



*the
Chickasaw
Nation*

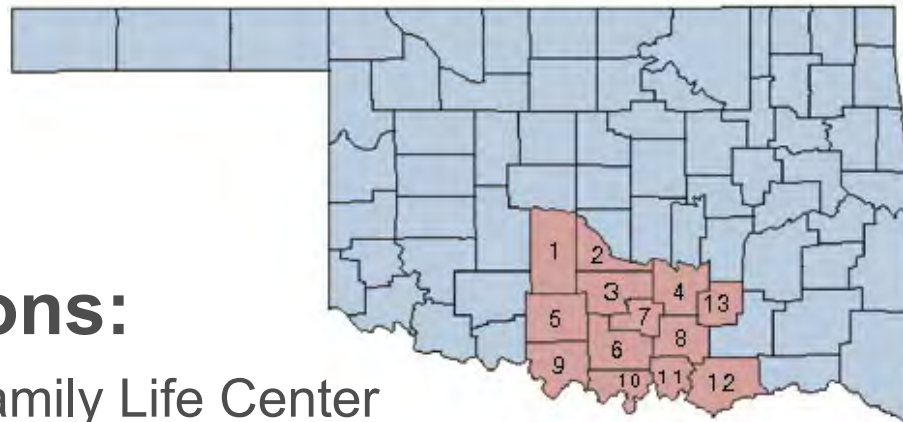
IMPA' KILUMPI'



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

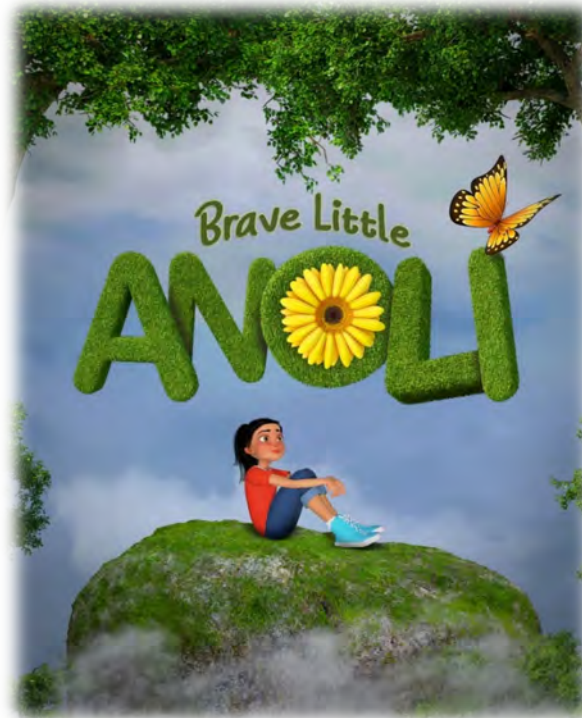


Watch the Eagle Adventure trailer video at:
<http://getfreshcooking.com/about-us/programs/eagle-adventure>



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



Body Adventure



**BODY
ADVENTURE!**

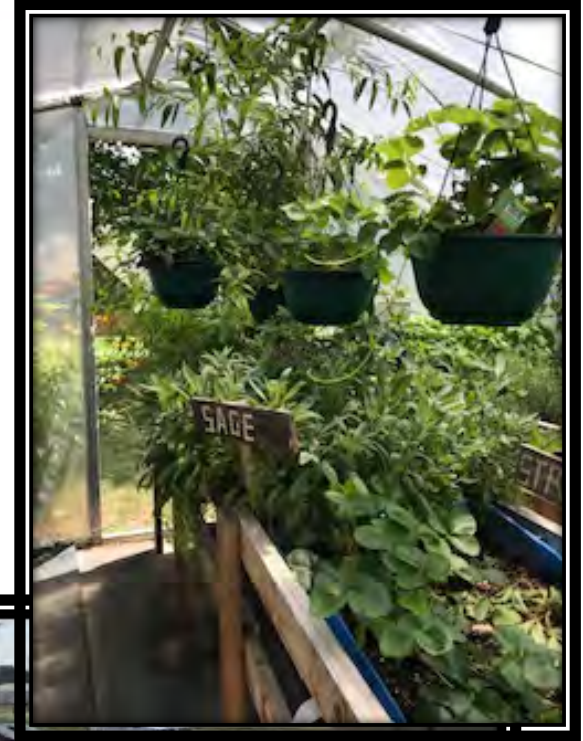


Champion Nutrition

- 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



www.GetFreshCooking.com



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Healthy eating habits and cooking techniques - **For Everyone!**

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