

# Stakeholder Survey for Native Foods Results

Comparing “American Indian or Alaska Native” and “Non-Native” Responses

3/5/2022

For questions or comments regarding this presentation, please contact:

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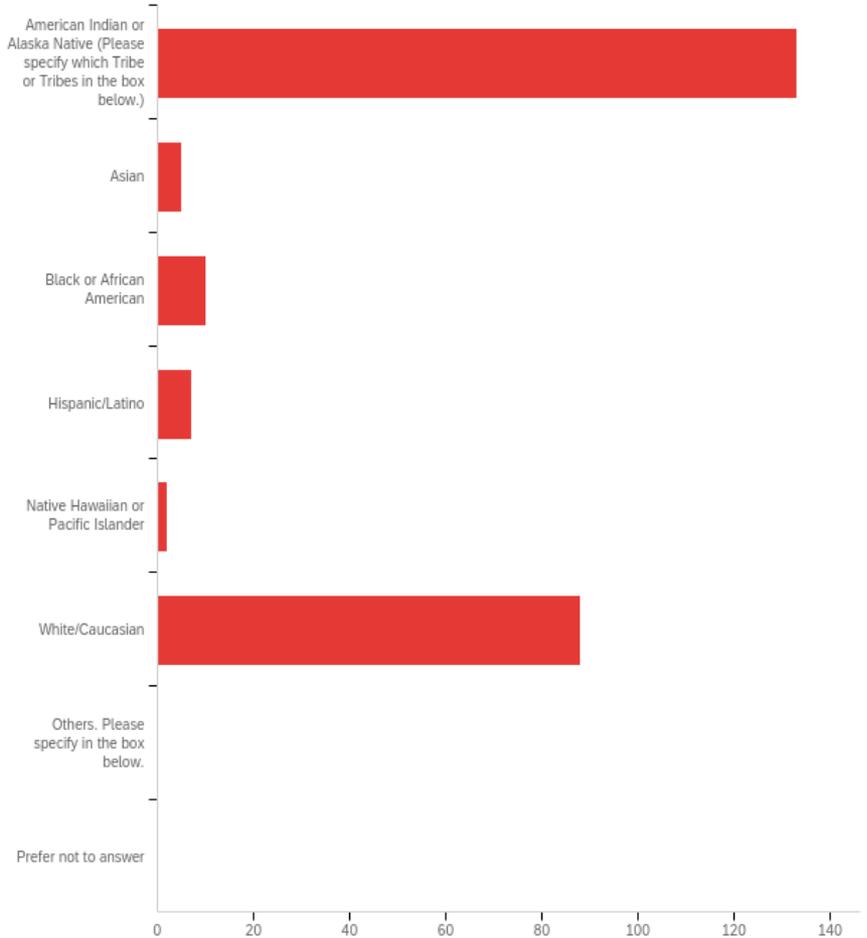
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# What is your ethnicity?

American Indian or Alaska Native: 133  
Non-Native: (Combined all other ethnicities): 112

\* This survey was primarily administered to residents on the Flathead Reservation and in Gallatin Valley area.



## Q36 - Please share what the term "food sovereignty" means to you

American Indian or  
Alaska Native



■ I am not familiar with this term. ■ I have heard the term but I don't really know what it means. ■ To me it means:

Non-Native

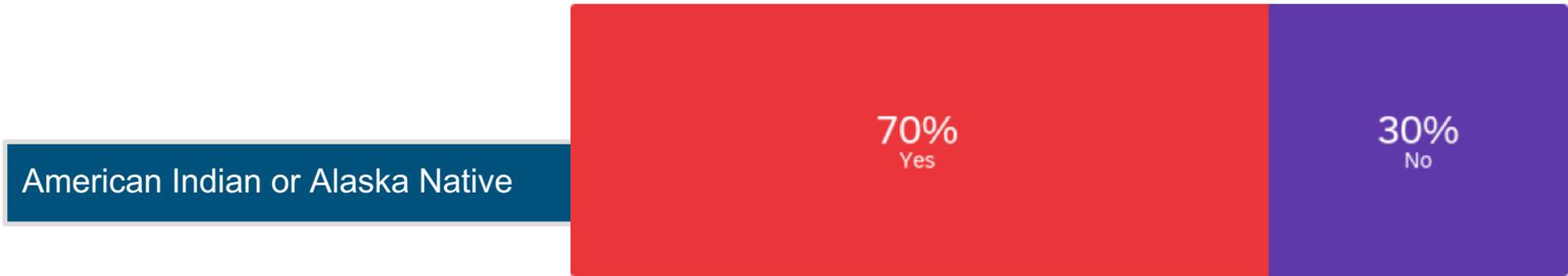


■ I am not familiar with this term.

■ I have heard the term but I don't really know what it means. ■ To me it means:



**Q51 - Are you aware of the efforts of Native Fish Keepers, Inc. to reduce the numbers of lake trout in Flathead Lake due to its being an invasive species? Feel free to share more in the text boxes.**



Yes No



Yes No

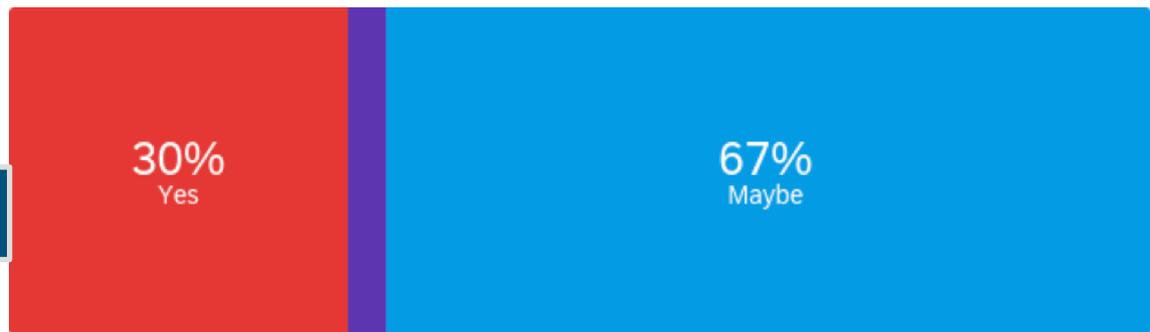
**Q34 - Would you be interested in offering or using a Tribally-produced smoked lake trout product from Flathead Lake in your establishment? Feel free to expand more of your thoughts in the text box.**

American Indian or Alaska Native



Yes No Maybe

Non-Native



Yes No Maybe

Q61 - Have you worked with a research group before?

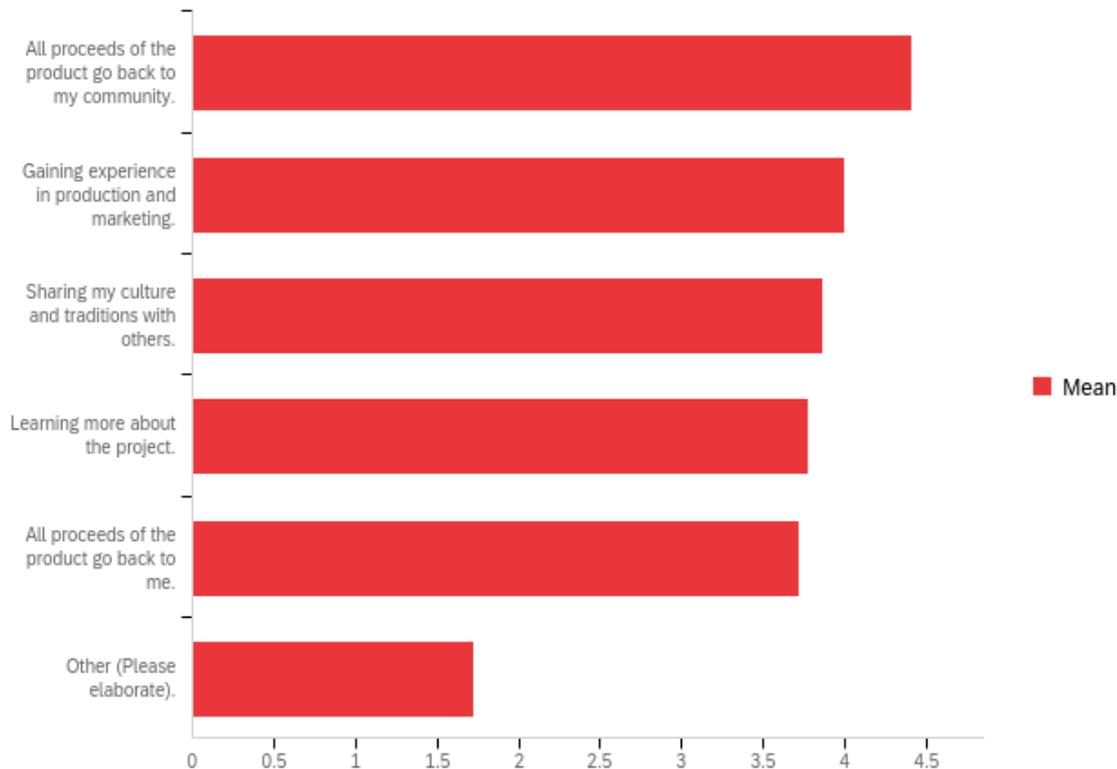
American Indian or Alaska Native



■ Yes, Tribal research group   ■ Yes, non-Tribal research group   ■ No

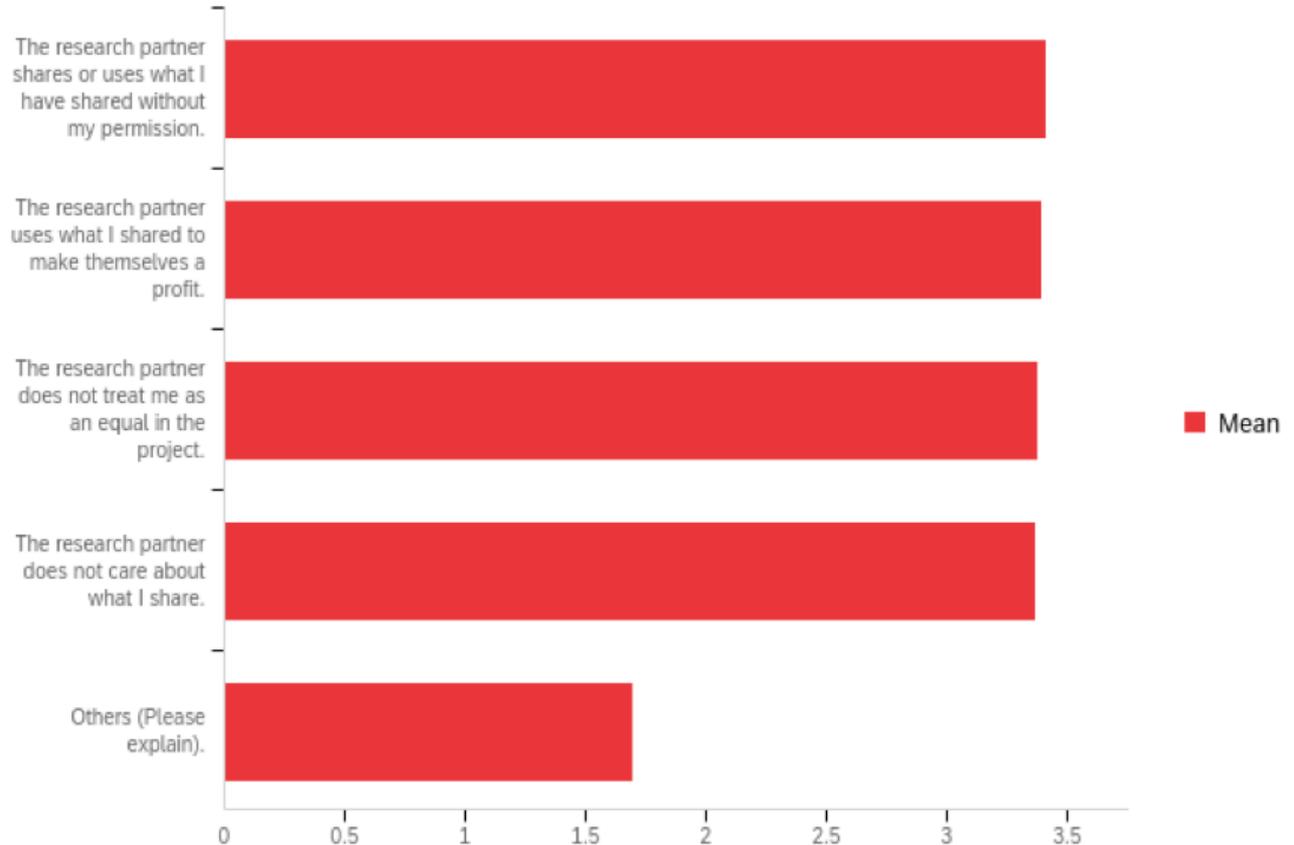
**Q59 - If a non-Tribal research group invites you to participate in a project to develop food products using Indigenous ingredients, how important are the following to you? 1 being not important and 5 being extremely important.**

American Indian or  
Alaska Native



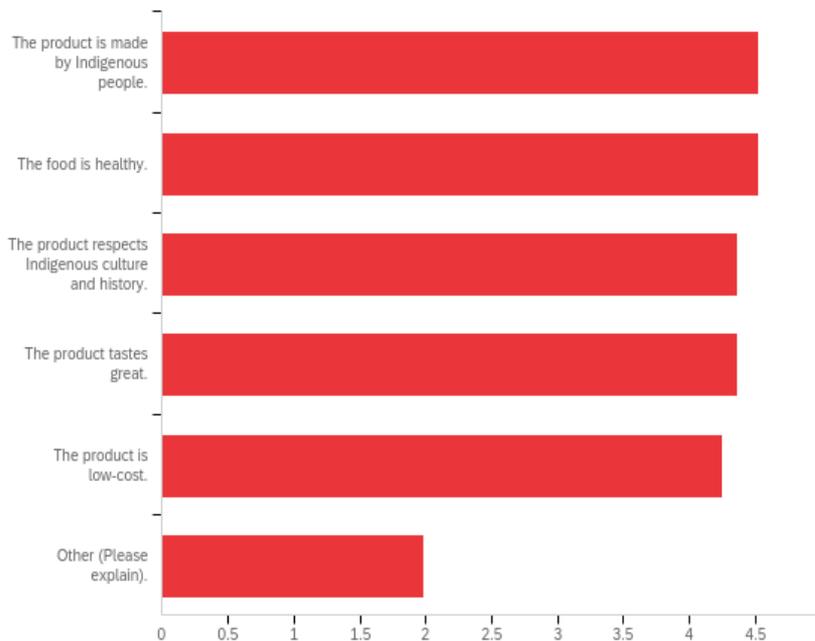
**Q60 - How concerned are you about sharing ideas, intellectual property, stories, etc. when working with a non-Tribal research partner? 1 being not concerned and 5 being extremely concerned.**

American Indian or  
Alaska Native

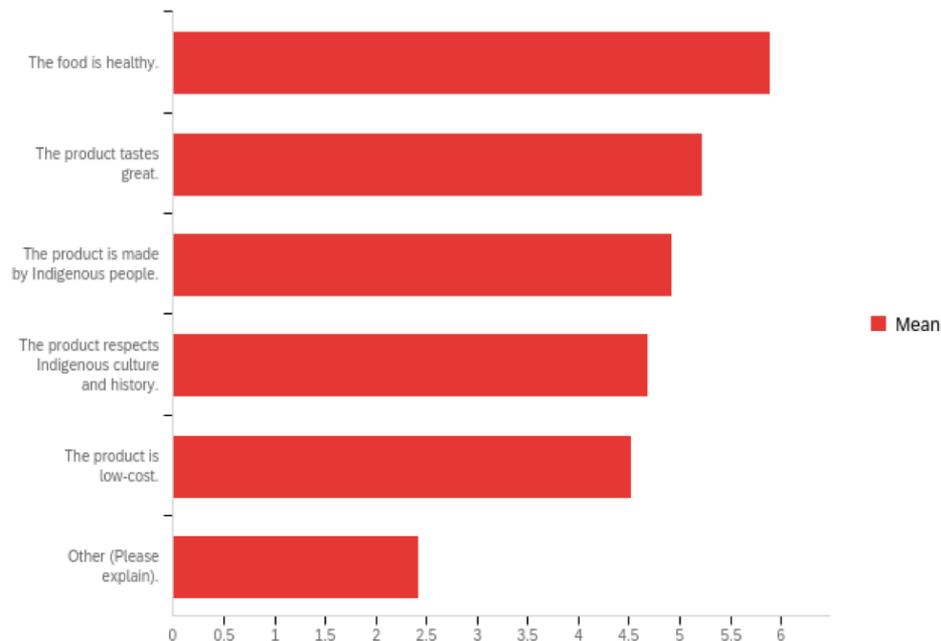


## Q58 - How important are the following qualities to you in a food made with Indigenous ingredients? 1 being not important and 5 being extremely important.

### American Indian or Alaska Native

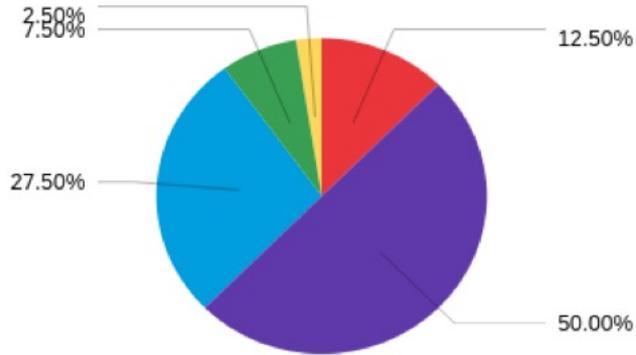


### Non-Native

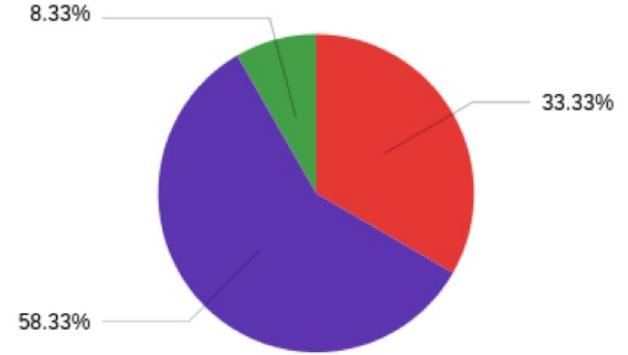


**Q45 - Do you think the lake trout from Flathead Lake is a healthy food choice? Feel free to share your opinions in the text box.**

American Indian or Alaska Native



Non-Native



Definitely yes   Probably yes   No idea   Probably no   Definitely no   Definitely yes   Probably yes   No idea   Probably no   Definitely no

## Q45 - Do you think the lake trout from Flathead Lake is a healthy food choice? Feel free to share your opinions in the text box.

### American Indian or Alaska Native Comments

#### Probably yes:

- mercury is a concern though
- I heard of mercury being in the bigger fish too but never studied the impact.
- Most likely much healthier than our other food choices.
- Probably because I do not know the level of mercury and other pollutants mercury
- I worry of the heavy metals that I've heard about in the fish.
- Just assuming.

#### Probably no:

- Even though Flathead lake looks clean I don't eat fish from it.

### Non-Native Comments

#### Definitely yes:

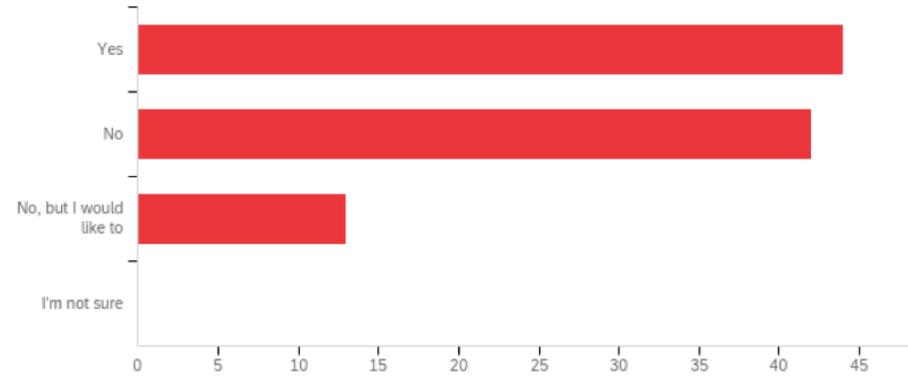
- curious if this is a market that will go away eventually... if successfully remove lake trout, then no more supply (but hopefully native bull trout is restored with robust population!)

#### Probably yes:

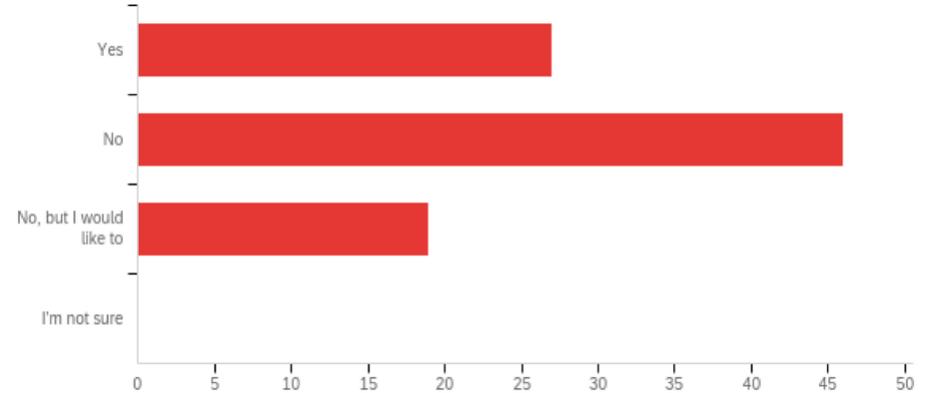
- Only if small due to higher mercury levels in bigger fish

# Q33 - Do you currently offer or use lake trout from Flathead Lake in your food service establishment?

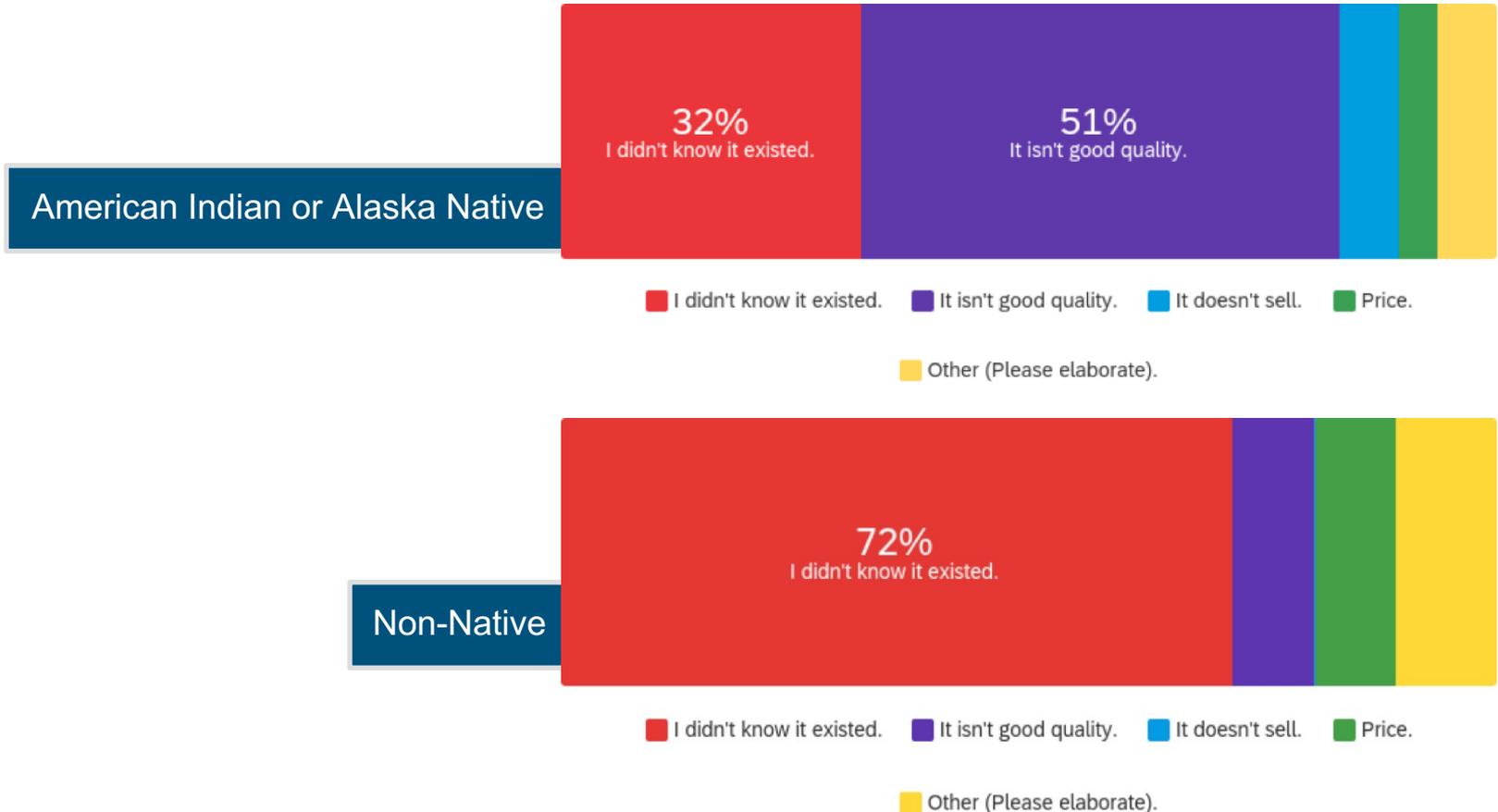
American Indian or Alaska Native



Non-Native

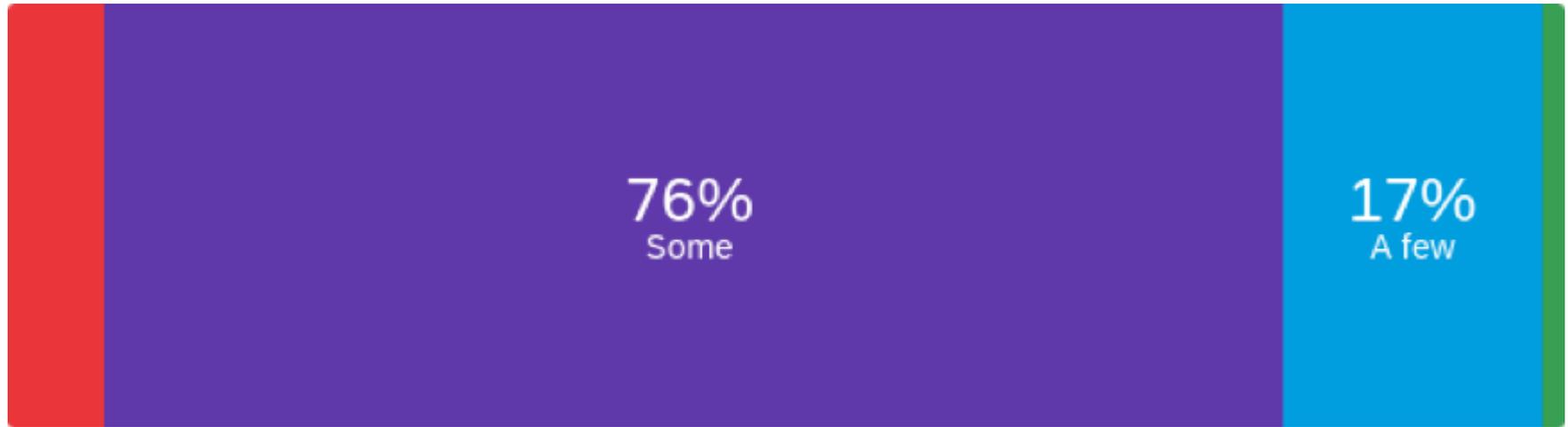


**Q49 - Why does your food service establishment not offer or use the lake trout from Flathead Lake? Check all that apply and feel free to elaborate in the text boxes.**



Q56 - I think \_\_\_\_\_ adults in my community know about the nutritional differences between Indigenous and Western culture foods.

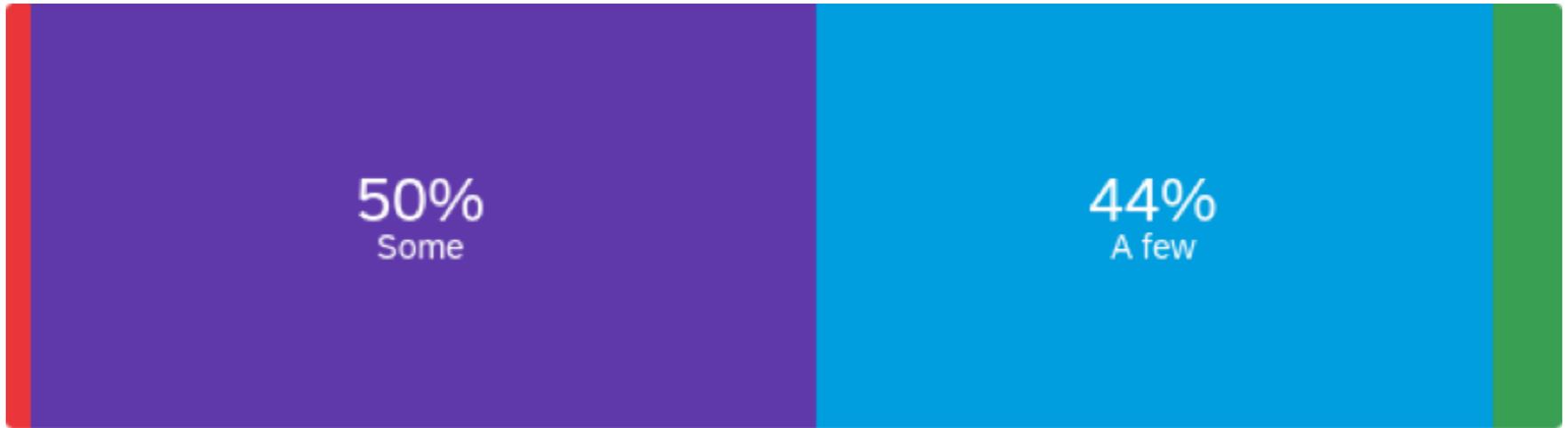
American Indian or Alaska Native



Most   Some   A few   None of the

Q57 - I think \_\_\_\_\_ children and teenagers in my community know how to cook with Indigenous foods.

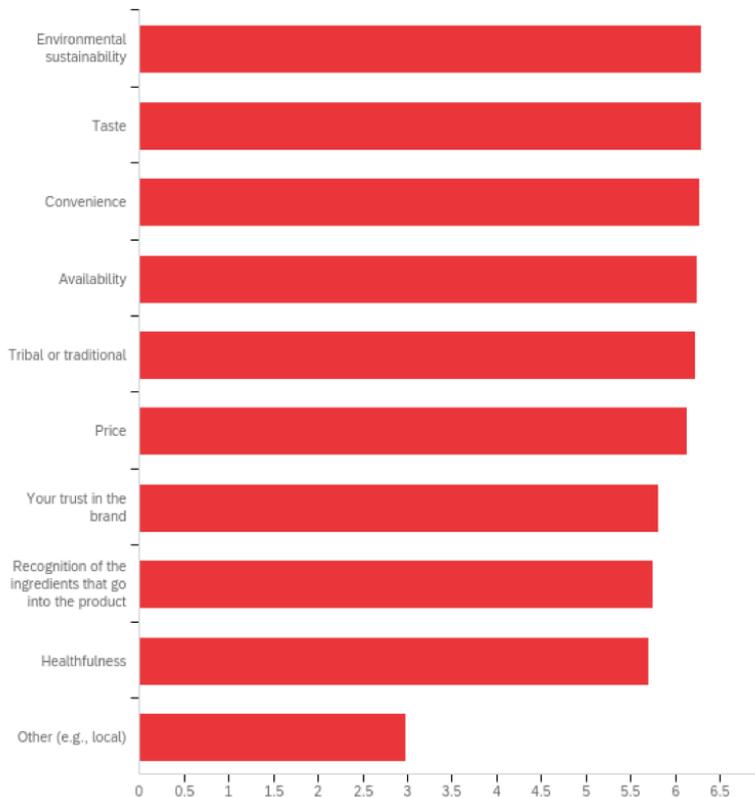
American Indian or Alaska Native



Most   Some   A few   None of the

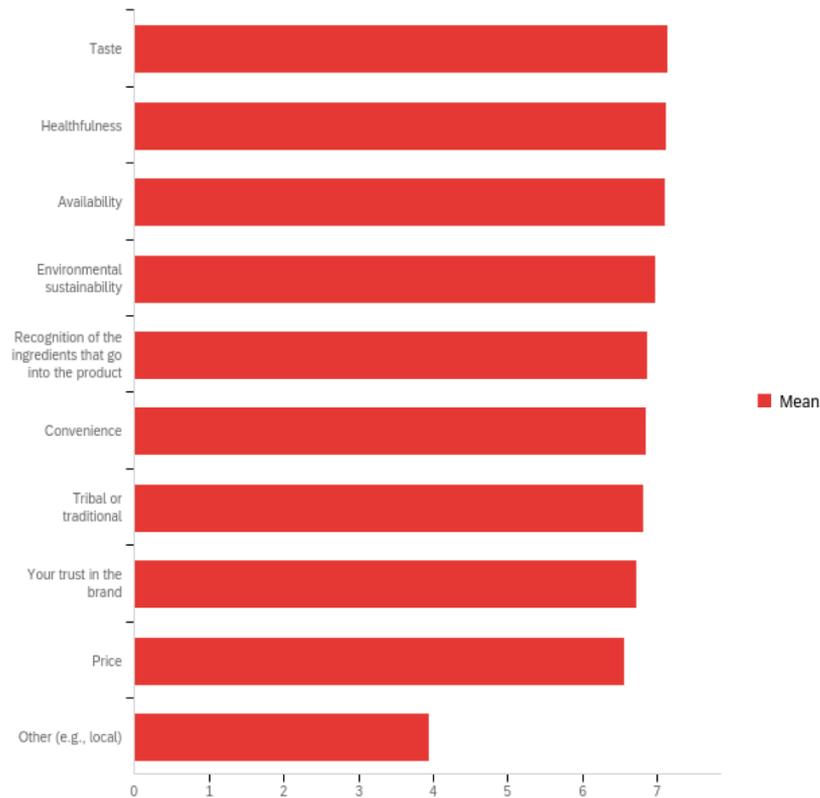
# Q42 - How much of an impact do the following have on your decision to obtain food and beverages? 1 being no impact and 5 being a great impact.

## American Indian or Alaska Native



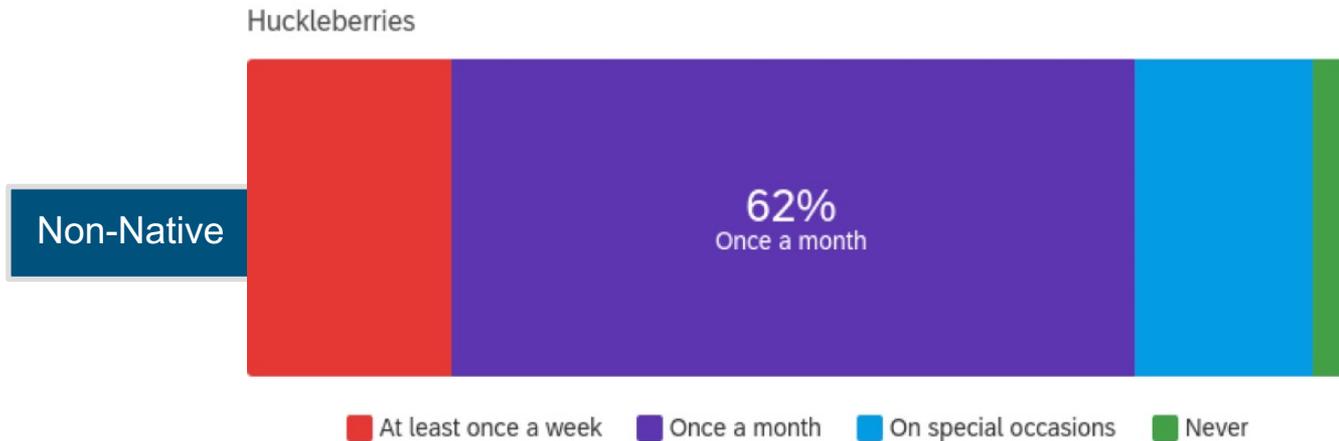
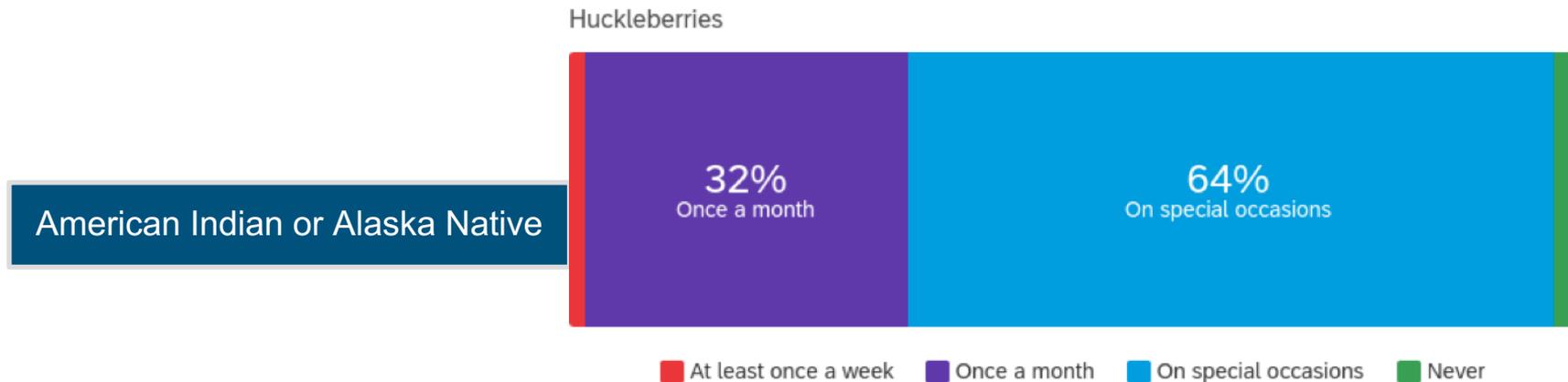
■ Mean

## Non-Native



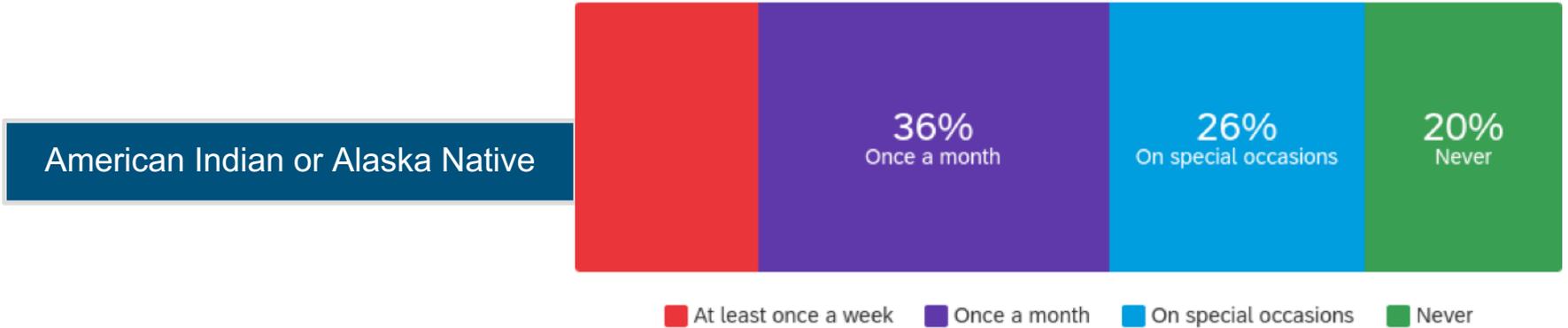
■ Mean

## Q73 - How often do you eat the following foods: Huckleberries?



## Q73 - How often do you eat the following foods: Chokecherries?

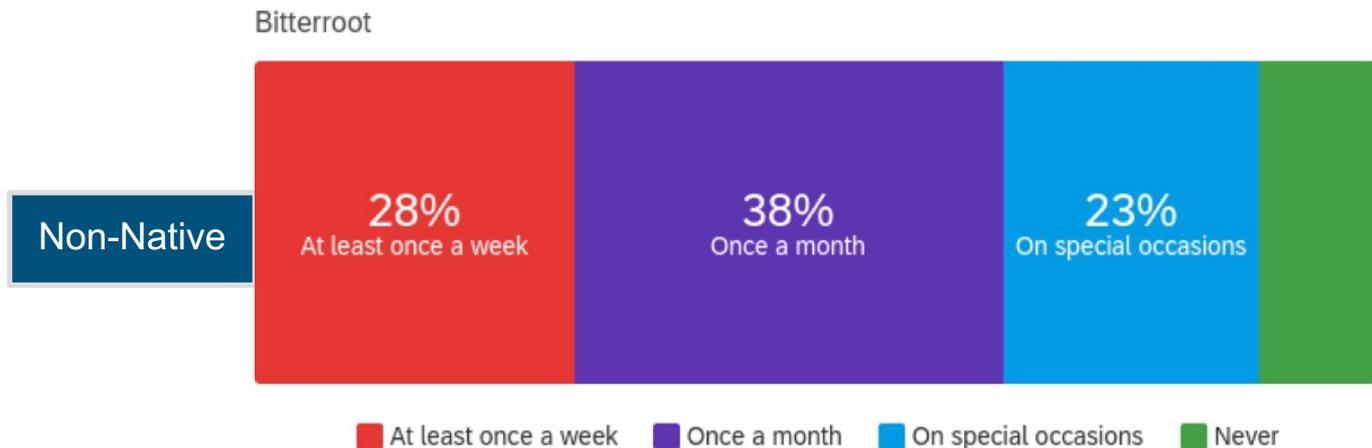
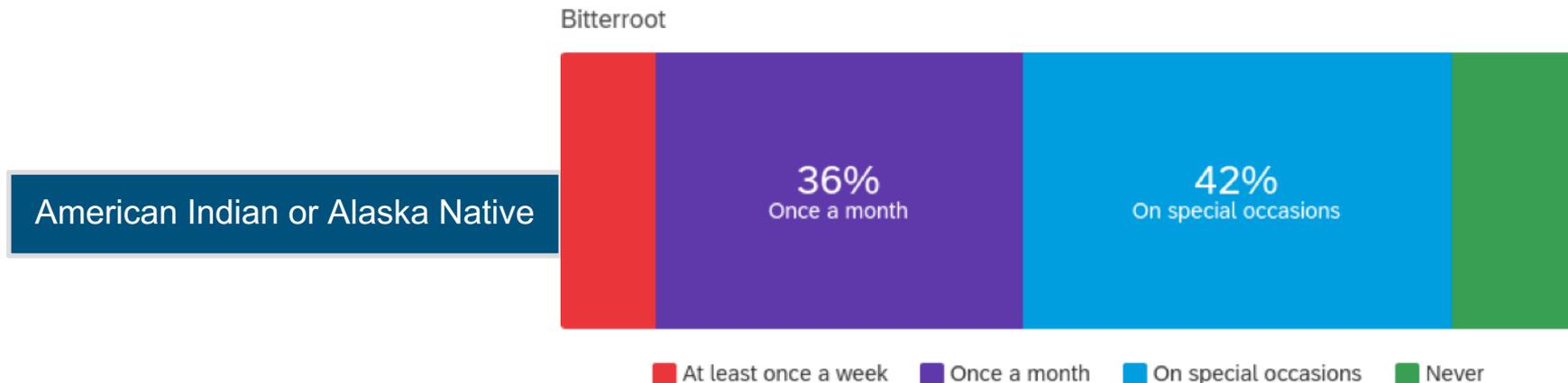
Chokecherries



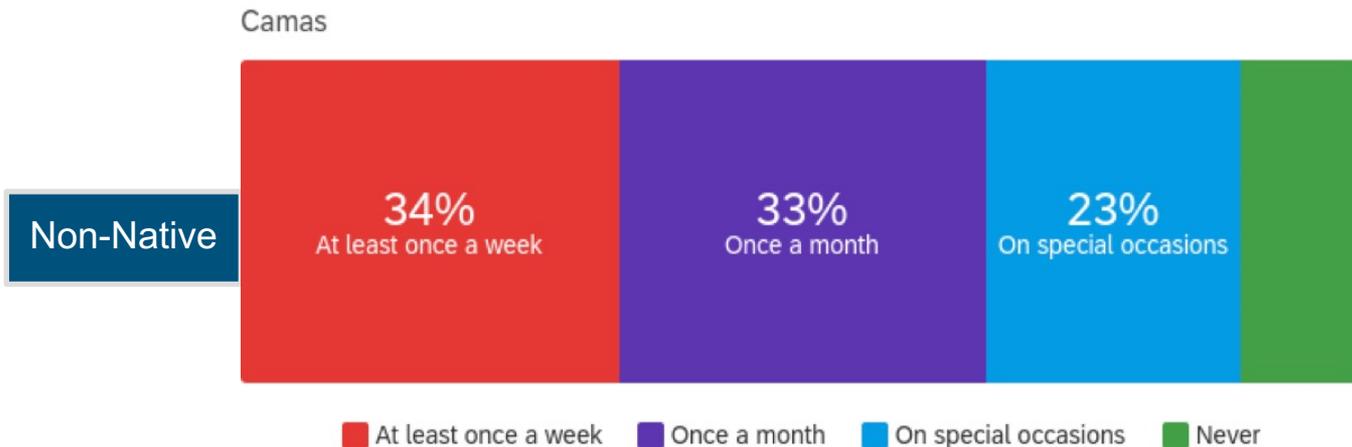
Chokecherries



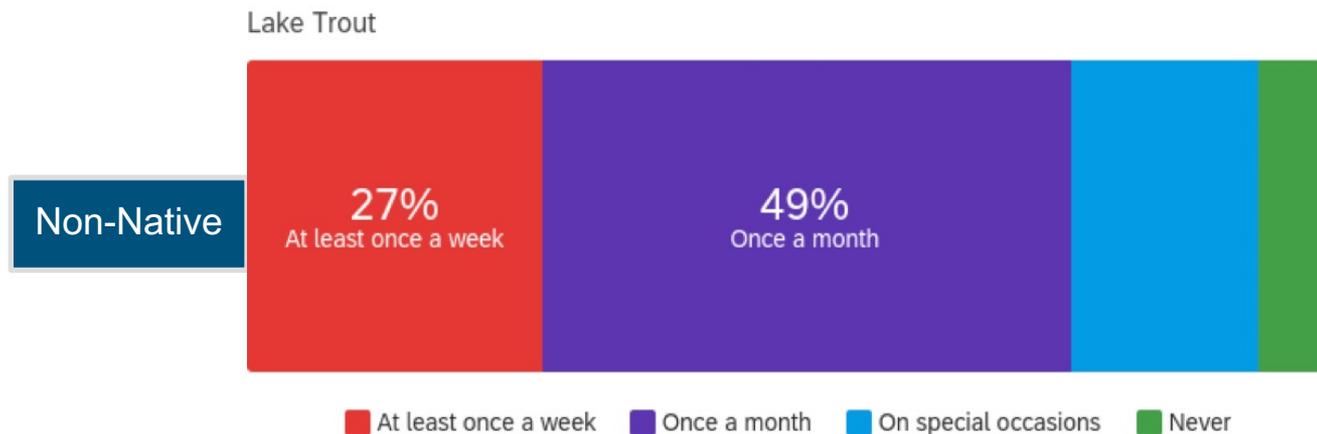
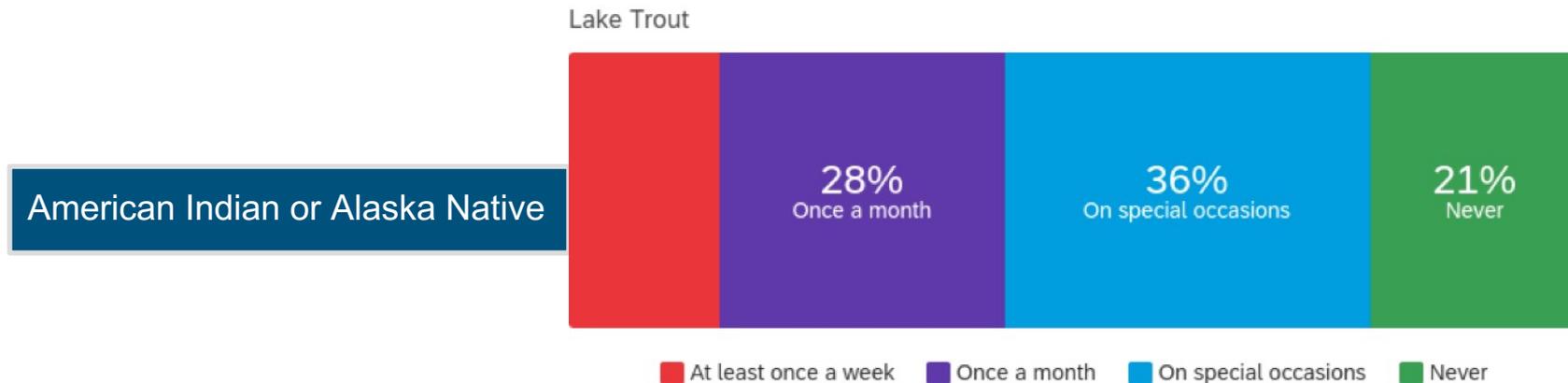
## Q73 - How often do you eat the following foods: Bitterroot?



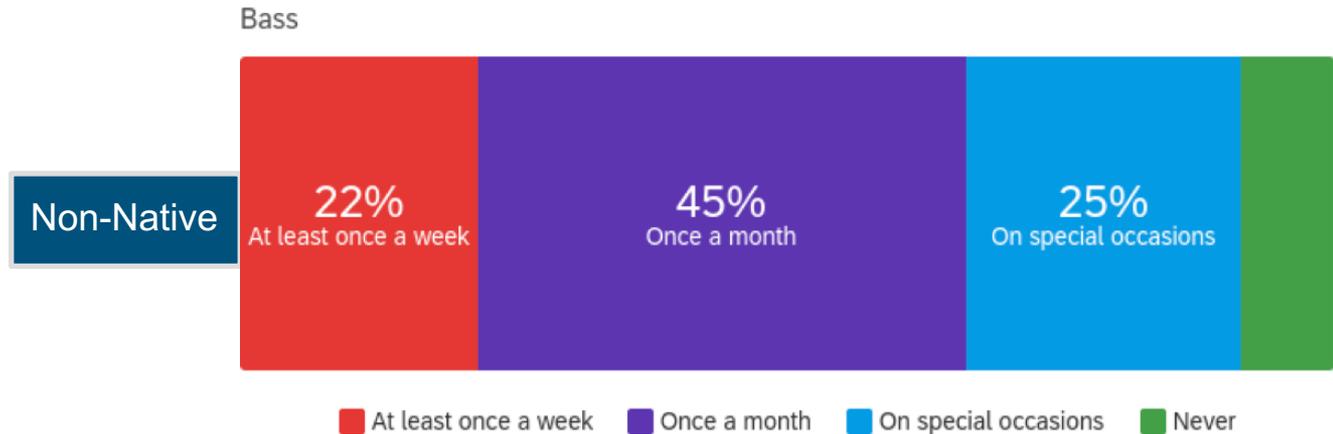
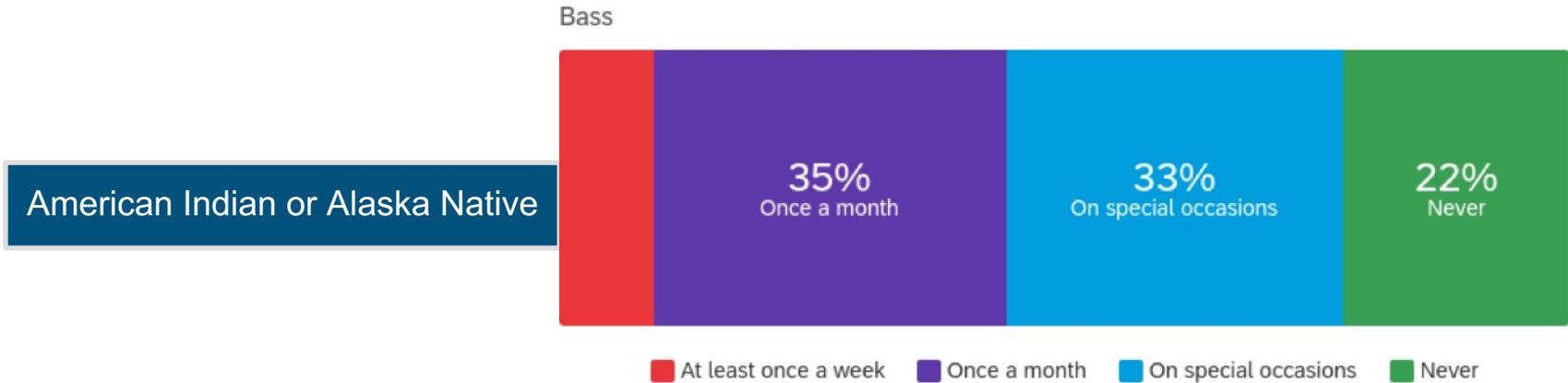
## Q73 - How often do you eat the following foods: Camas?



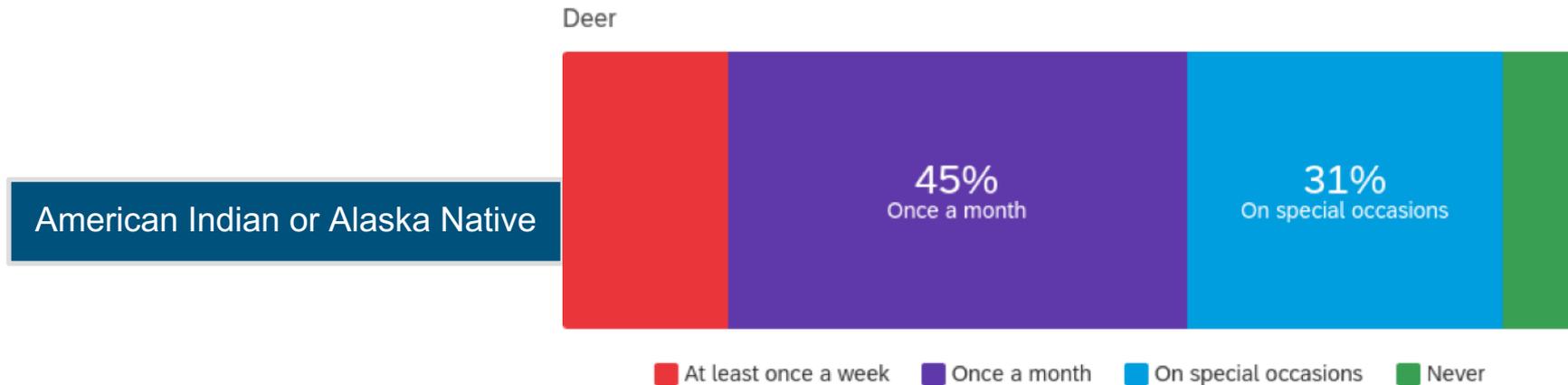
## Q73 - How often do you eat the following foods: Lake Trout?



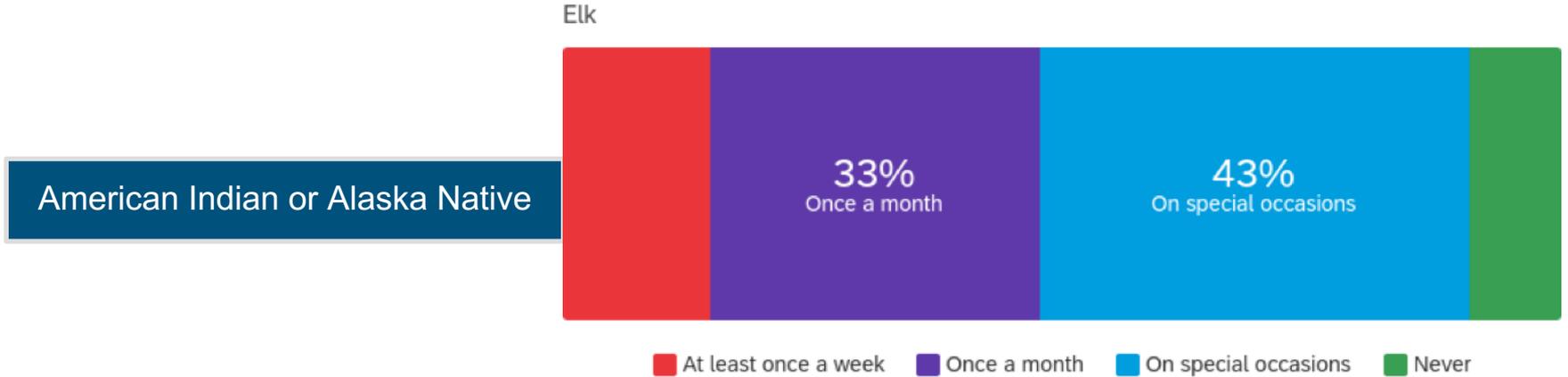
## Q73 - How often do you eat the following foods: Bass?



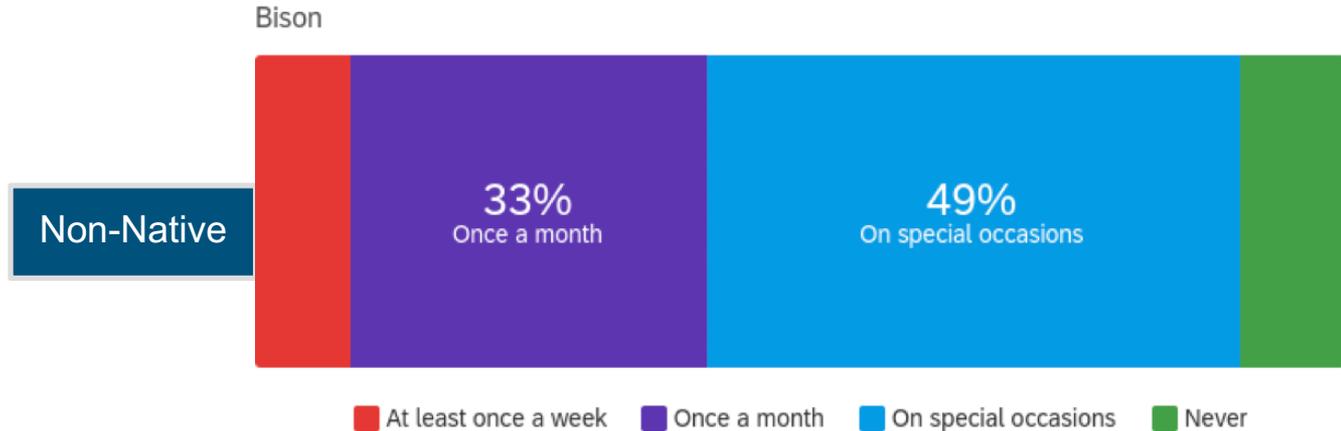
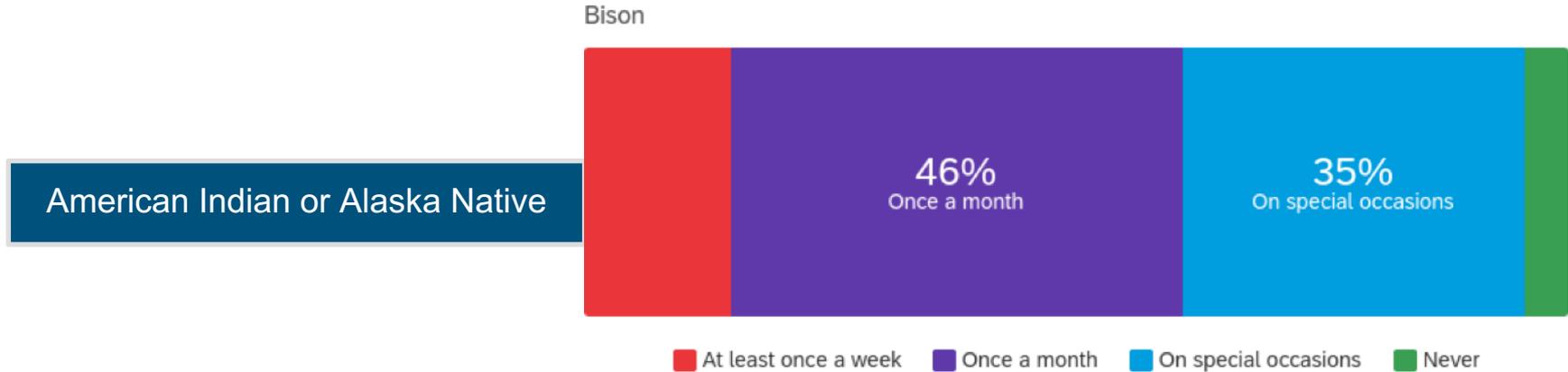
## Q73 - How often do you eat the following foods: Deer?



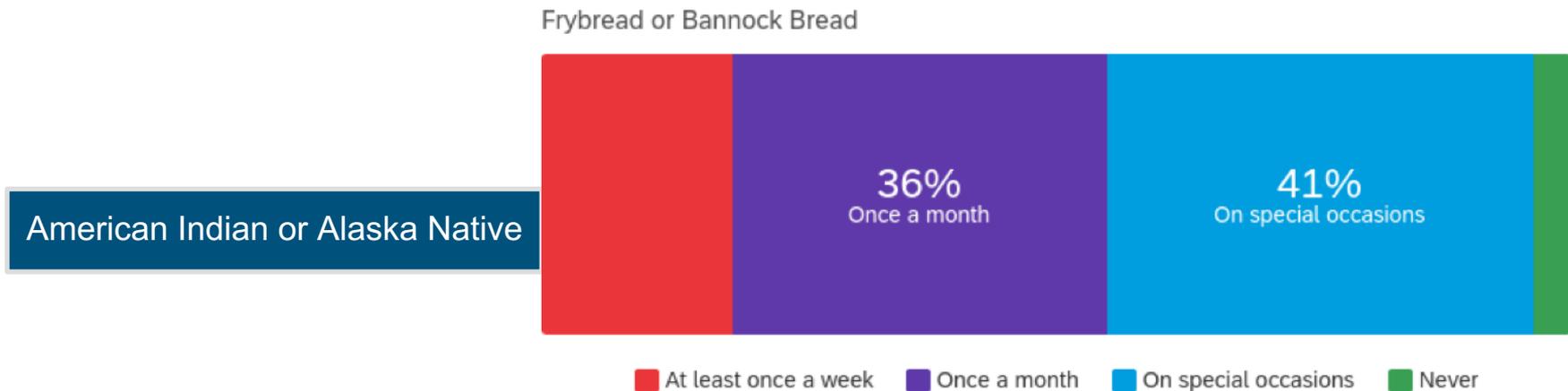
## Q73 - How often do you eat the following foods: Elk?



## Q73 - How often do you eat the following foods: Bison?



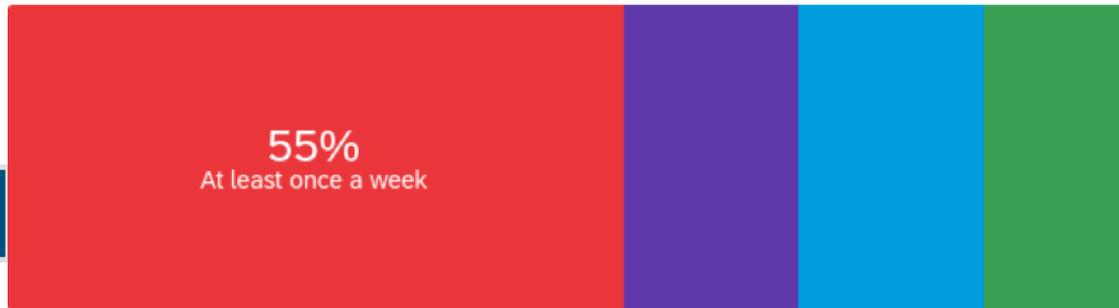
## Q73 - How often do you eat the following foods: Frybread or Bannock Bread?



# Q73 - How often do you eat the following foods: Other (e.g., corn, beans, squash, wild rice, Indian rice grass...)?

Other (e.g., corn, beans, squash, wild rice, Indian rice grass...)

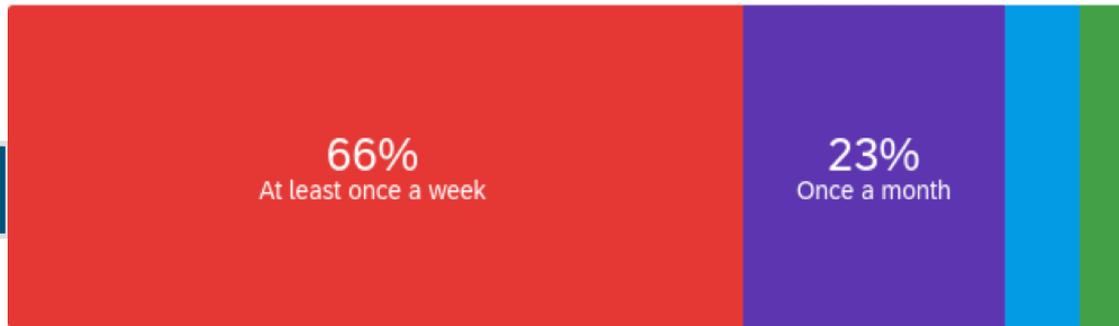
American Indian or Alaska Native



At least once a week Once a month On special occasions Never

Other (e.g., corn, beans, squash, wild rice, Indian rice grass...)

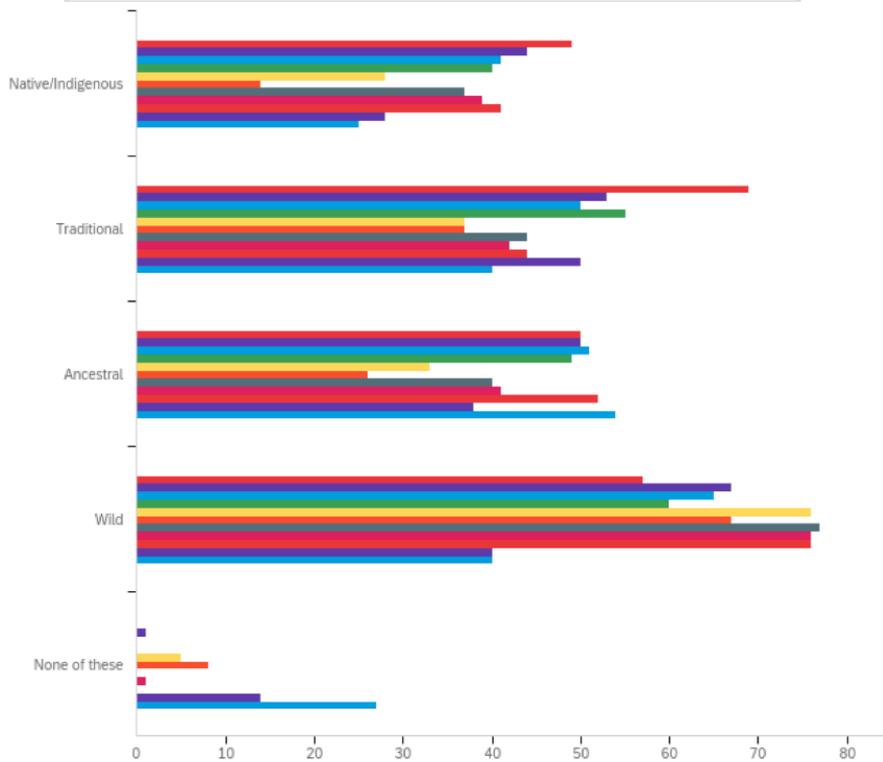
Non-Native



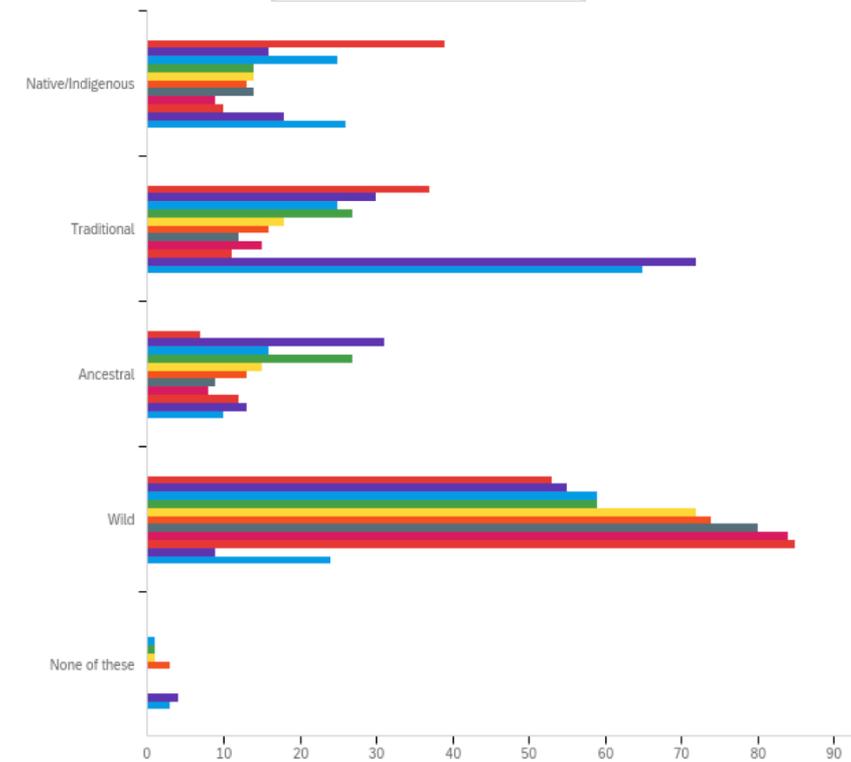
At least once a week Once a month On special occasions Never

# Q70 - How would you describe the following food items?

## American Indian or Alaska Native



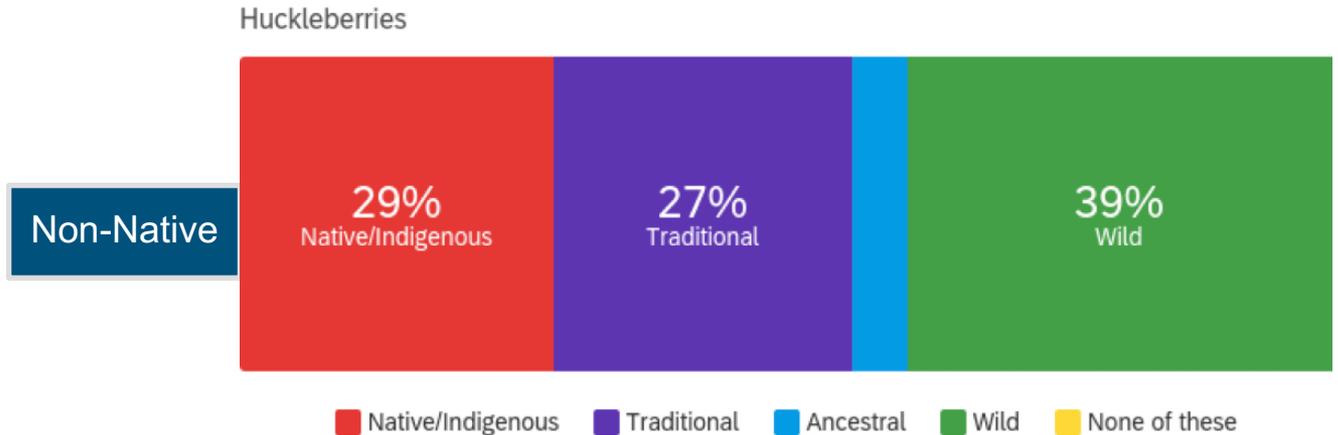
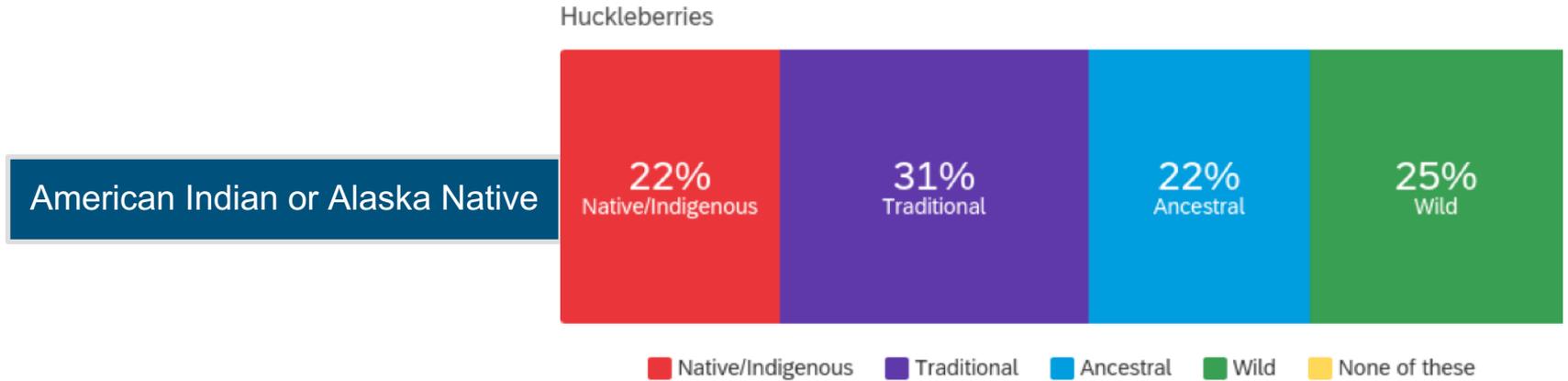
## Non-Native



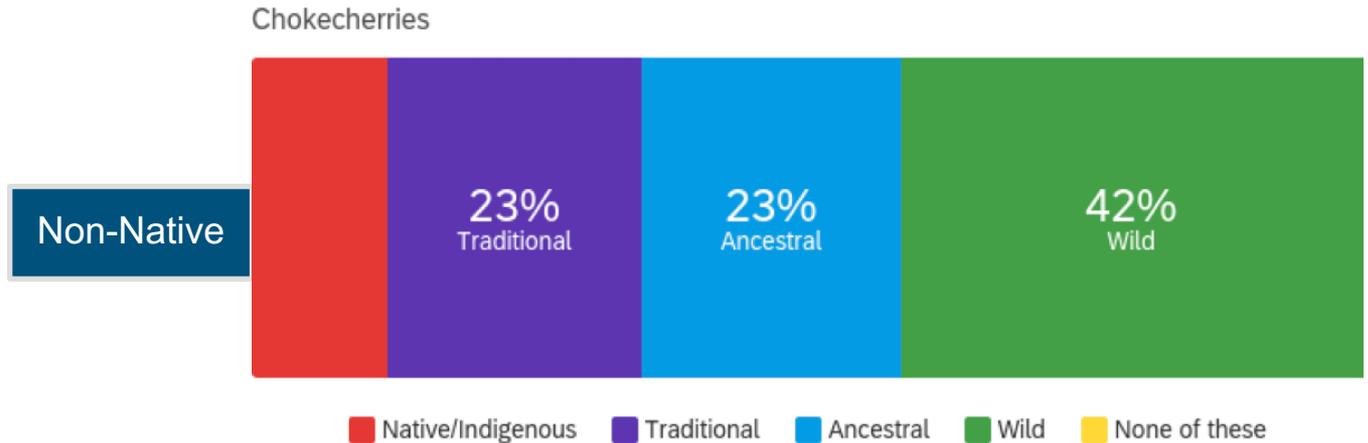
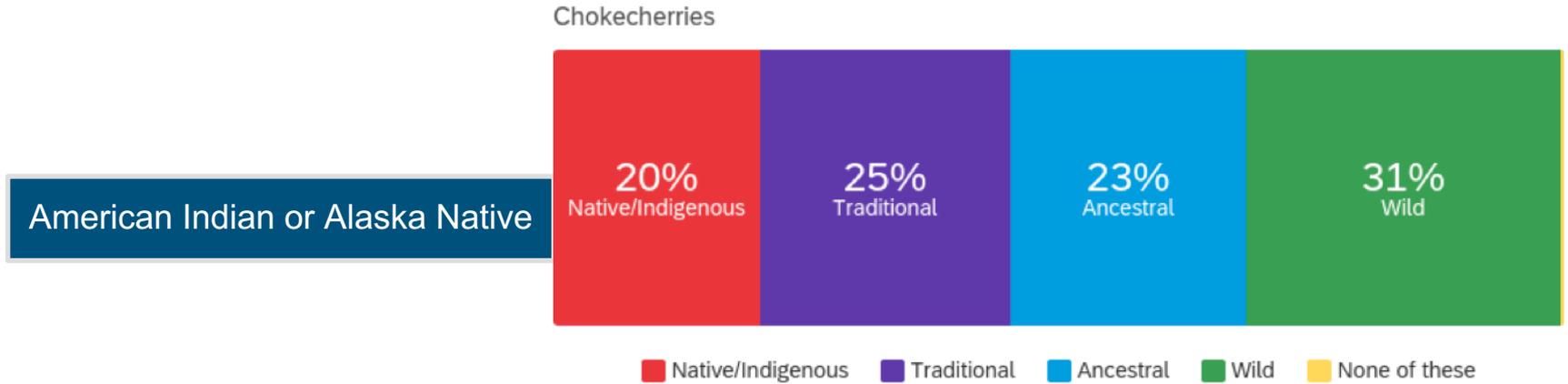
■ Huckleberries 
 ■ Chokecherries 
 ■ Bitterroot 
 ■ Camas 
 ■ Lake trout 
 ■ Bass 
 ■ Deer 
 ■ Elk 
 ■ Bison 
 ■ Frybread or Bannock Bread 
 ■ Other (e.g., corn, beans, squash, wild rice, Indian rice grass ...specify i...

■ Huckleberries 
 ■ Chokecherries 
 ■ Bitterroot 
 ■ Camas 
 ■ Lake trout 
 ■ Bass 
 ■ Deer 
 ■ Elk 
 ■ Bison 
 ■ Frybread or Bannock Bread 
 ■ Other (e.g., corn, beans, squash, wild rice, Indian rice grass ...specify i...

## Q70 - How would you describe the following food item: Huckleberries?

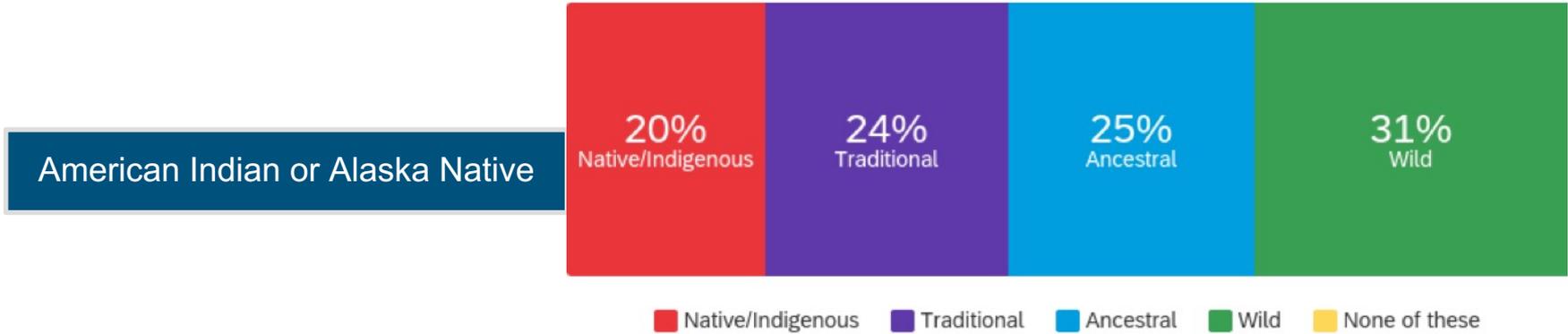


# Q70 - How would you describe the following food item: Chokecherries?

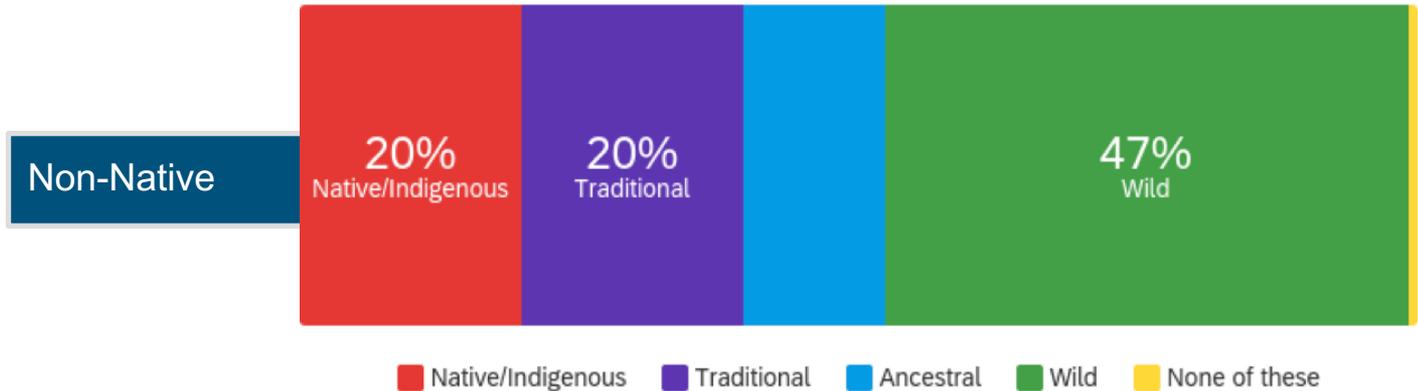


# Q70 - How would you describe the following food item: Bitterroot?

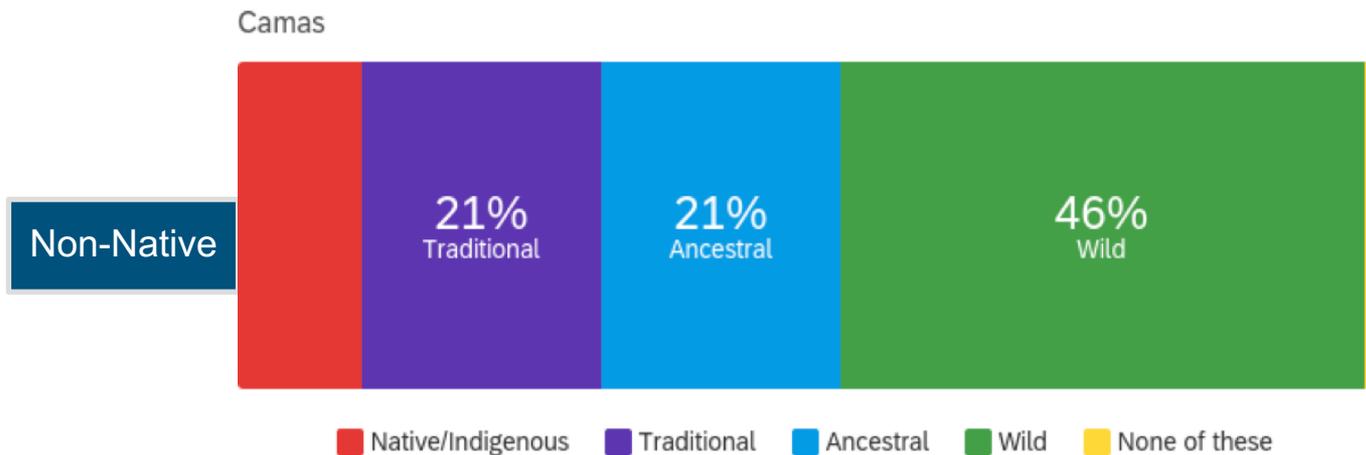
Bitterroot



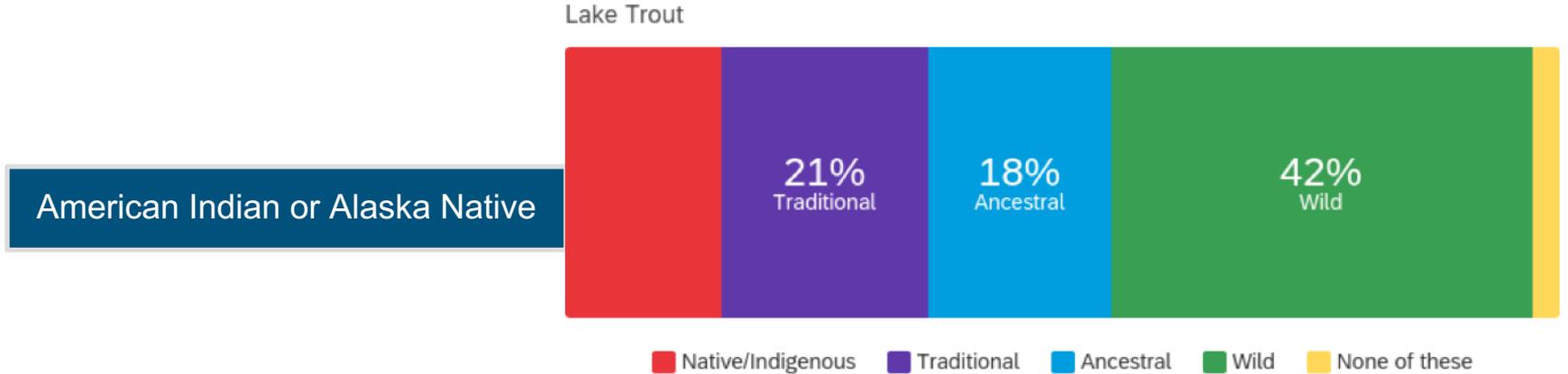
Bitterroot



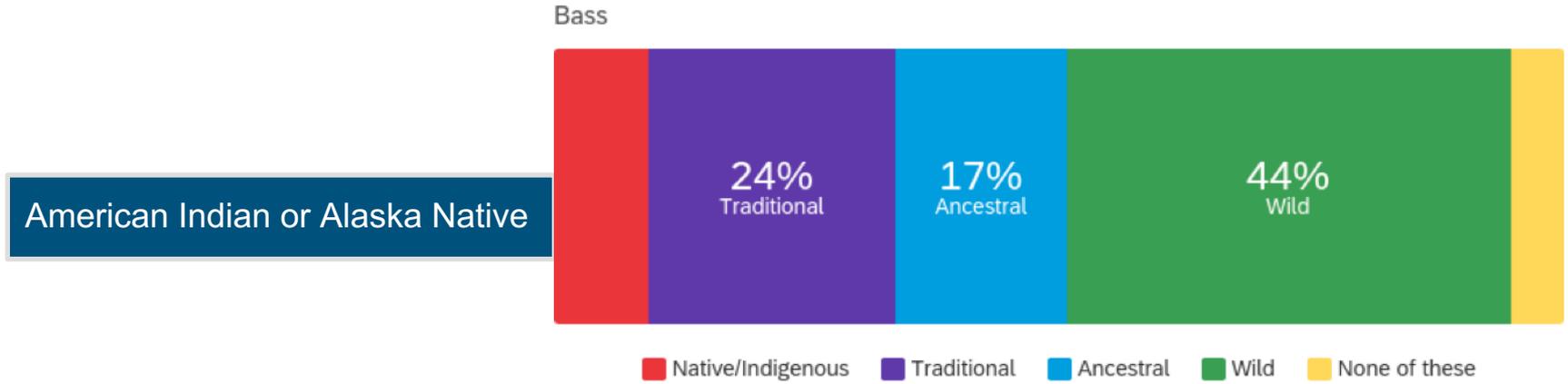
# Q70 - How would you describe the following food item: Camas?



# Q70 - How would you describe the following food item: Lake Trout?

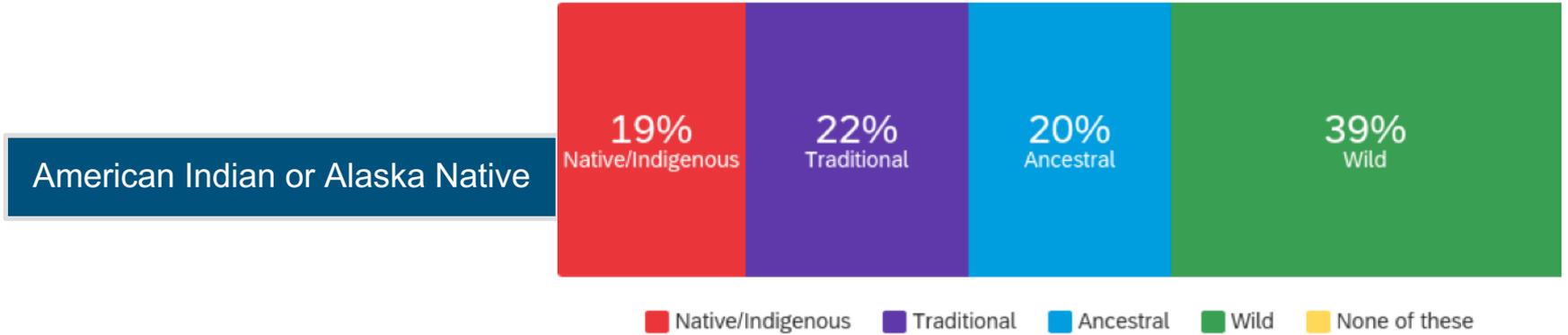


# Q70 - How would you describe the following food item: Bass?

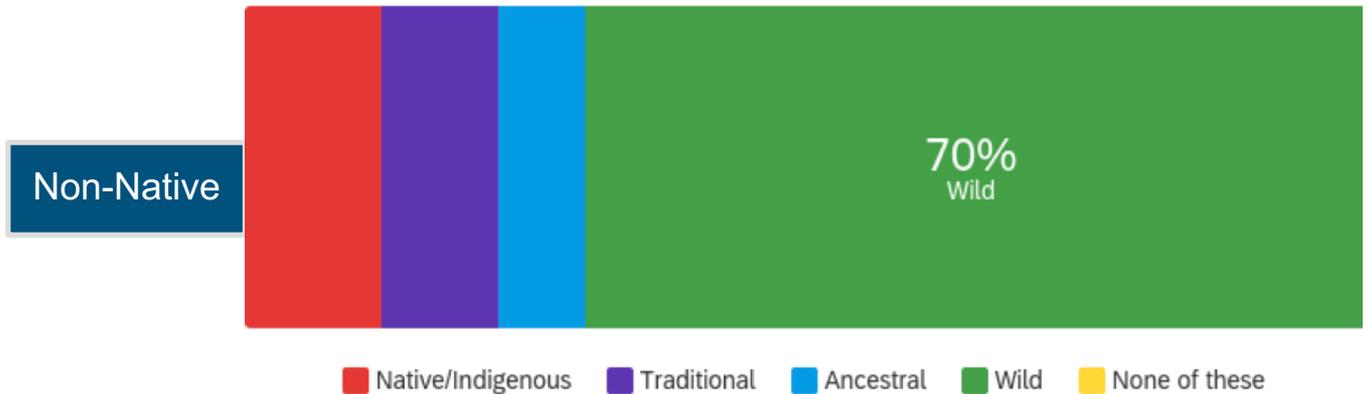


# Q70 - How would you describe the following food item: Deer?

Deer



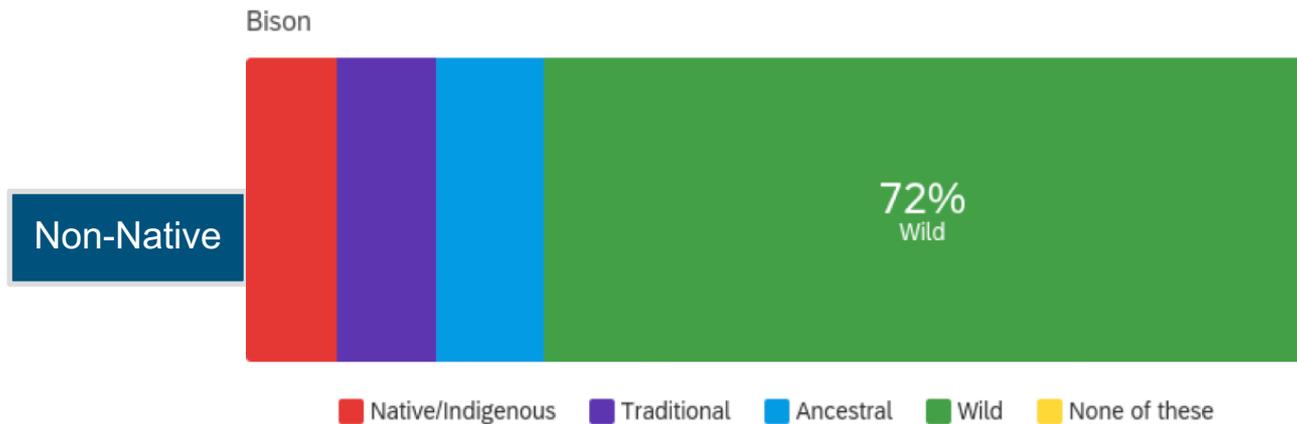
Deer



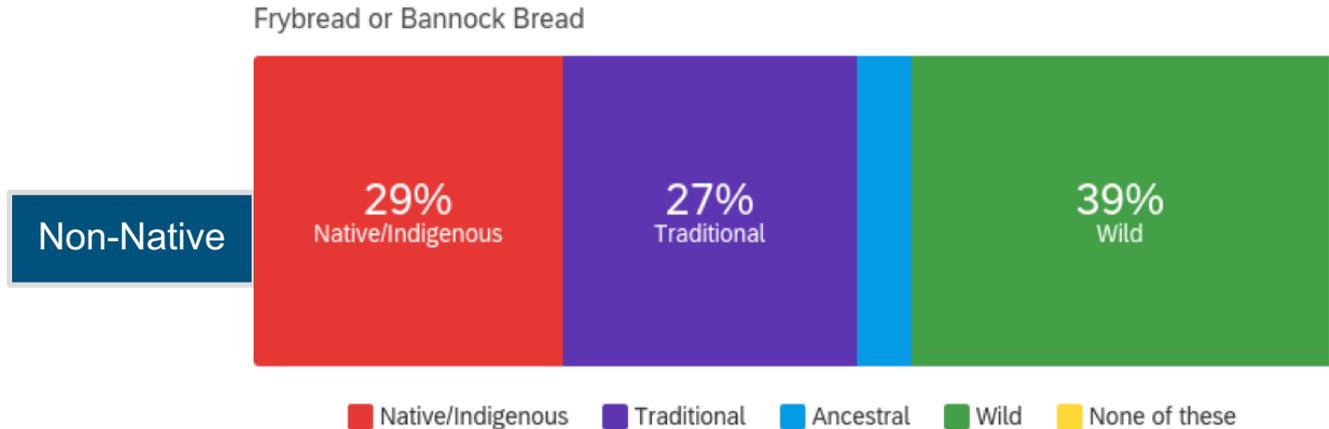
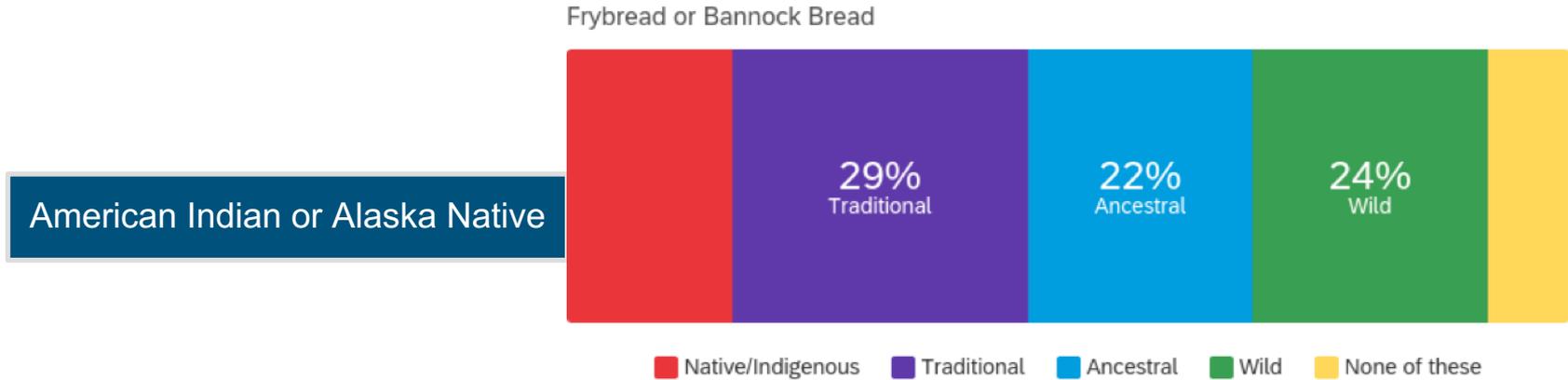
## Q70 - How would you describe the following food item: Elk?



## Q70 - How would you describe the following food item: Bison?

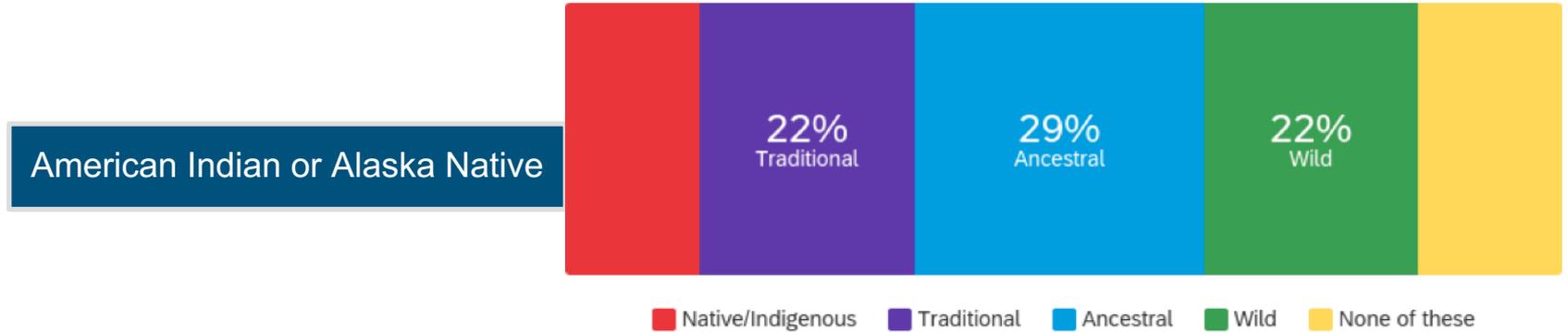


## Q70 - How would you describe the following food item: Frybread or Bannock Bread?

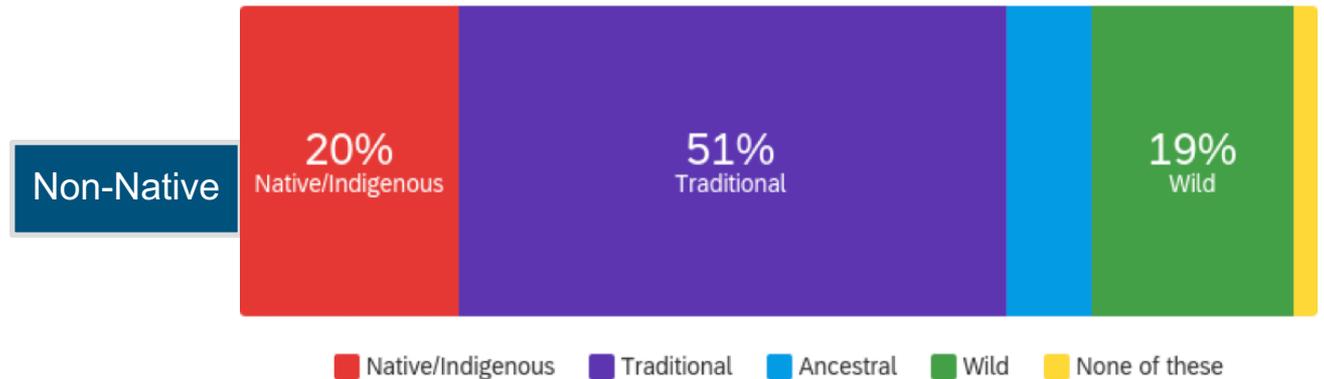


**Q70 - How would you describe the following food item: Other (e.g., corn, beans, squash, wild rice, Indian rice grass...)?**

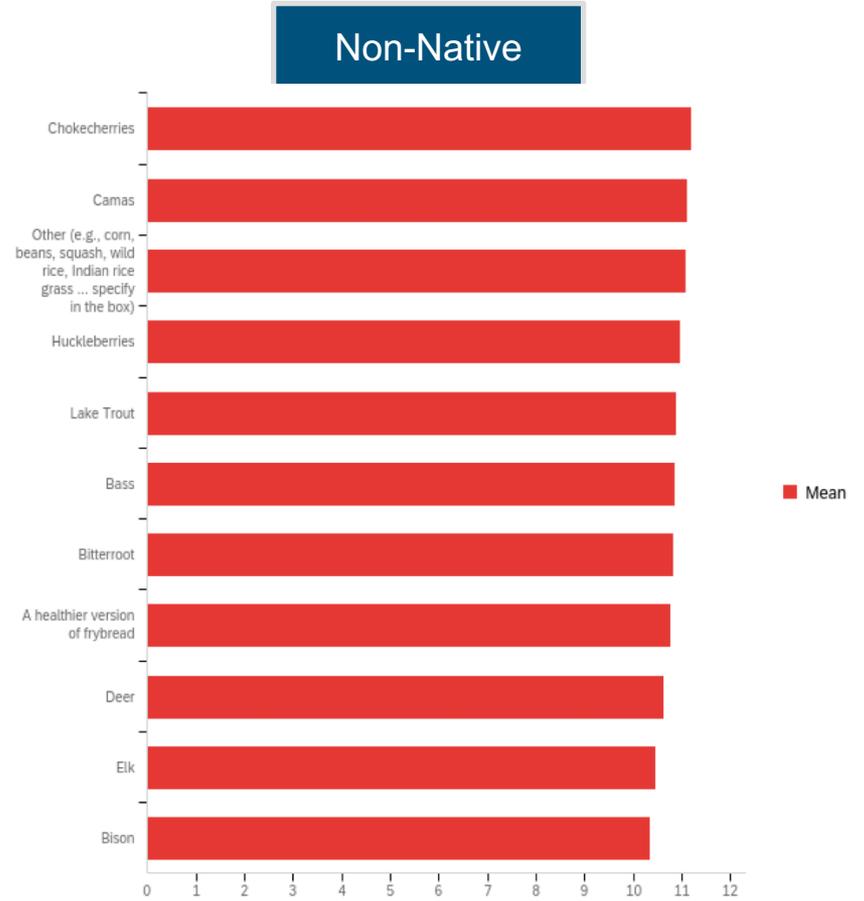
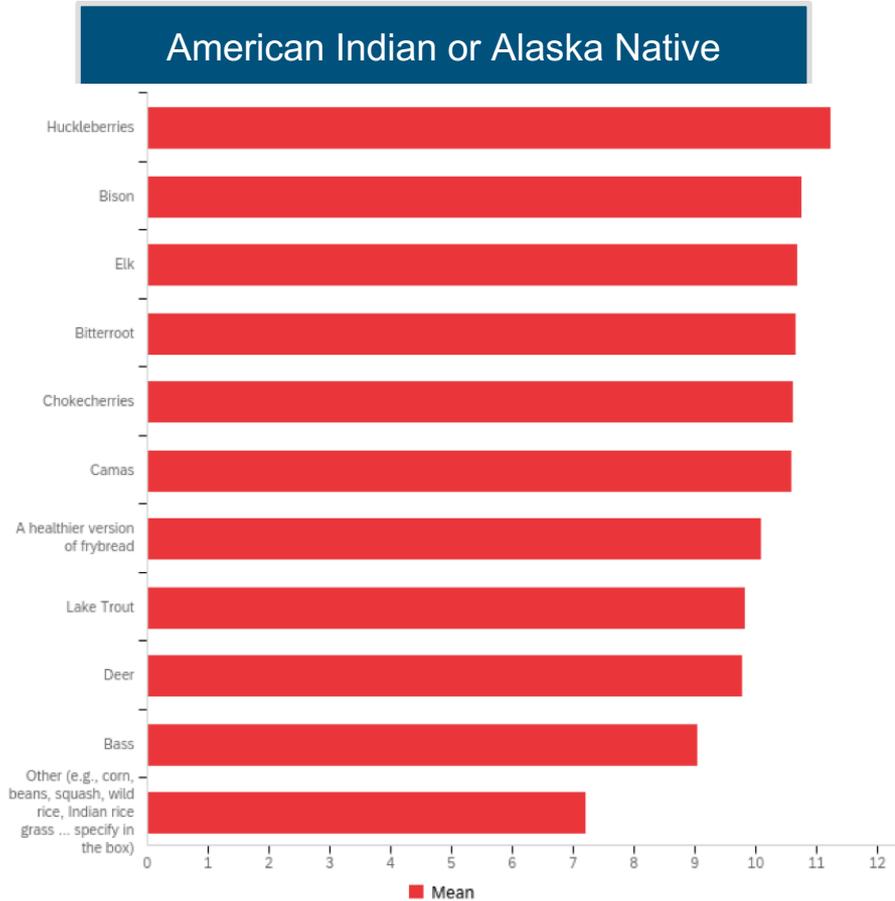
Other (e.g., corn, beans, squash, wild rice, Indian rice grass...)



Other (e.g., corn, beans, squash, wild rice, Indian rice grass...)

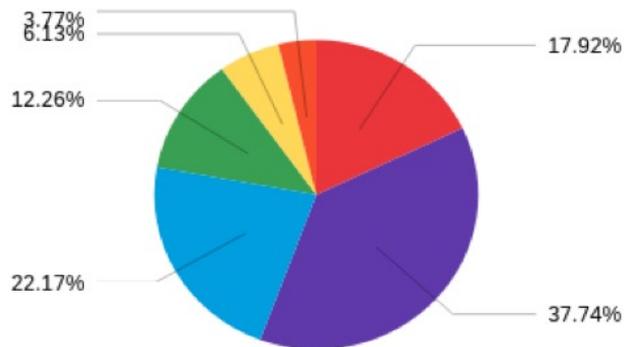


**Q74 - How interested are you in eating more of the following foods? 1 being not interested and 5 being extremely interested.**

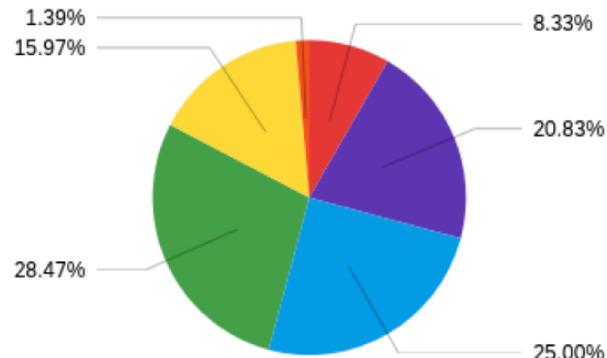


**Q75 - For the foods in the last question that you are interested in consuming more, what are the major reasons that you have not consumed much of them? Check all that apply and feel free to elaborate more in the text boxes.**

### American Indian or Alaska Native



### Non-Native



- I do not have access to them.
- I do not know how to access them.
- I do not know how to prepare them.
- I do not have time to access them.
- I do not have time to prepare them.
- Others (Please elaborate).

- I do not have access to them.
- I do not know how to access them.
- I do not know how to prepare them.
- I do not have time to access them.
- I do not have time to prepare them.
- Others (Please elaborate).

**Q75 - For the foods in the last question that you are interested in consuming more, what are the major reasons that you have not consumed much of them? Check all that apply and feel free to elaborate more in the text boxes.**

**American Indian or Alaska Native Comments:**

**I do not have access to them.**

- Bison
- I live alone and don't have the tools to access them. I live on commodities and I believe they are slowly killing me . I was raised on wild meat and berries and I miss not being able to get them. The bison meat at commodities is horrid. They must sent the back end mixed with hooves to people on commodities.
- I am married to a tribal member from another tribe and our tribe will not allow him to hunt with me.
- I'm older and don't have as easy access to them as I did when I was younger.
- these are seasonal foods

**I do not know how to access them.**

- I know people who do access them. Also I am a "guest " on this reservation so not all places to access them are open to me. I respect. That but would love to have healthier food choices. I also don't have the financial means to purchase them if that were an option.
- gathering and hunting

**I do not know how to prepare them.**

- Camas
- I know how to prepare them except camas and bitterroot. Bitterroot is an acquired taste
- Wild rice
- I can prepare my own food in a traditional way but like modern day kitchen tools and appliances

**Q75 - For the foods in the last question that you are interested in consuming more, what are the major reasons that you have not consumed much of them? Check all that apply and feel free to elaborate more in the text boxes.**

**American Indian or Alaska Native Comments:**

**do not have time to access them.**

- My work is very busy and I don't know how to prepare.
- I have lots of time.
- we gather and hunt with the season

**I do not have time to prepare them.**

- Deer, Elk, chokecherries
- Lots of time to prepare!
- when we gather or hunt preparing the food is part of the process

**Others (Please elaborate).**

- Transportation
- My health isn't good enough to go get them
- Elk and bison, I find hunters for the elk. Bison is by chance of buying.
- They are seasonal
- Dont have the ability to access on my own due to \$ and disability
- I would like to see local tribal ranchers replace cows with bison
- I have access to most during traditional time, I have been taught to gather, yet, I only know a couple ways to prepare each. It would be interesting to learn more ways.
- Most of these I do have access too. My wife is a CSKT Tribal member and is allowed to gather or hunt these. I am not enrolled in CSKT so I am not able to access much without her. Luckily, she is knowledgeable and participates in hunting and gathering.

**Q75 - For the foods in the last question that you are interested in consuming more, what are the major reasons that you have not consumed much of them? Check all that apply and feel free to elaborate more in the text boxes.**

### Non-Native Comments

**I do not have access to them.**

- Fresh bison meat is hard to find
- NA
- I do not have a hunting or fishing license in Montana and I could find good spots to harvest berries if I did some research or asking around.

**I do not have time to access them.**

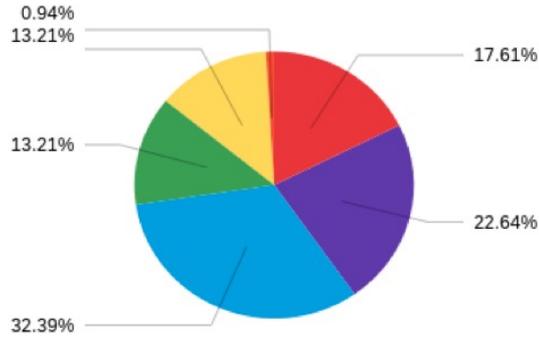
- I pick huckleberries but not as much as I would like to

**Others (Please elaborate).**

- some I don't know how to harvest responsibly (camas/bitterroot), some don't seem like we should be promoting as a commodity or via commercial market! others I can find in the wild myself, and prefer it that way.
- Not familiar with some of them.

**Q76 - If any of the following foods were to be made into healthy products and made available to you, what kinds of products would you be interested in? Feel free to elaborate more in the text boxes.**

**American Indian or Alaska Native**



■ Bison and other game meats (for example, dry meat, jerky, etc.)

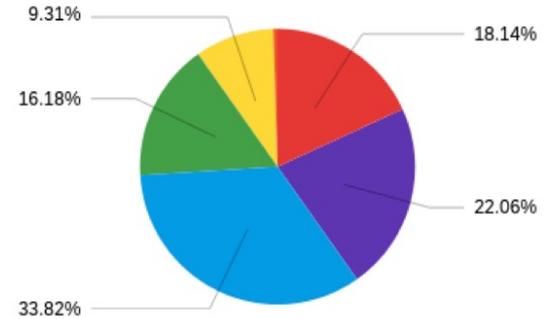
■ Berries, cherries (for example, freeze-dried fruits, baking ingredients, etc.)

■ Medicinal plants (for example, dried tea, seasoning, etc.) ■ Lake trout/bass (for example, smoked fish)

■ Breads (for example, healthy fry bread made with Indian rice grass) ■ Others (please elaborate).

■ Not interested in any of the above

**Non-Native**



■ Bison and other game meats (for example, dry meat, jerky, etc.)

■ Berries, cherries (for example, freeze-dried fruits, baking ingredients, etc.)

■ Medicinal plants (for example, dried tea, seasoning, etc.) ■ Lake trout/bass (for example, smoked fish)

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■ Not interested in any of the above

**Q76 - If any of the following foods were to be made into healthy products and made available to you, what kinds of products would you be interested in? Feel free to elaborate more in the text boxes.**

### American Indian or Alaska Native Comments

**Berries, cherries (for example, freeze-dried fruits, baking ingredients, etc.)**

- Berries are a wonderful add to the home for treats.
- Yes please. Blueberries and elderberries for tonic. All kinds of berries and gluten free and diabetic options
- any berry
- Fresh, frozen, juiced or canned foods are easy to prepare.
- eat some after picking and freeze the rest for later

**Medicinal plants (for example, dried tea, seasoning, etc.)**

- Indian Tea
- I wish I had access to these.
- Yes please and access to ideas. I mix most of my own seasonings so I can leave out all of the additives. Evening in Missoula tea is awesome and we should have access to all the ingredients in our area. I also like sweet and sassy tea and mint. Also some types of sweeteners without aspartame. Community gardens we could grow these and help others to learn about them too
- any
- Dried tea is easy to use.
- we practice this with mountain tea
- Depends who and how these are harvested. Not sure these should be mass produced.

**Q76 - If any of the following foods were to be made into healthy products and made available to you, what kinds of products would you be interested in? Feel free to elaborate more in the text boxes.**

### American Indian or Alaska Native Comments

#### **Lake trout/bass (for example, smoked fish)**

- Would love to have some to eat
- I like the lake trout. I don't know where to get it.
- Not big on smoked fish but frozen is awesome. Whenever I can get lake trout I feel better after eating it along with wild rice which were/are the foods of my people too..
- Frozen or canned is easy to use. Smoked fish on occasion.
- We fish trout, our family prefers creek (crick, LOL) brookies

#### **Bison and other game meats (for example, dry meat, jerky, etc.)**

- Full of nutrition
- I rely on other to hunt for me, elk.
- Dry meat yes. All wild meat. We ate every type of wild meat when I was growing up. And every part of the animal. My mom pressure cooked a lot of the meats.
- Dry meat
- Fresh, frozen or canned.
- we get our meat processed for burger and different cuts and do dry meat
- All and hamburger meat

**Q76 - If any of the following foods were to be made into healthy products and made available to you, what kinds of products would you be interested in? Feel free to elaborate more in the text boxes.**

### American Indian or Alaska Native Comments

**Breads (for example, healthy fry bread made with Indian rice grass)**

- I want to learn a better bread recipe
- Fry bread and flour is not traditional food.
- Yes gluten free options would be awesome. I dont like fry bread
- diabetic healthy breads
- I've never tried healthy fry bread.
- I am not sure about this but would try it, is Indian rice grass local to MT?

**Others (please elaborate).**

- Anything not canned. Frozen. Freeze dried, dehydrated and fresh. Assist folks in acquiring freezers and items needed to for can. Our family also had a big garden and we canned and froze enough for the winters. Gardening in town is cost. Prohibited due to exorbitant water prices.
- I would use wild rice.

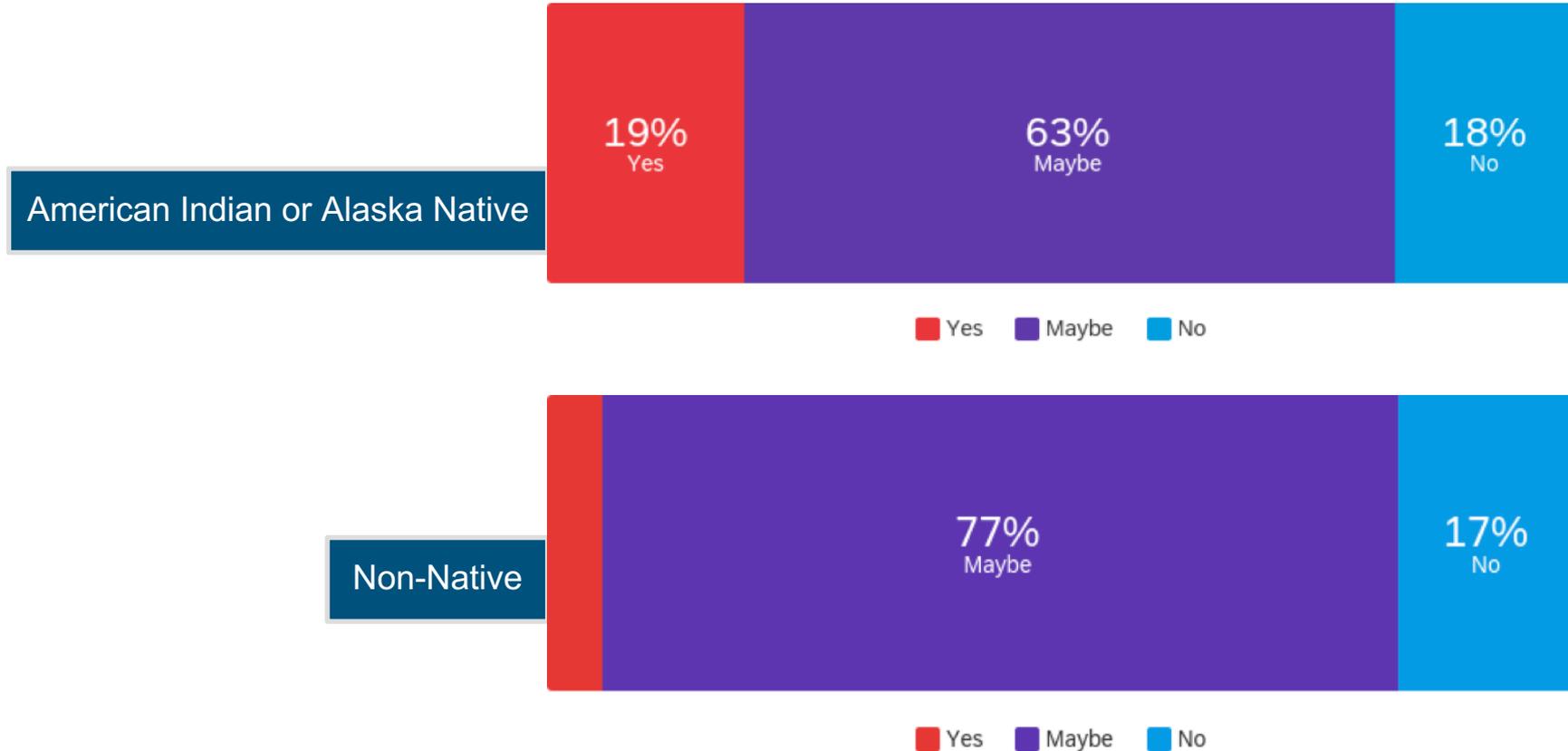
**Q76 - If any of the following foods were to be made into healthy products and made available to you, what kinds of products would you be interested in? Feel free to elaborate more in the text boxes.**

Non-Native Comments

**Others (please elaborate).**

- I'd love all these, but would want trustworthy assurance that wild/indigenous ingredients are being harvested sustainably.

**Q67 - Should Native foods only be available to Native people? Feel free to share your thoughts in the textbox.**



## Q67 - Should Native foods only be available to Native people? Feel free to share your thoughts in the textbox.

### American Indian or Alaska Native Comments

#### Yes:

- but not living on my own reservation I do not have the right to gather and hunt on another reservation
- what grows wild is not enough to sustain a country or world population
- They should definitely prioritize the availability of these foods to indigenous people. But if the opportunity arises for consumption of these foods for non-Natives where it doesn't impede on indigenous people's ability to do so, then they should be able to.

#### Maybe:

- native foods are scarce and should be available to Natives first but non native people shouldn't be discriminated against
- Some knowledge may be cultural and should not be shared. For that reason, ingredients should ONLY be shared if there is plenty for other traditional and non cultural uses.
- It depends on the availability to me. If we risk losing outside access to the food because
- I can see how Native foods can become overharvested by non Indians who will sell the foods.
- There is a limited amount available each year. Unless people understand that our practices/cultures teach us to care for the plant/berries/wild game they shouldn't destroy a food source.

#### No:

- We could learn from knowing what food means to traditional people here.
- I think everyone needs to learn.
- I think everybody should have access to healthy food. And I think when they're sharing going on sharing of knowledge and resources it helps break down some of the racial barriers. I understand that there are a lot of racial barriers to be broken down but we got to start somewhere.
- Everyone should have access to healthy locally sourced food, but only as the foods are available
- We were always told to teach others if they were willing to learn our traditional ways.

**Q67 - Should Native foods only be available to Native people? Feel free to share your thoughts in the textbox.**

### Non-Native Comments

**Maybe:**

- If sustainably harvested/available broader access should be valuable. If availability is limited native peoples should decide.
- it depends on abundance... eg: I can't imagine there's enough bitterroot or camas to supply the demand if marketed well, so be careful!!
- There are certain uses of certain foods that should have Elders/Tribal approval to share with non native populations.

**No:**

- Good food should not be wasted, and those that cannot be eaten should be sold to others.
- Would love to have access to native foods and also support them from an economical standpoint.
- Because no one owns food. You can own the culture but not the product
- I like native foods, and wouldn't want to be unable to eat them

## Q54 - Thank you for your responses. Is there anything else you would like to add?

### American Indian or Alaska Native Comments

- If MSU wants to address issues of food security, sovereignty, sustainability in reservation communities then MSU needs to hire faculty from these communities. No disrespect Dr. Wan-Yuan Kuo but I wouldn't feel comfortable with someone so distanced from our culture making these decisions. But, It would be great to have you in a supportive roll to an American Indian lead project.
- Thank those who protect the environment.
- To protect the environment is to save ourselves, human beings.
- Treat everyone with respect n ask before you do anything. Thanks
- I hope there is something positive that comes out of this which I'm sure they're well just the information itself. I also know that there's always lots of talk about things and they don't always happen so I really hope something happens. And I look forward to being called in January

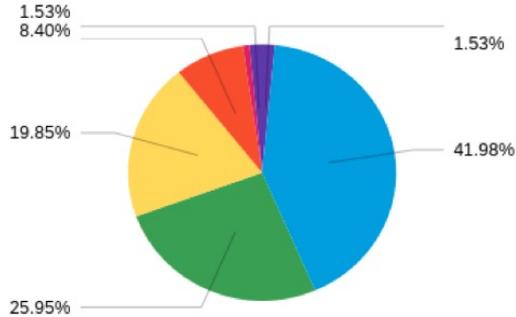
## Q54 - Thank you for your responses. Is there anything else you would like to add?

### Non-Native Comments

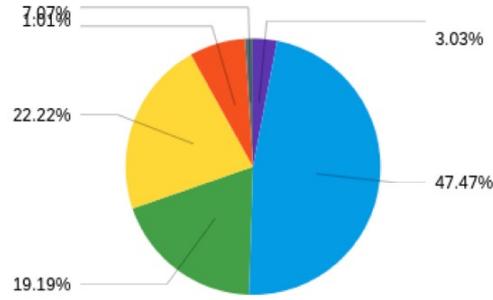
- I have never considered Native foods before, so I think this attention and research is very important to the issue.
- thank you for conducting this survey, it is important work
- Please don't support product development if the proposed food appropriates Indigenous foods for non-Indigenous businesses.
- Thank you for promoting localization and Native American food entrepreneurship!
- Thank you for your contribution to protecting ecology and resources!
- Thank you for your contribution to protecting the ecology.
- Thank you for your contribution.
- Investigation on waste of food.
- I think safety and health are important to food.
- Protecting the environment is very important.

# Q11 - What is the highest level of school you have completed or the highest degree you have received?

## American Indian or Alaska Native



## Non-Native

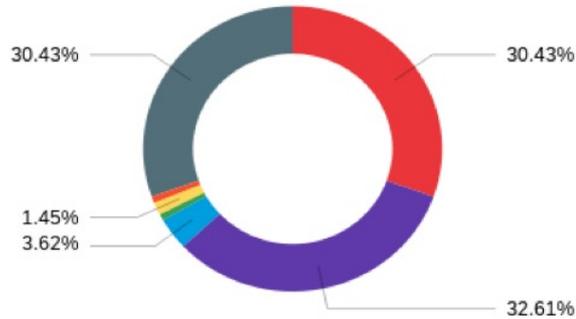


- Less than high school degree
- High school graduate (high school diploma or equivalent including GED or HISET)
- Some college but no degree
- Associate degree in college (2-year)
- Bachelor's degree in college (4-year)
- Master's degree
- Doctoral degree
- Professional degree (JD, MD)
- Prefer not to answer
- Others, please specify

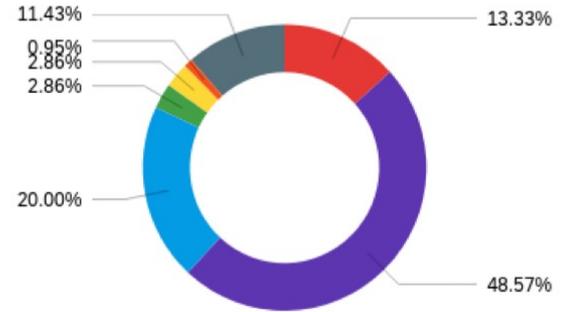
- Less than high school degree
- High school graduate (high school diploma or equivalent including GED or HISET)
- Some college but no degree
- Associate degree in college (2-year)
- Bachelor's degree in college (4-year)
- Master's degree
- Doctoral degree
- Professional degree (JD, MD)
- Prefer not to answer
- Others, please specify

**Q32 - Do you work in food service or distribution? Feel free to share in the text box the business name and your role.**

**American Indian or Alaska Native**



**Non-Native**



■ Yes, grocery stores  
 ■ Yes, restaurants, catering, food trucks  
 ■ Yes, lodging facilities

■ Yes, institutional food services  
 ■ Yes, food pantries/food banks  
 ■ Yes, others (please specify)

■ No

■ Yes, grocery stores  
 ■ Yes, restaurants, catering, food trucks  
 ■ Yes, lodging facilities

■ Yes, institutional food services  
 ■ Yes, food pantries/food banks  
 ■ Yes, others (please specify)

■ No

## Q36 - Please share what the term "food sovereignty" means to you

### American Indian or Alaska Native Comments

#### To me it means:

- that I would be able to grow my own food
- Obtaining food in a way that is sustainable and empowering.
- Food sovereignty, saving food.
- NA
- Having agency and access to more traditional and quality food choices.
- There should be no waste of food.
- Foods that were consumed before industrial foods were introduced
- Save food.
- Food is very important, food should not be wasted.
- A nation being able to produce all the food its people need.
- Make our own rules on how we distribute and grow our foods
- being sustainable and independent about growing or sourcing food. For example; having a garden instead of buying fresh produce
- To be able to grow my own food, harvest it, and then persevere it for winter.
- Being able to grow, hunt, and gather my food
- Being able to grow and access healthy foods on a consistent basis. Celebrate native foods on a daily basis and eat healthy. Oh what I wouldn't give to have access to the REAL foods I was raised on.
- Right to healthy and culturally appropriate foods that are sustainable
- gathering, growing and obtaining your own healthy traditional foods
- Access to be able to grow and produce your own food.

## Q36 - Please share what the term "food sovereignty" means to you

### American Indian or Alaska Native Comments

#### To me it means (cont.):

- Having the ability to access food locally without stores. Or the ability to use locally sourced food
- You are able to sustain yourself and family yourself. You grow and eat what you grow or kill
- Being self sufficient and relying less on processed foods
- Food Sovereignty is the ability for a people to sustain themselves with the foods needed to survive and thrive. This means the ability to grow, harvest, gather, hunt, fish, preserve and store the food. The more independent from outside sources the better.
- To eat what is traditional to me. To have access to my traditional foods. Being comfortable with my ancestral foods and preference over convenience foods.
- the ability to provide for self and sustain a community with food.
- Locally grown.
- To be able to sustain traditional foods, gathered in traditional ways.
- It is the right that individuals, immunities and countries have to produce food in order to sustain themselves.
- Food Sovereignty is to realize that our diets have history and that for native people our DIETS have been colonized as much as our land. Connecting or reconnecting with ancestral ways of sustenance is another way to regain culture, respect for the land, and respect for ourselves.
- Building a sustainable system where your food growing is of indigenous and historical significance to a tribe. The ability to grow those items and control what goes into it (growing process) is what food sovereignty means to me.
- The ability to use products that are native to this area and are traditionally consumed foods.
- having enough food to sustain self
- Able to control my own food gathering and choices

## Q36 - Please share what the term "food sovereignty" means to you

To me it means:

### Non-Native Comments

- Ownership of the food story/heritage/life.
- ownership and recognition for your cultural foods
- Being able to have access to healthy and sustainable foods within a local/regional ecosystem.
- local control of food supply with access to healthful & culturally appropriate ingredients; foods gathered/grown/raised sustainably (in an ecologically sound way)
- The ability of the family, tribe, community, or nation to meet the food needs of its members without reliance on outside sources.
- Food is precious, and food must not be wasted.
- Tell me not to waste food.
- Pay more attention to not wasting food.
- Food safety
- Food cannot be wasted.
- Food cannot be wasted.
- Access to enough food to meet the needs of my family.
- The main concern is food safety
- Very important, sustainable is the best.
- Eating and growing within a system fully controlled by the eaters and within a standard of quality, and respect and care for the environment and the people that ate the food in the past and those that enjoy it today.
- I looked it up. :)
- Being able to decide and control the foods you produce, process and consume
- people in a community having a certain level of control over the food systems in their community

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