



Pokagon Band of Potawatomi Indians Fresh Food Resources

Pokagon Band is a member of the Michigan Tribal Food Access Collaborative (MTAC), and recently completed an assessment to learn more about how our community members buy, access, cook, sell, and eat food. This brief shows the fresh food resources in our community.

Healthy Lunch



Tribal citizens can receive a free, healthy, lunch every other month (begin Jan.)

58620 Sink Rd
Dowagiac, MI 49047

CACFP Child and Adult Care Food Program



Provides free breakfast, lunch, and 2 snacks daily for any enrolled child and their families, and staff members.

Pokagon Head Start
58620 Sink Rd
Dowagiac, MI 49047

Elder's Hall



Enrolled Pokagon Elders, and enrolled Elders from other tribes, age 55+, and their families, friends, transporters, and other employees can receive free lunch. Pokagon Band employees, Tribal citizens ages 7-54 who are accompanying a Pokagon Elder can buy a lunch for \$2.

53237 Townhall Rd
Dowagiac, MI 49047

Community Garden



Gardens are available for any tribal citizen, their families, and tribal employees. Planting begins in late Spring, harvest wraps up at the end of October.

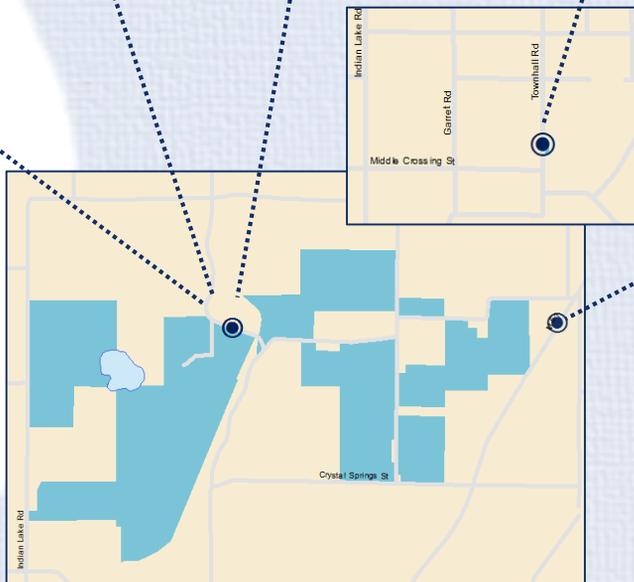
58620 Sink Rd
Dowagiac, MI 49047

Bent Tree Convenience Store



Bent tree is a tribally owned convenience store that sells a variety of fresh, canned, and frozen foods.

58878 M 51 S
Dowagiac, MI 49047



What's available at these locations?

The following resources offer a variety of produce and fresh foods. Several accept benefits.

| | Accepts WIC | Accepts EBT | Produce Rx | Fresh Veggies | Fresh Fruit | Whole Grains | Eggs | Meat | Fish | Local Foods |
|-------------------------|-------------|-------------|------------|---|---|---|--|---|---|---|
| Healthy Lunch | NA | NA | NA |  |  |  |  |  |  |  |
| Elder's Hall | NA | NA | NA |  |  |  |  |  |  |  |
| Community Garden | NA | NA | NA |  |  | | | | |  |
| CACFP | NA | NA | NA |  |  |  |  |  |  |  |
| Bent Tree | NA | NA | NA |  | | |  | |  |  |

What free, healthy meals are available during the week?

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|---|--|
| <i>(see eligibility information on other side)</i> | <i>(see eligibility information on other side)</i> | <i>(see eligibility information on other side)</i> | <i>(see eligibility information on other side)</i> | <i>(see eligibility information on other side)</i> | <i>(see eligibility information on other side)</i> | <i>(see eligibility information on other side)</i> |
| | Elder's Hall 12pm-1pm 53237 Townhall Rd Dowagiac, MI | Elder's Hall 12pm-1pm 53237 Townhall Rd Dowagiac, MI | |
| | CACFP During Early Childhood Center hours 58620 Sink Rd Dowagiac, MI | CACFP During Early Childhood Center hours 58620 Sink Rd Dowagiac, MI | CACFP During Early Childhood Center hours 58620 Sink Rd Dowagiac, MI | CACFP During Early Childhood Center hours 58620 Sink Rd Dowagiac, MI | | |

About the Michigan Tribal Food Access Collaborative (MTFAC)

In April 2017, the Inter-Tribal Council of Michigan brought together six tribes with funding from the Michigan Health Endowment Fund to address nutrition related health disparities in tribal communities throughout the state. Collaborative Goals:

1. Create a statewide Tribal Food Access Community of Learning
2. Increase children screened for BMI
3. Learn more about community food systems
4. Increase food resources for community members
5. Increase resources about child nutrition that include Native American Culture and Traditional Foods

To learn more about the project, or how you can be involved, contact:
Michelle Schulte, Inter-Tribal Council of Michigan, mschulte@itcmi.org

