

## **Traditional Foods Meal-kits: Order yours today!**

The White Earth Food Sovereignty Initiative is promoting traditional native foods and cooking through easy-to-prepare meal kits with all of the ingredients already pre-portioned and ready to go!

The first meal kit, Wild Rice Flour Blueberry Pancakes with Wild Rice Buffalo Brats was created by the White Earth 4H youth and was delivered in September 12th. The 4H team even created a recipe video on how to cook the meal! We plan on delivering meal kits once every two weeks. Go to <https://mannafoodcoop.com/traditional> to see what meal kit is available right now and to pre-order your meal kit. White Earth is partnered with Manna Food Co-op in Detroit Lakes on a Blue Cross Blue Shield Health Equity grant to get this project rolling. Manna already had a "Local Eats" meal kit program which we thought was a great idea to bring to White Earth.

The traditional foods meal kits can be delivered at several locations in the White Earth Reservation. Delivery pickup locations include:

- Pine Point Community Center by the School
- White Earth Congregate Housing Kitchen
- Rice Lake Community Center
- Elbow Lake Community Center
- Naytahwaush Sports Facility Kitchen
- Mahnomen (1482 HWY 200)
- Manna Food Co-op in Detroit Lakes.

Can you use EBT? Yes and No. You can call in to Manna Co-op to pre-order a meal kit using EBT, but unfortunately for now you can only use EBT at the Detroit Lakes location. We are currently working on getting EBT at the delivery locations and will announce once we have it available.

***The funding for the meal kits goes back into the White Earth Food Sovereignty program***

**Questions?** Email [zachary.paige@whiteearth-nsn.gov](mailto:zachary.paige@whiteearth-nsn.gov) or call **218-936-4024**

Zachary

Food Sovereignty Specialist

Paige,