



Indigenous Foods: Eat Like Your Ancestors

In celebration of Native November, [NASNTI](#) partnered with Indian Health Service to host ***“Indigenous Foods; Eat Like Your Ancestors”***; demonstrated by Melissa Mack, Food Coordinator of the Indian Health Services in Wewoka and assisting Ms. Mack, Capt. Freda Carpitcher, Health Promotion and Disease Prevention Consultant for the Indian Health Service, Oklahoma City area office and also from the Indian Health Service.



Captain Carpitcher is a U.S. Navy Veteran. She received her Bachelors of Science Degree from Central State University and received her Master of Public Health from Oklahoma University of Health and Science Center. She is a member of the Seminole Nation Tribe and currently employed by the Indian Health Service in Oklahoma City.

The Indian Health Services (IHS), is an agency within the Department of Health and Human Services and is responsible for providing federal health services to American Indians and Alaska Natives. The provision of health services to members of federally-recognized Tribes grew out of the special government-to-government relationship between the federal government and Indian Tribes. (Works cited www.ihs.gov)

SSC students, faculty and staff had an opportunity to sample egg soup, fry bread and grape dumplings! **For recipe information you may contact Freda.Carpitcher@ihs.gov.*



SSC students enjoying food samples from the event.