IMPA' KIlIMPI'
Impa’ Kilimpi’

• **Who we serve:**
  – SNAP-Ed eligible participants
  – Chickasaw Nation boundaries

• **Locations:**
  – Ada Family Life Center
  – Ada Nutrition Services
  – Ardmore Nutrition Services
  – Purcell Nutrition Services
  – Duncan Nutrition Services
  – Tishomingo Nutrition Services
Impa’ Kilimpi’
- Get Fresh! Cooking Shows
- Eagle Adventure (EA)
- Body Adventure (BA)
- Champion Nutrition (CN)
- Gardening
- Various nutrition education events
Education and Partnerships

- Get Fresh! cooking shows, IDP classes, demos
- Eagle Adventure
- Body Adventure
- Community gardens
- Camps
- Simmer and serves
- Hands-on cooking classes
- Recipe modification/testing

- Chickasaw Children’s Village & Youth clubs
- Senior Sites
- Veterans Lodge
- Farmers’ Market
- Chickasaw Nation/Delta Head Start
- After school programs and libraries
- Community and employee health fairs
- Champion Nutrition
Get Fresh! Cooking Shows

- **Recipes**
  - Healthy
  - Low-cost
  - Easy
  - FDP Commodities
  - Available Ingredients
  - Simple Cookware Needed
  - Few Ingredients
  - Seasonal foods

- **Show topics include**
  - Weight Management
  - Healthy Menu Planning
  - Shop Once Eat for a Week
  - Low Cost Meals
  - Disease Prevention
  - Five Ingredients or Less
  - Brunch Foods
  - Meals for 1 or 2
Eagle Adventure

- Diabetes Prevention Education
  - Grades 1st-3rd
  - Virtual pilot with Ada schools FY21
Eagle Adventure

Watch the Eagle Adventure trailer video at:
Body Adventure

• Interactive nutrition and wellness program
  – Based on the book, “Brave Little Anoli”, still in illustration stage
  – Curriculum is currently being developed for students in 4th and 5th grades
Champion Nutrition

• Sports nutrition education for high school athletes
  – Consists of 5 short educational videos
    • The Basics
    • Macros
    • Athlete’s Specific Needs
    • Nutrient Timing
    • Hydration
Garden Expansion
Healthy eating habits and cooking techniques - For Everyone!

Find the Perfect Recipe

Visit Chickasaw.net/AtHome for tasty recipe ideas, tips and resources to nourish your family during COVID-19.

Want to make healthy food choices? The Get Fresh! program is brought to you by the Chickasaw Nation and USDA. Get Fresh! promotes