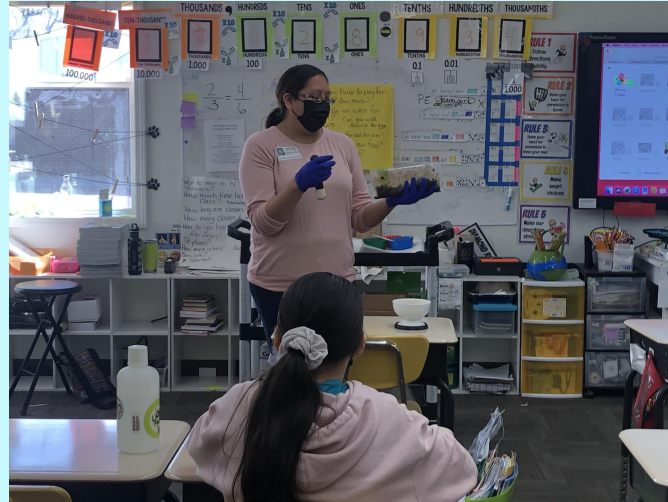


Pemmican Project

Hardin School District 17H&1



Fifth grade students at Crow Agency Elementary School will learn, taste, and make pemmican in their class. We hope that engaging with traditional food and food preparation techniques will promote understanding and limit barriers in trying recipes at home. Increasing the visibility and knowledge of traditional foods for youth will empower families to connect with healthier choices through the land and food.

Meet our team

Tashena Loud Hawk



Tashena is one of the FoodCorps Service Members for the Hardin School District. She is Lakota(Mnicoujou/Oglala) from Cheyenne River, South Dakota.

Sloane RealBird



Sloane is the Communities that Care Coordinator at One Health. She is Apsaalooke and a co-facilitator of Apsaalooke Abundance is Here, a food sovereignty coalition.

Elle Ross



Elle is the Farm to School Coordinator for the Hardin School District. She is from St.Louis, MO and has been in Montana since 2013.

Planning and Pivoting

Goal: That students may gain an understanding of the nutritional, spiritual, ceremonial and educational benefits of pemmican. We hope this project will lay the framework for incorporating more traditional food practices throughout the classroom, cafeteria and community. The primary educational benefit is to connect students to their food, land and culture through a shared experience of creating foods together.

Plan

- ❑ Host a class series where students learn the history from Elders, how to make, and be able to share pemmican with the community

Class Outline

- ❑ Storytelling and food traditions – Introduction to pemmican project
- ❑ Caring is Sharing – Taste testing
- ❑ Make it your own – Students make pemmican in class
- ❑ Go Big and go home – Make take home kits to share with family and community

Pivot

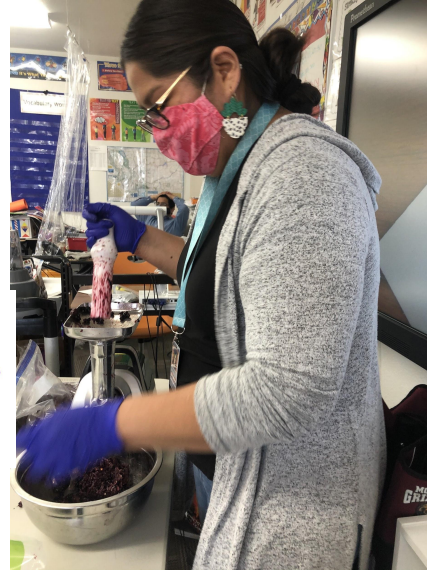
- ❑ Guest speakers were not available
- ❑ Students were on an A/B schedule so there were less available days for lessons
- ❑ Replanted trees in the school orchard

Class Outline

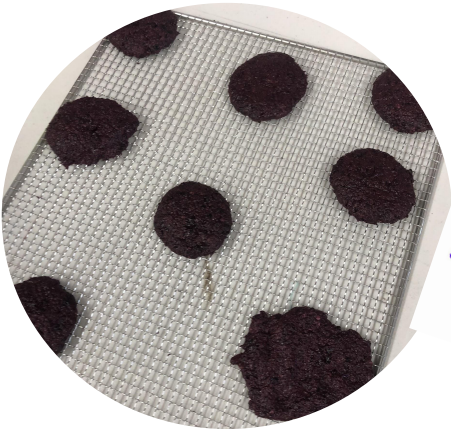
- ❑ Storytelling and tasting
- ❑ Making, tasting and planting

Pemmican Project: Day One

Students made a web sharing food traditions and memories



After demonstrating how to grind chokecherries, students made their own patties



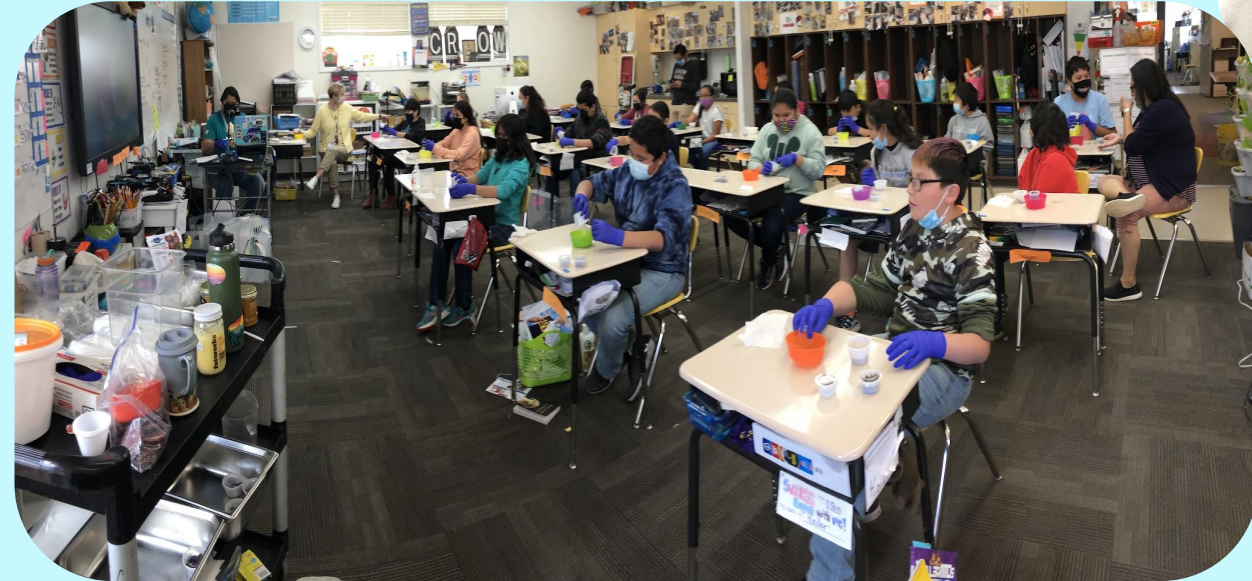
The chokecherry patties were then placed in the dehydrator overnight (at 145°F) for lessons the next day

Pemmican Project: Day Two

Students were given dried meat, the dried chokecherry patties ground, bison tallow, and dried ground cranberries. They followed Tashena's example on the smart board to mix their pemmican



Students were led in a mindfulness taste test of each ingredient before making their own pemmican ball





Pemmican Project: Day Two



Project Reflections



Wrap Up

you pemmiCAN take it with you

Resources:

- Check out our [Pemmican Making Video Here](#)
- Pemmican Project Lesson Plans coming soon!

Ingredients List

- Dried meat
- Chokecherries
- Cranberries
- Bison tallow

Equipment List

- Meat grinder
- Mortar & pestle
- Gloves
- Dehydrator
- Blender

Aho to the 5th grade classes at Crow Agency Public School and MFEI for their willingness to play and learn

Contact Information

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