

# ORGANIZATIONAL FOOD SYSTEMS

## within American Indian and Alaska Native (AI/AN) Serving Organizations

Many Tribal and AI/AN-serving organizations include food systems components as part of their services and activities to support the health and wellness of their clients and the community. Organizational food systems can include on-site gardens; produce stands and farmers' markets; community kitchens; and clinical initiatives linking patients with healthy food.

### Onsite Garden

On-site gardens can create a space to grow vegetables, medicinal plants, and other traditional plants. Including heirloom vegetables and traditional plants in the garden can teach community members about plants that are not widely available and increase access to these plants through seed saving practices.

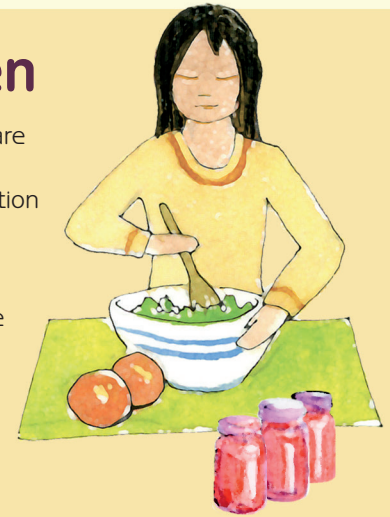
Organizations should check local land use and zoning laws to confirm that gardens are allowed at the organization and learn if any other local or state laws impact community gardens.



### Community Kitchen

Organizational kitchens can be used to prepare refreshments for organizational programs; provide recipe samples for cooking and nutrition classes; and host traditional food workshops (preserving, hominy making, etc.).

Licensing the kitchen can make it even more useful. A licensed kitchen could be used for fundraising and community events, and also support economic development by providing facilities for community members to create small food businesses.



### Farmers' Market

Hosting a produce stand or farmers' market on-site can allow staff and community members to purchase healthy, local produce and plants and support a culture of wellness.

Law or policy can require or encourage farmers' markets to allow community members to use food assistance benefits, such as SNAP benefits and Market Bucks, to purchase fresh produce.



### Fresh Prescription

Organizations that provide clinical and health services may be able to promote the consumption of fruits and vegetables to improve health and reduce chronic disease through a fresh food prescription program.

Organizations can partner with local health departments, funders, educational institutions, and other health care providers to offer a fresh food prescription program.

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