julie Wilnoty at juliwiln@nc-cherokee.com or 359-6938 or 359-6929. If you a frequent user of the Tribal Cannery or are interested in having items canned, please contact the Cannery Operator Christine Kanott at chrikano@nc-cherokee.com or 497-2440.

For more information about EBCI Cooperative Extension please visit our web page www.ebci.ces.ncsu.edu or our EBCI Cooperative Extension Center Facebook page. As always feel free to email or call any staff listed above. You will see more information posted from our office soon. Thank you.

Ronald “Chumper” Walker – EBCI NC Cooperative Extension Director

rrwalker@ncsu.edu 828-359-6930.

WHAT CAN I DO WITH MY KIDS?

Q: I HAVE TO WORK, BUT WITH SCHOOLS CLOSED, WHAT ARE MY OPTIONS FOR LEAVING MY KIDS HOME ALONE?



Photo Credit: Scholastic

North Carolina state law does not mention an age for children being left home alone, but North Carolina fire code does say that it is illegal for children under the age of 9 to be left locked or contained in a room due to potential of injury or death from a fire.

Remember that the maturity of the child is the most important consideration! Ask yourself questions like: Is the child supervising younger siblings? Is there an emergency plan in place? Does the child know who to contact if an emergency does happen?

Use the following pages to help your family create a 'Home Alone Plan' for your child(ren) including writing down important phone numbers and information and going through situation statements.



Photo Credit: Hand in Hand Parenting

Q: MY KIDS ARE TIRED OF DOING SCHOOLWORK. WHERE CAN I FIND SOME RESOURCES TO KEEP THEM BUSY AND HELP THEM LEARN SOMETHING?

4-H is a nationwide youth development program that offers high-quality experiences for youth to learn leadership, citizenship, and life skills through different projects. **We are giving out activity packs during the school closures to give youth in our community and their families something awesome to do!** If you are interested in receiving activity packs, complete the survey (scan the QR code to the left) or call 359-6936.

We also have a lot of 4-H curriculum available to youth and their families. Whether your child is interested in robotics, photography, crafts, cooking, or gardening; we can provide you with many activities! Please contact 359-6936 for more information!

SALLY DIXON | EBCI 4-H AGENT | 359-6936 | SRDIXON@NCSU.EDU

Tips for Answering the Phone

- Answer the phone simply with "Hello."
- Do not give out your name.
- Never tell the caller that you are alone.
- Never give out information about your family.
- Offer to take a message and write it down to give to your parents.

My Home Alone Plan

I will be home by myself on _____ from _____ to _____ o'clock.
(day or date) (begin) (end)

Activities I Can Do While I Am Home

Activity	How long it will take	Complete by
(example) Homework	_35_ minutes	_4_ o'clock
_____	_____ minutes	_____ o'clock
_____	_____ minutes	_____ o'clock
_____	_____ minutes	_____ o'clock
_____	_____ minutes	_____ o'clock
_____	_____ minutes	_____ o'clock
_____	_____ minutes	_____ o'clock

Notes About My Day

Things to tell Mom and Dad _____

_____

Things I need to know _____

_____

Fun things I enjoyed _____

_____

Problems I had today _____

_____

How I felt today ☐ Happy ☐ Lonely ☐ Sad ☐ Scared ☐ Excited
☐ Bored ☐ Proud ☐ Upset ☐ Other

Why I think I felt this way _____

_____

Important Phone Numbers

Mom	Dad
Full Name	Full Name
Where Mom Works	Where Dad Works
Phone at Work	Phone at Work
Cell Phone	Cell Phone
Neighbor	**Neighbor**
Name	Name
Phone Number	Phone Number
Relative	**Relative**
Name	Name
Phone Number	Phone Number
Doctor	**Emergency**
Name	In any emergency dial **911**
Phone Number	
Ambulance	**Police**
911 Local Phone Number	**911** Local Phone Number
Fire Department	**Poison Control**
911 Local Phone Number	**911** Local Phone Number
Other	**Other**
Local Phone Number	Local Phone Number
Other	**Other**
Local Phone Number	Local Phone Number

Situation Statements

a. You are putting away the dishes. A glass drops and breaks on the floor. Is this an emergency?

b. You are making a piece of toast. The toast gets stuck in the toaster. The toast catches on fire. The toaster is near the curtains so they catch on fire too. Is this an emergency?

c. A bad storm starts. Suddenly the lights go out. Is this an emergency?

d. Your sister slips and falls down the stairs. She is lying on the floor. She will not answer when you talk to her. Is this an emergency?

e. You go outside to get the newspaper. The wind blows the door shut and your key is inside. Is this an emergency?

f. You are watching TV and smell smoke. You look around the room but can not see where the smoke is coming from. Is this an emergency?

g. You come home after school. The front door to your house is open. Is this an emergency?

h. On your way home, a teenager follows you to your house. You don't talk to him or her. The teenager is still watching your house after you get inside. Is this an emergency?

i. The phone rings and someone starts to say bad things to you. Is this an emergency?

j. You fall against a sharp object and cut your leg. The cut is really gushing blood, but it does not hurt. Is this an emergency?

HOME GARDENING, BACKYARD FLOCKS, AND AGRICULTURE

Gardening, vegetables and landscaping:

Vegetable gardens are a great way to diversify your vegetable intake and maintain a steady source of food. Below



are all types of information in relation to gardens that can help the beginner or the expert gardener! This will all include what to grow, where, site selections and when to begin growing. There is also some great information on landscaping for wildlife with native plants. Don't forget to check for rain and water when needed!

https://ebci.ces.ncsu.edu/wp-content/uploads/2020/03/Raised-bed-brochure.pdf?fwd=no **Building a Raised Bed**

https://content.ces.ncsu.edu/show_ep3_pdf/1584453997/22947/ **Vegetable Gardening: A Beginner's Guide**

https://content.ces.ncsu.edu/show_ep3_pdf/1584453919/23295/ **Western North Carolina Planting Calendar for Annual Vegetables, Fruits, and Herbs**

https://content.ces.ncsu.edu/extension-gardener-handbook/16-vegetable-gardening **Vegetable Gardening**

https://content.ces.ncsu.edu/show_ep3_pdf/1584454396/23548/ **Landscaping for Wildlife with Native Plants**

Composting

Composting is a great way to reduce your food waste from going to the landfill, as well as a great way to convert your waste into a fantastic soil amendment for gardens and landscaping. Below are a few links to give you some ideas of how to compost and what you can do with it, as well as setting up a compost bin.



https://composting.ces.ncsu.edu/home-composting/ **Home & Backyard Composting**

https://composting.ces.ncsu.edu/vermicomposting-2/ **Vermicomposting**

https://composting.ces.ncsu.edu/vermicomposting-2/vermicomposting-for-households/ **Vermicomposting for Households**

Backyard poultry



Backyard poultry is a great way to keep a steady source of chicken eggs, or even chicken meat, all home grown in your very own yard. Chickens are a great easy beginner type of livestock that anybody can start, even with very little room. They'll also provide lots of entertainment watching your chickens interact with each other! Below are a few links with some fantastic videos about raising backyard poultry. There is even a great course from the University of Arkansas Extension. The course is free and goes over a lot but be mindful that the local ordinances only apply to those areas in Arkansas, so be sure to review YOUR local ordinances.

https://www.uaex.edu/farm-ranch/animals-forages/poultry/hobby-small-flocks.aspx **Hobby and Small Flock Poultry in Arkansas (online course, free)**

https://cefs.ncsu.edu/food-system-initiatives/nc-choices/niche-meat-teaching-resources/pastured-poultry-production/ **Pastured Poultry Production Videos, Management, Nutrition, Infrastructure, Processing and Health**

Interested in these subject or other agriculture subjects, please reach out to me at benjcoll@nc-cherokee.com

Western NC Wild Foods

Three conditions must be met when harvesting wild foods:

1) Collection must be legal.
2) The harvester must be certain about the identity of the plant.
3) The plant must be plentiful at that location.

Failure to adhere to these three rules can result in arrest, fines, illness, death, or local loss of the plant species.

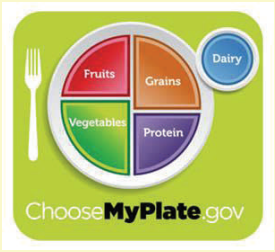
English Name	Scientific Name	Uses and preparation	Photograph
Sochan	*Rudbeckia lacinata*	Harvest the young leaves. Permits must be obtained to harvest within the National Park. Boil the leaves for several minutes, drain well and rinse, than sautee with a light oil and add seasoning to taste.	
Ramps	*Allium tricoccum*	Leave the root, take the shoot. Overharvesting threatens populations of this plant. Only harvest bulbs on your own land or where populations are very large. Sautee, fry, add for flavor to eggs, cheese dip, potatoes, etc.	
Solomon's seal	*Polygonatum biflorum*	Use the emerging stem and add to a salad. Blanche, boil, or steam the young stems. For added flavor, then sautee and add salt to taste.	

Crow's foot (toothwort)	*Cardamine diphylla*	Use the rootstock as a lively addition to salad. When minced with vinegar and salt, the rootstock can be used as a substitute for horseradish.	
Spiderwort, bear-grass	*Tradescantia virginiana*	Harvest the leaves. Use the leaves in salads or as cooked greens.	
Branch lettuce	*Micranthes micranthidifolia*	Harvest the leaves from wet areas. Can be used raw as a salad, but is frequently cooked with ramps in olive oil.	

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USDA's Nutrition Assistance Programs: *Eat Right When Money's Tight*

FOOD AND NUTRITION SERVICE JANUARY 2012



CHECK OUT

- **MyPlate** at **www.ChooseMyPlate.gov** Features practical information and tips to help Americans build healthier diets. MyPlate is designed to remind Americans to eat healthfully.
- **Community Corner** on the SNAP-Ed Connection at **www.snap.nal.usda.gov** Find information, tips, and tools for making healthy lifestyle choices.
- **Recipe Finder** at **http://recipefinder.nal.usda.gov** Contains over 600 low cost, nutritious, and delicious recipes in both English and Spanish.
- **The SNAP pre-screening tool at www.snap-step1.usda.gov** See if you qualify for SNAP benefits and how much you might receive.
- Find the **location of your nearest SNAP office** at **www.fns.usda.gov/snap/outreach/default.htm**

Now More Than Ever, USDA's Nutrition Assistance Programs Can Help

Many families are concerned about the rising cost of food. Read on for tips on how to stretch your food dollars through budgeting, food selection, and low-cost recipes. If you are struggling to put food on the table, USDA's nutrition assistance programs may help.



Use foods you already have to plan menus. Add missing foods to your shopping list.

Resources: Available For Food

- Know how much money you have to spend on food.
- Make a shopping list based on the money you have to spend.
- Buy only the amounts of fresh foods you can use before it spoils.
- Consider frozen or shelf stable items that last longer.

Planning: Making Meals With Foods On Hand

Before going to the grocery store, check what foods you already have.

Once you know what foods you have, ask these questions:

- What meals and recipes can I make using the foods I have?
- Can I mix foods together to make a tasty and nutritious meal?
- Which foods do my family need for good health?

Then:

- Plan what recipes you will make using your list of foods.
- Use other foods on your list such as vegetables, fruits, and whole grains to complete the menu.
- Once you plan your menus, make a new list for missing foods you need to buy.

~Turn the page for more tips on low-cost, healthy shopping.



Fruits and vegetables are usually less expensive when they are in season. Farmer's Markets always carry what is in season.



Look for bargains on day old bread. It costs less but is still nutritious.

Shopping: Before, During, and After

Before Shopping

- Make a shopping list. This helps you stick to your budget.
- Plan your meals. Planning helps put leftovers to good use.
- Look for coupons, sales, and store specials.
- For added savings sign up for the store discount card.

During Shopping

- Don't shop when you are hungry. It's easier to stick to your shopping list.
- Try store brands. They usually cost less.
- Compare products for the best deal.
- Check sell by dates. Buy the freshest food possible. It lasts longer.

After Shopping

- Store food right away to preserve freshness.
- Freeze food to prevent spoiling.
- Divide foods into small portions for children and elderly to prevent waste.
- Use foods with the earliest expiration dates first.

Tips: Best Buys for Cost and Nutrition

Breads and Grains

- Look for bargains on day old bread. It costs less but is still nutritious.
- Buy regular rice, oatmeal, and grits instead of instant to save on money, sugar, and calories.

Vegetables and Salad

- Buy large bags of frozen vegetables. Seal tightly in the freezer between uses.
- Avoid pre-bagged salad mixes. They are usually more expensive and spoil faster.

Fruits

- Buy fresh fruits in season when they generally cost less.
- Frozen and canned fruits are a smart choice all year round.

Low-Fat Milk Products

- Buy fresh, low-fat milk, yogurt, and cheese in the largest size that can be used before spoiling. Larger containers cost less than smaller sizes.
- Ultra-pasteurized milk has a longer expiration date and won't spoil as fast.

Meat and Beans

- Dried beans and peas are a good source of protein and fiber. They last a long time without spoiling.
- Chuck or bottom round roast has less fat and is cheaper than sirloin.
- Look for specials at the meat counter. Buy meat on sale for big savings.
- Buy meat in large bulk packages to save money. Freeze portions you might not use right away to prevent spoiling.



USDA's nutrition assistance programs provide assistance to millions of American households struggling to balance their budgets.



For more information, visit the SNAP-Ed Connection Web site.

USDA Nutrition Assistance Programs Can Help Make Ends Meet

You may qualify for more than Supplemental Nutrition Assistance Program (SNAP) benefits. If you get SNAP benefits and have children in school, they qualify for free lunch and breakfast. If you are low-income and pregnant, breastfeeding, a new mom or have children under five years old, you might qualify for Women, Infants and Children (WIC) benefits. The Emergency Food Assistance Program (TEFAP) is a Federal program that provides food to low-income persons. For more information on these programs, contact:

SNAP - Supplemental Nutrition Assistance Program

- For: Eligible low-income people and their families
- Call 1-800-221-5689
- To find your nearest SNAP office visit: www.fns.usda.gov/snap/outreach/default.htm

WIC - Special Supplemental Nutrition Program for Women, Infants and Children

- For: Eligible low-income pregnant or breastfeeding women, new moms, and children under age 5
- Visit: www.fns.usda.gov/wic/contacts/tollfreenumbers.htm

School Nutrition Programs

- For: Eligible low-income school-aged children
- Contact your local school or school district

TEFAP - The Emergency Food Assistance Program

- For: Eligible low-income persons
- Visit: www.fns.usda.gov/fdd/programs/tefap/tefap_eligibility.htm

Resources for SNAP Partners, Educators, and the Community

The SNAP-Ed Connection is an online resource center which contains information on healthy eating, using your food dollar wisely, and over 600 low cost recipes in English and Spanish. Visit the SNAP-Ed Connection at:

http://snap.nal.usda.gov

USDA

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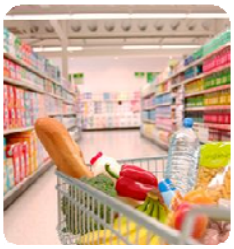
Eating on a Budget — The 3 P's

Plan



- ✓ Plan meals and snacks for the week according to an established budget.
- ✓ Find quick and easy recipes online.
- ✓ Include meals that will "stretch" expensive food items (stews, casseroles, stir-fried dishes).
- ✓ Make a grocery list.
- ✓ Check for sales and coupons in the local paper or online and consider discount stores.
- ✓ Ask about a loyalty card at your grocery store.

Purchase



- ✓ Buy groceries when you are <u>not</u> hungry and when you are not too rushed.
- ✓ Stick to the grocery list and stay out of the aisles that don't contain items on your list.
- ✓ Buy store brands if cheaper.
- ✓ Find and compare unit prices listed on shelves to get the best price.
- ✓ Purchase some items in bulk or as family packs which usually cost less.
- ✓ Choose fresh fruits and vegetables in season; buy canned vegetables with less salt.
- ✓ Pre-cut fruits and vegetables, individual cups of yogurt, and instant rice and hot cereal are convenient, but usually cost more than those that require a bit more prep time.
- ✓ Good low-cost items available all year include:
  - o Protein — beans (garbanzo, black, cannellini)
  - o Vegetables — carrots, greens, potatoes
  - o Fruit — apples, bananas

Prepare



- ✓ Some meal items can be prepared in advance; pre-cook on days when you have time.
- ✓ Double or triple up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions.
- ✓ Try a few meatless meals by substituting with beans and peas or try "no-cook" meals like salads.
- ✓ Incorporate leftovers into a subsequent meal.
- ✓ Be creative with a fruit or vegetable and use it in different ways during the week.

U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
September 2011
USDA

EBCI Community Development:
Demonstrating Gadugi through your community clubs.



The local community clubs of the EBCI have had a long history of caring for the members of their community and striving to meet their needs especially during an emergency crisis. So how do they continue to serve the needs of community members in a situation like the Coronavirus? The following are ways your community can be a resource for members of their community:

1. Community Neighborhood Watch: members of the community can serve their community by checking on their elders and those who are battling illnesses. Be the eyes of your community and report any suspicious activity to authorities, watch your neighborhood streets, and the residents in which you live.

2. Food Pantries: some community clubs have a food pantry where community members have access to free food. The following is a list of food pantries on the Qualla Boundary: Birdtown Community at the recreation center parking lot; Big Y Community at the community building; Big Cove Community at the Cherokee Nazarene Church; Wolftown Community at the Wolftown gym parking lot. Members of the community can also give back to their communities by donating items to these pantries.

3. Community Networking: Most of the community clubs have a Facebook Page. Check it daily for updates on current community events and notifications. Sign up for Code RED and have general and emergency messages delivered to your phone, email, and text messages. This system also includes alerts about tribal closings and announcements, power outages, water main breaks & shut offs, and other alerts that may affect you. To sign up Text “EBCI” to 99411 or to register your landline call Stephanie in the HELP Office at 828-359-6638.

4. The following is a list of all the Community Club Officers for each community. If you have a need or know of someone in your community that they can help please call these officers:

<u>Big Cove Community Club:</u>
Butch Hill 828-497-7309
Cindee West 828-736-7879
Lisa Hardesty 828-788-1646

<u>Big Y Community Club:</u>
Bunsey Crowe 828-788-4879
Junior Crowe 828-788-3113
Brianna Lambert 828-788-3308
Trudy Crowe 828-788-5579

Birdtown Community Club:
Stephan Watty 828-788-2074
Joi Owle 828-736-9053
Sasha Watty 828-736-4199
Deb Slee 828-736-0065

Cherokee County Community Club:
Frank Herron 828-403-8016
Joe Palmer 828-361-9219
Betty Palmer 828-735-1498
Sheree Peters 828-835-6130

Painttown Community Club:
Lula Jackson 828-736-1511
Linda George 828-736-2544
Jennifer Jackson 828-506-8369
Lois Dunston 828-736-3230

Snowbird Community Club:
Roger Smoker 828-736-1511
Bucky Brown 828-735-5542
Tammie Galaviz 828-735-0553
Anoan “Sugi” Lambert 828-735-2808

Towstring Community Club:
Raymond Matthews 828-506-8572
Ray Lambert 828-497-4341
Janice Crutchfield 828-508-0791
Roy Matthews 828-497-7257

Wolftown Community Club:
Dwayne “Tuff” Jackson 828-788-4088
Jess Sneed 828-736-8040
Margie Dunn 828-736-5388
MaryLong 828-497-6515

Yellowhill Community Club:
Keredith “Tooter” Owens 828-736-2341
Rueben Teesatuskie 828-497-2034
Virginia Johnson 828-788-8659
Dawn Arneach 828-736-0650

The Cherokee have faced many challenges throughout the history of our tribe. The tradition of Gadugi will continue to survive as we strive to support our communities by being “our brother’s keeper".



2020 Census Updates:

Residents of the Qualla Boundary who have yet to receive a 2020 Census Packet can still participate now! We need your help to count everyone living in the United States by providing basic information about all adults, children, and babies living or staying at your address. It's simple, easy, and only takes ten minutes! Just go to **my2020census.gov** to complete the Census questionnaire online by using your smartphone or computer. The 12-digit Census ID is not required. Just click "I don't have an ID number" and follow the directions.

Why is it important to participate? By participating in the 2020 Census you are giving the EBCI the opportunity to receive and continue receiving federal funding for tribal programs including hospitals, school lunch programs, day cares, senior citizen nutrition, roads, housing, fire department, police department, WIC and more.

Each member of your household is counted as $ 1,000.00 in funding and don't forget to count younger children and babies. For example a household of four would average around $4,000.00 a year and that is not for just one year. It is for the next ten years! Equaling $ 40,000.00 in funding.

Important note concerning the Census Form and Person #1 and Question #9: In order for your household to be counted as an American Indian home Person #1 must be listed as an American Indian. Question #9 Race: Check American Indian if you are a member of an American Indian Tribe. Type in the name of the tribe. For EBCI members type in Eastern Band of the Cherokee Indians. After you complete the information for Person #1 continue to complete the form for every person living in your home.

Over $675 Billion dollars in federal funding is issued to counties, states and tribes each year. We encourage all EBCI to participate! Make the invisible, visible and be COUNTED! If you have any questions concerning the 2020 Census please call one of our 2020 Census Cherokee Information Locations: Tammy Jackson, EBCI Extension Center 828-359-6934; Adam Lambert, Qualla Library 828-359-6728; Zena Rattler, Snowbird Library 828-346-6970 and Judith Welch (Senior/Elder Contact) 828-736-3583.