

Quapaw Nation
Food Sovereignty Assessment
2018-2019



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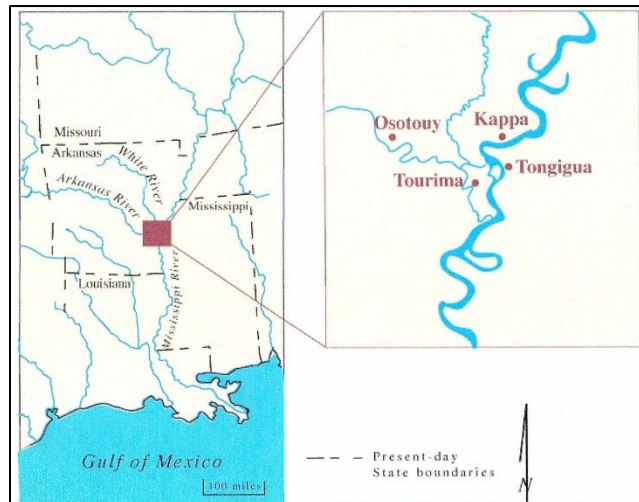
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Background and Introduction

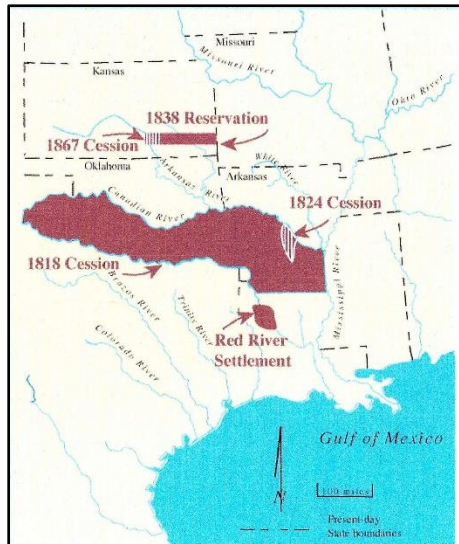
Quapaw Nation

According to oral traditions, the Quapaw and their Dhegiha Sioux kinsmen lived in the Ohio Valley and sometime before 1673, migrated westward toward the Mississippi River. When they reached the Mississippi, a fog separated the group and the Quapaw traveled in a downstream direction. This separation accounted for the very name of the Quapaw (O-GAH-PAH), which in Sioux language translates “Downstream People.” The Quapaw (O-GAH-PAH) traveled down the Mississippi River, settling where the Arkansas River makes its confluence with the Mississippi River.

In 1673, the first Frenchmen to encounter the Quapaw were Jacques Marquette, a Jesuit missionary, and Louis Joliet, a fur trader. An Illinois Indian identified the Quapaw for Father Marquette as the “Akansea”, an Algonquin word. Marquette and Joliet called the Quapaw “Akansea” and later named the river and the land (which is now the state of Arkansas) after the Quapaw’s Algonquian name. The French and the Quapaw forged a military alliance that lasted about six or seven decades. Throughout the colonial era, Quapaws played important roles in commerce, diplomacy, and in providing military assistance to their French and Spanish allies.



Villages consisted of longhouses arranged around a central plaza used for public gatherings and ceremonial performances. Each Quapaw village had a chief who was advised by a council of male elders. At the time of French contact, the Quapaws were intensive cultivators who also gathered wild plants, hunted, and fished. The Quapaws grew maize (corn), beans, squashes, gourds, and tobacco in fields scattered among the villages. The men cleared the fields and the women planted and tended the crops. Using a digging stick, the women punched holes in the ground and often planted corn and beans together, so the stalks could support the vines. Corn was made into grits, hominy, mush, or roasted whole.



When the United States purchased the Louisiana Territory in 1803, the Quapaws were residing in three villages on the Arkansas River. The government had plans to use their aboriginal lands, so the Quapaws were forced to cede vast tracts of their lands through treaties in 1818 and 1824. The government removed the Quapaws from their ancestral homelands to a part of Louisiana near the Red River where the Caddos resided. After years of crop failures and starvation, most of the Quapaw returned to Arkansas. The occupation of new people in their homeland necessitated a third treaty. In the Treaty of 1833, the Quapaw relinquished their claims of the land in Caddo country in exchange for 150 sections of land in Indian Territory, present day Oklahoma. In 1834, the Quapaw were led to the northeastern Indian Territory by Heckaton.

The passage of the Dawes Severalty Act in 1887 proposed that the government would allot Indian land of 80 acres per person, with the remainder of promised Indian lands to be opened to homesteaders or sold. Despite government schemes to settle other Indian tribes or homesteaders on the Quapaw reservation, the Quapaw attempted to retain their lands by increasing the number residing on the reservation and allotting their own lands before the government did it arbitrarily and opened the remainder to homesteaders or other tribes. They established an official tribal roll in 1893, and the allotments were ratified by Congress in 1895.

Lands acquired during the allotments were later found to contain mineral resources that provided a source of prosperity extending into the 20th century. The mineral discovery of lead and zinc prompted the passage of legislation enabling landowners to lease their property for mining without government approval and making Quapaw landowners “wards” of the U.S. government. This brought considerable wealth but also mining byproducts that severely contaminated the surrounding land and water, leading the Environmental Protection Agency to declare the area a priority superfund site in 1983 that is still being cleaned to this day.



In 1956, the Quapaws adopted a governing resolution that established the current Business Committee which succeeded the traditional leadership of the chiefs as the tribal government. Elected by tribal members, the seven-member council is composed of a chairman, vice-chairman, secretary-treasurer, and four council members.

Throughout the years, the Business Committee has implemented a magnitude of programs such as:

- | <u>Tribal Departments:</u> | <u>Tribal Business Enterprises:</u> |
|---|--|
| <ul style="list-style-type: none">• Community Health Representative Program• Cultural Preservation Department• Department of Higher Education• Elder Title VI Activity Center• Environmental Office• Family Services• Fitness Center• Housing Department• Library• Marshal Service• Museum and Cultural Center• Picher Water Authority• Realty Office• Social Services• Tag Agency• Three Fire/EMS stations• Tribal Court | <ul style="list-style-type: none">• Downstream Casino Resort• Downstream Crafted Brewing Company• Downstream Q Store• Eagle Creek Golf Course• O-Gah-Pah C Store• O-Gah-Pah Coffee• O-Gah-Pah Greenhouses• O-Gah-Pah Pride Kennel• Quapaw Casino• Quapaw Cattle Company• Quapaw Counseling Services• Quapaw Farmers Market• Quapaw Food Services Authority• Quapaw Honey• Quapaw Mercantile• Quapaw Services Authority• Saracen Q Store• Saracen Annex Casino• Tribal Gaming Agency• Two childcare learning centers |

By 2010, Quapaw Nation was able to reprioritize farm-to-table initiatives at the tribal level. The Nation’s agriculture program began with a small herd of bison and has since grown to include many of the tribal businesses listed above.

Food Sovereignty

Quapaw Nation defines food sovereignty as the right of Native peoples to retain their cultural identity and to reserve fundamental rights, including the right to produce food, granted in treaties and other legal documents. It is the process of decolonizing the local food system to recreate a sustainable system that maximizes self-reliance through farm-to-table initiatives.

Quapaw Nation’s Food Sovereignty Team created this definition by splicing together pieces of several other widely accepted definitions to fit the Nation’s mission and growing agriculture initiatives.

For a community food system to be both sovereign and sustainable, all community members must have access to both nutritious and culturally appropriate foods. The community should also be able to supplement their own foods through sustainable

gardening/farming, hunting, or fishing and be fairly compensated for their harvest. Finally, these rights should be secured through government policies (Blackfeet, Summer 2016).

Quapaw Nation has been addressing tribal food sovereignty for nearly a decade by restoring agricultural initiatives at the tribal level. This assessment, and the broader process of creating the assessment, referred to as the food sovereignty project, is a step toward assuming a more active role in the local food system. The purpose of the food sovereignty assessment was to measure community interest in, support for, and awareness about a variety of food sovereignty initiatives. The report serves as a summary and analysis of the 2018 Food Sovereignty Assessment.

Food Sovereignty Assessment

Methods

The food sovereignty assessment was an eighteen-month project led by an AmeriCorps VISTA volunteer, titled the Native Food Sovereignty Fellow, provided by the Indigenous Food and Agriculture Initiative (IFAI). The project began in April 2018 and went until the completion of this report in October 2019.

During the preparation phase of the assessment, the VISTA volunteer assembled a diverse group of employees with vested interest in food sovereignty projects. This group, later named the food sovereignty team, included representation from different tribal departments including:

- Quapaw Community Health Representative Program
- Cultural Preservation Department
- Quapaw Title VI Department
- Quapaw Services Authority
- Quapaw Nation Museum
- Quapaw Cattle Company
- Quapaw Nation Library
- Public Relations

Members of the group also varied in age, tribal affiliation, and personal experiences. Together, this team met monthly to oversee each phase of the food sovereignty project; from setting project goals to selecting the survey questions and writing the final report. These team members were not previously familiar with national food sovereignty movements but were trained through webinars provided by IFAI.

The food sovereignty team's first task was to create project goals and define "food sovereignty" in terms of the Quapaw community. The food sovereignty team decided on the following five overarching goals:

1. Collect data to define the connections between health outcomes, food sovereignty, and economic stability
2. Better understand local food systems from the eyes of Native consumers and producers
3. Develop plans to increase community access to affordable, nutritious food by taking control of the local food system
4. Train the agricultural workforce to ensure future food sovereignty and decrease poverty through sustainable production practices
5. Empower community members to identify their own goals and strategies to improve their local food system

These goals are broad and increasingly difficult to achieve, but they served their purpose to guide the team through the assessment process.

The VISTA volunteer then used the goals to create a work plan that would guide the agenda for each month's meeting. The work plan broke the project into six phases: preparing, planning, designing, conducting, analyzing, and publishing.

The questions for the assessment were selected and revised during the designing phase of the project. To help guide this process, the team decided on a set of key ideas, projects, and goals, related to food sovereignty, that are most needed in the surrounding community. The primary focus areas were:

- Start a seed library
- Reduce diet-related illness
- Building another greenhouse
- Quapaw grocery or general store
- Start a farmers market in Quapaw
- Increase community awareness about available resources
- Set up Quapaw Nation food distribution center or food bank

Each assessment question provided data measuring community need and/or support for at least one of the key focus areas. More details about each area can be found in the Recommendations section, page 34.

The assessment was designed to be mostly multiple choice, except for four short-answer questions, to be quick and user-friendly. The questions were divided into six main categories:

- Demographics
- Nutrition and Health
- Traditional Foods and Practices
- Food Affordability
- Food Access
- Food System Awareness and Programming

In total, there were 60 questions on the assessment that took an average of 5-10 minutes to complete. The full assessment is provided in Appendix A on page 42.

To participate in the assessment, individuals had to be over the age of 18 and reside within a 20-mile radius of Quapaw Nation. To verify this restriction, questions #1 and #2 were required fields. Assessments that left either of these questions blank or provided answers outside of those parameters were excluded. Both Tribal and non-Tribal members were allowed to participate to gather data that was most representative of the entire community.

During the conducting phase, surveys were distributed at various community events by the VISTA volunteer from July 2018 to August 2018. An online version of the assessment was also created using Google Forms and spread via employee email listservs and through working relationships with the Peoria Tribe of Oklahoma and the Wyandotte Nation. Various incentives were provided for completing the assessment including bundles of produce or entries into raffle prizes. Incentives were only provided at community events, not for completing the online assessment. Participants

were selected at random and remained anonymous. The conducting phase concluded after 356 assessments were completed, for statistical accuracy.

The analyzing phase was completed by the VISTA volunteer with added support from the Oklahoma Department of Agriculture. The conclusions were then reviewed by the food sovereignty team and written into this report for dissemination.

This report marks the completion of the publishing phase of the work plan. The report is divided up into the same categories as the food sovereignty assessment: demographics, nutrition and health, traditional foods and practices, food affordability, food access, and food system awareness and programming. Assume the data presented in this report is from the assessment, unless otherwise specified. The number of participants answering each question will be provided in parenthesis. The report concludes with the food sovereignty team’s recommendations and final analysis of the assessment’s strengths and weaknesses for future duplication.

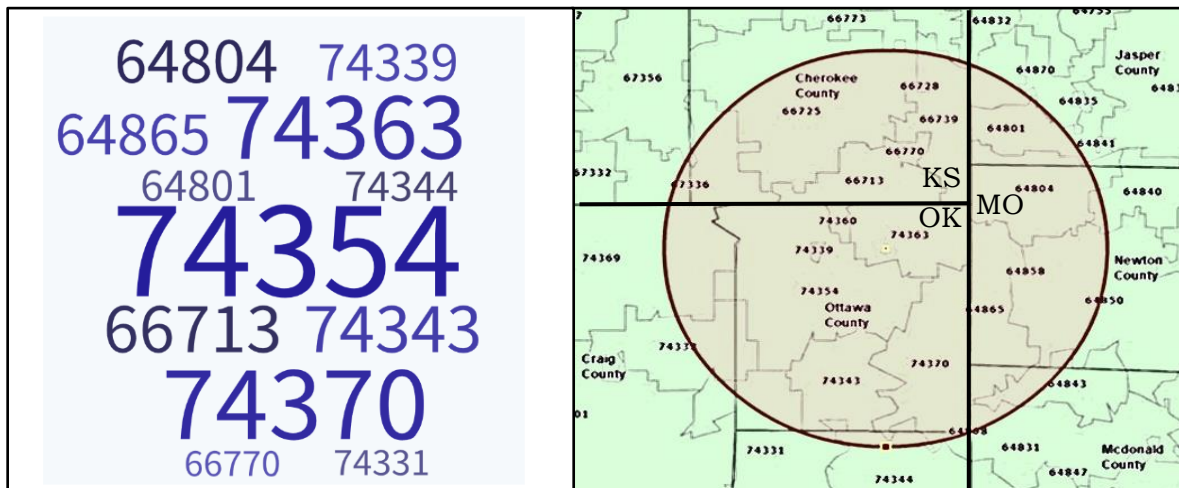
Demographic Data

Demographic and socioeconomic data is a combination of data collected from the US Census Bureau and the Quapaw Food Sovereignty Assessment. An online mapping program, mapbusinessonline.com, was used to estimate that 140,742 people live within the 20-mile assessment radius in 2018 and create the accompanying map.

ZIP CODE (Q1)

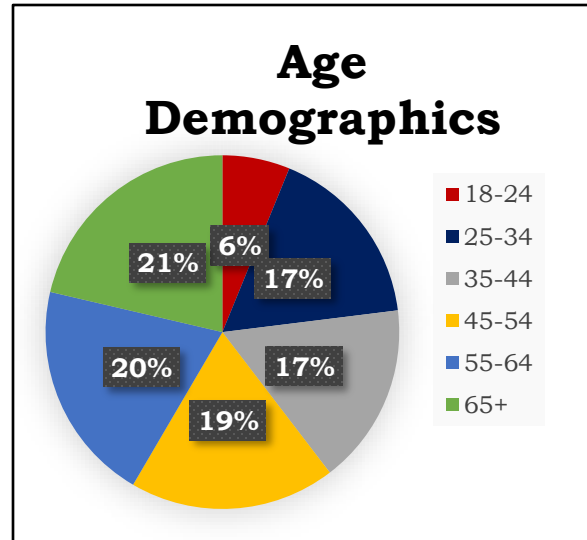
The assessment limited responses to individuals who live within a 20-mile radius from Quapaw Nation by collecting and filtering ZIP-codes. The radius covers parts of eight counties in the Oklahoma, Kansas, and Missouri region. Any ZIP-code at least partially within the radius was accepted. Respondents reported 21 different ZIP-codes with the most frequent responses being: 74354 (Miami, OK), 74363 (Quapaw, OK), and 74370 (Wyandotte, OK).

The responses are shown in the word cloud graphic on the left, with the most common responses shown in larger fonts. The map on the right shows the ZIP-codes within a 20-mile radius from Quapaw Nation, as designated by the circle overlay.



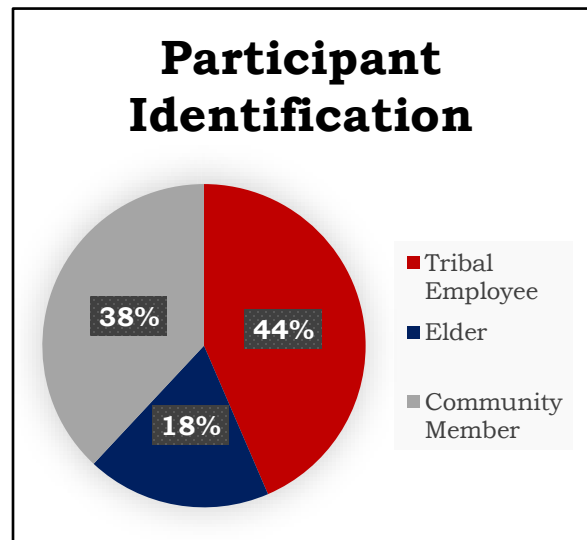
AGE (Q2)

Participation was almost evenly spread between the six available age groups. The least represented group were ages 18-24 years. Census data for the radius shows the 18-24 age group makes up approximately 11% of the radius' overall population, compared to only 6% of the assessment data. The 45-54 and 55-64 age groups were slightly overrepresented in the assessment. They both make up approximately 16% of the overall population, but 20% and 19% of the assessment data, respectively. The median age for the area is 35 years old.



GROUP IDENTIFICATION (Q3)

Participants were able to identify themselves exclusively as either a tribal employee, elder, or community member (n=347). The largest group was tribal employees (44%) while the fewest identified as an elder (18%). The assessment was created and overseen by Quapaw Nation employees who used employee email listservs to solicit responses, so the inequality of this distribution is to be expected.



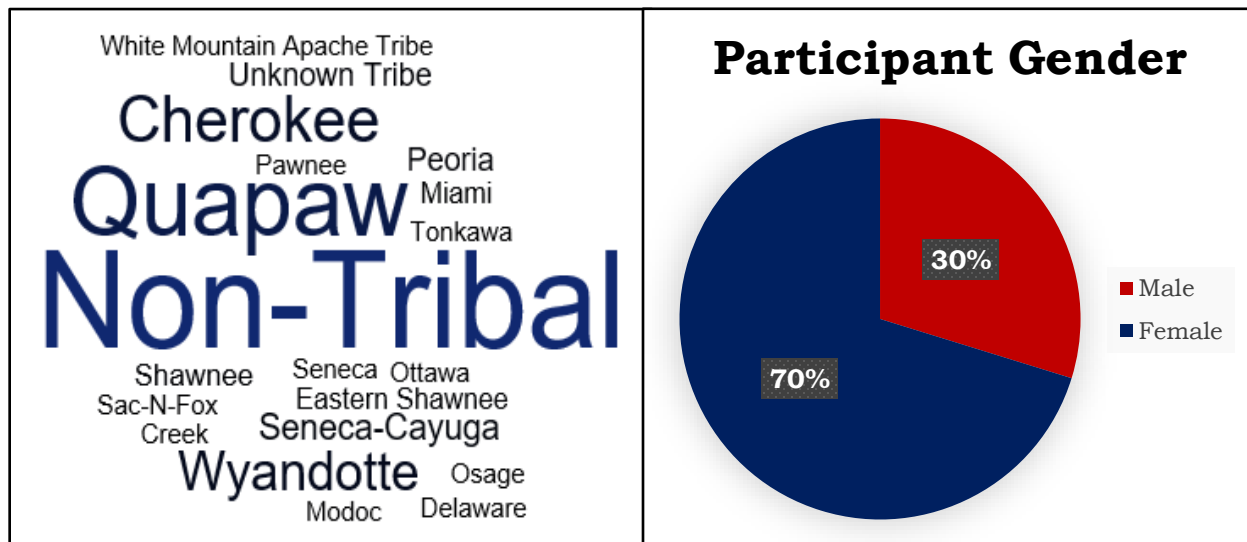
Quapaw Nation considers tribal members over the age of 65 to be elders. The age demographics show 41% of participants are 55 years or older, but more individuals identify with a tribal employee or community member label rather than an elder.

Beyond this report, this question can be used in conjunction with food security and affordability questions as a tool to ensure that Quapaw tribal members and employees are able to meet their basic needs.

TRIBAL AFFILIATIONS (Q4)

For the purposes of this assessment, collecting tribal affiliations was more useful than racial identification due to each tribe and government programs' varying benefits and requirements for food assistance. Ottawa County, Oklahoma is home to eight different tribes: Quapaw Nation, Miami Nation, the Eastern Shawnee Tribe of Oklahoma, the Modoc Tribe, Ottawa Nation, the Peoria Tribe of Indians of Oklahoma, the Shawnee Tribe, and Wyandotte Nation. The Seneca-Cayuga Tribe is not housed in Ottawa County, but still partially resides within the assessment's 20-mile radius.

Some 63% of respondents reported being enrolled in a tribe (n=320). The most common tribes represented were Quapaw Nation (24%), Cherokee Nation (13%), and Wyandotte Nation (10%). A total of 18 different tribes were represented in the assessment data. The word cloud graphic shows abbreviated names for each as well as the rough frequency—the larger the name, the more frequently it was reported.



GENDER (Q5)

Approximately 30% of the participants identified as male and 70% as female (n=356). These values differ from census data that reports 49% of the overall radius population identified as male and 51% as female, but this report does not separate question responses by gender. No one chose “Prefer Not to Answer.”

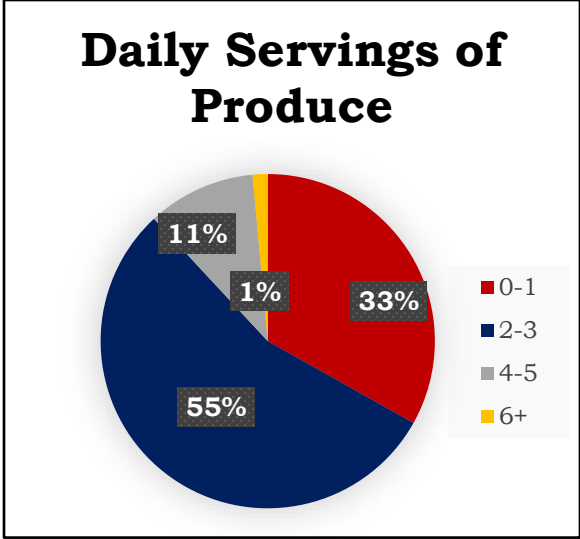
Nutrition and Health

The nutrition and health section of the assessment is used to gauge the population’s eating and exercise habits that translate to overall health and diet-related illnesses. Other questions attempt to understand how education and public opinion affect consumer choices.

Participants were asked about their opinion of their overall health and nutrition, eating habits, whether they have been diagnosed with any diet-related illnesses or food allergies/sensitivities, the status of their health insurance, and their thoughts about the connection between food and health.

NUTRITIONAL QUALITY OF DIET (Q6-9)

The most recent USDA guidelines for fruit and vegetable intake recommend 1½-2 cups of fruits in addition to 2-3 cups of vegetables each day depending on age, gender, and activity levels (USDA: United States Department of Agriculture, 2019).

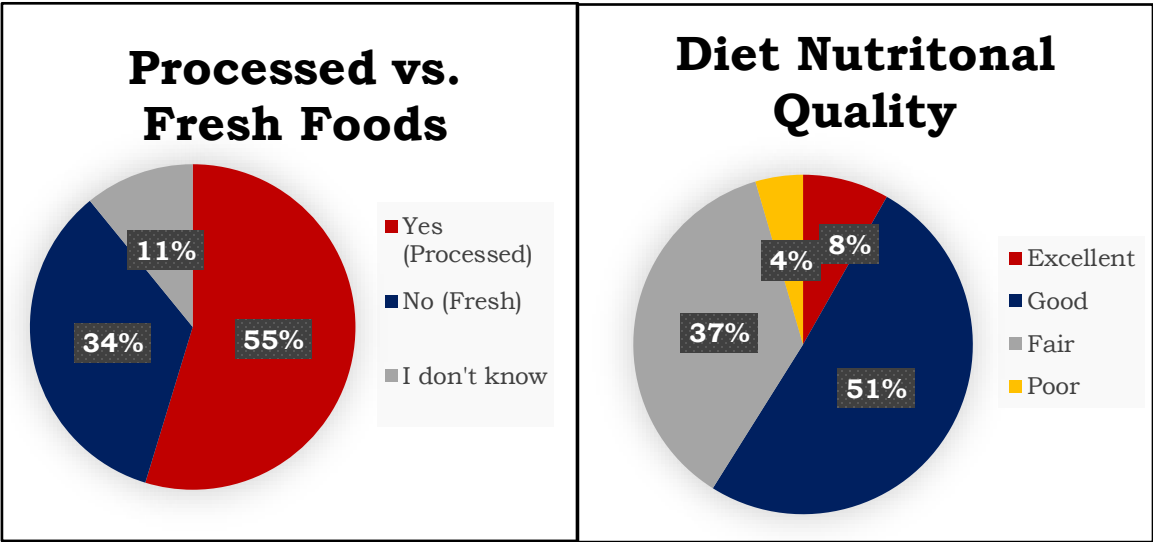


The assessment showed that most individuals (55%) consume 2-3 servings of fruits and vegetables *combined*—only half the recommended daily amount (Q7, n=344). In addition, 114 (33%) individuals reported eating 0-1 servings each day. Only 12% of respondents eat the recommended number of servings.

Those who are eating vegetables reported eating fresh produce (50%) more than canned (34%) or frozen (16%). No one reported eating dried vegetables most often (Q8, n=305). It may be important to note that

this assessment was completed during the summer months from June-September when home gardens and farmers markets make fresh produce easily accessible.

Over half (55%) of respondents reported eating more processed than fresh foods in a typical day (Q9, n=340). An area of concern is the 11% of individuals who don't know if they are eating fresh or processed foods.



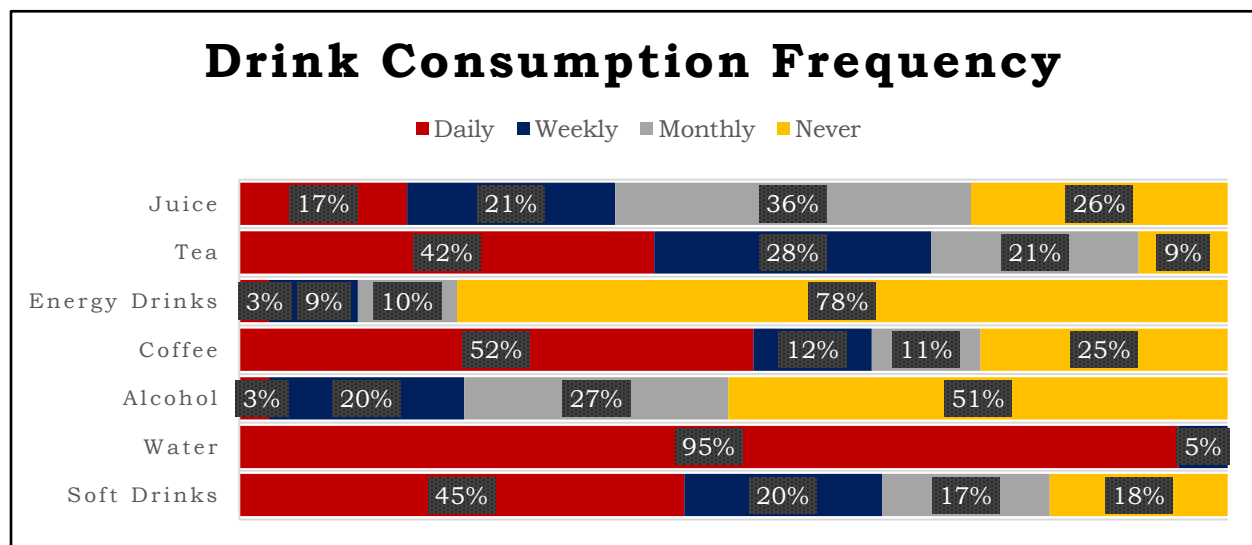
Overall, most respondents (51%) believed their diet to have “good” nutritional quality (Q6, n=353). This question was intentionally placed first on the assessment and left open to interpretation to see whether individuals rate their diet based on nutrition education, relative to the diets of others, or another thought process. The second most common response was “fair” nutritional quality (37%).

A statistician for the Oklahoma Department of Agriculture, Food and Forestry completed further analysis on the food sovereignty assessment data by finding reported diet rating by age and gender. Diet nutritional quality was separated into either “positive” or “negative” ratings. Postive ratings were defined as “excellent” or

“good” responses while “negative” ratings were defined as “fair” or “poor” ratings. This data showed that the highest percentage of positive diet rating was reported by males age 65+ at 78% followed by 18-24 year old females at 75%. The most common groups to report negative diet ratings were males aged 35-44 who reported a negative diet nutritional quality 62% of the time followed by females of the same age group at 57%.

BEVERAGE CONSUMPTION (Q10)

The assessment asked participants how often they drank the following drinks: soft drinks, water, alcohol, coffee, energy drinks, tea, and juice on a scale ranging from daily to never. Most participants (95%, n=334) drank water daily. A significant number of participants also drank at least one serving of coffee (52%, n=316), soft drinks (45%, n=314), and/or tea (42%, n=311) each day. Most respondents reported never drinking energy drinks (78%, n=285).



In addition, more individuals reported never drinking alcohol (51%) compared to only 3% who reported drinking alcohol daily (n=288). The 2015 National Survey on Drug Use & Health (NSDUH) reported that 56% of adults ages 18 or older had drunk in the last month prior to their study (Center for Behavioral Health Statistics and Quality, et. al, 2016). This number is slightly higher than the 50% of adults surrounding Quapaw who reported drinking at least one drink in the last month, but noticeably fewer individuals responded to the alcohol (and energy drink) portions of this question than the other options.

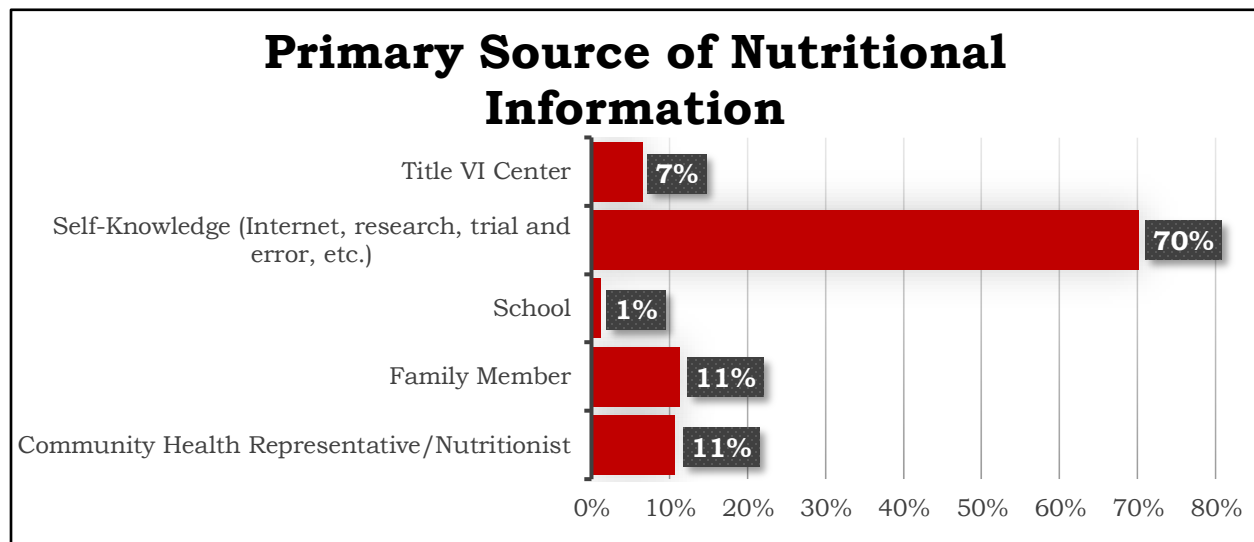
It is impossible to know whether individuals chose not to answer the question because they drink alcohol daily and are afraid to report an accurate response (a high proportion of tribal employees participated in the study) or if they never drink so did not feel that a response was necessary (this could also explain why energy drink participation was low). The NSDUH report also showed that males were more likely to have drunk alcohol in the past month, and in their lifetime, than females. Since the Quapaw assessment was completed by 70% females, this is another possible

explanation for the discrepancy in the number of adults who have drunk alcohol in the past month.

NUTRITION EDUCATION (Q11)

Participants were asked which of the following is their primary source of nutritional information: community health representative/nutritionist, family member, school, self-knowledge (internet, research, trial and error, etc.), or the Title VI center (n=335).

The assessment found that 70% of participants used some form of self-knowledge as their primary source of nutritional information. Only 4 individuals (1%) reported their school lessons as their primary source, and 11% reported a community health representative or nutritionist. Self-knowledge is the most convenient source of information to acquire, so it was to be expected that would be the most common answer. It is possible for self-knowledge to lead to issues with nutrition and health when the information comes from inaccurate or outdated sources.

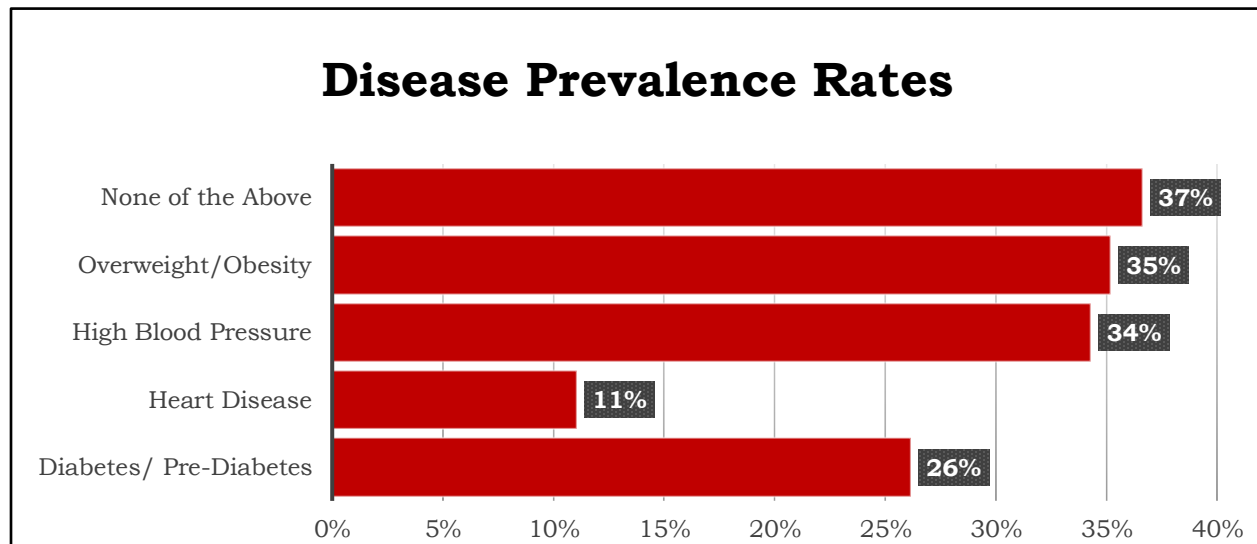
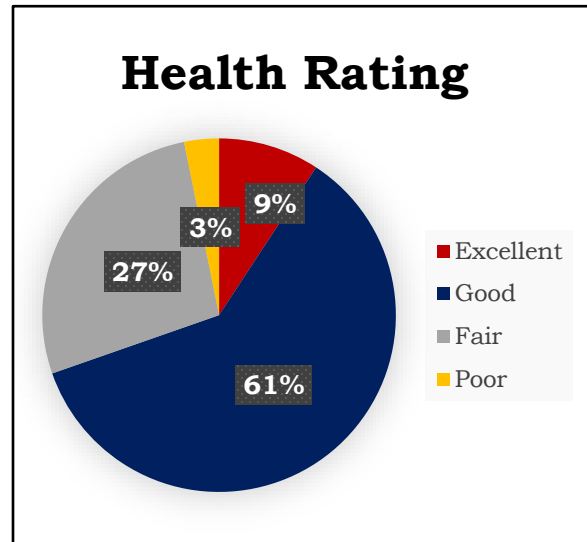


Quapaw Nation’s Community Health Representative is housed within the Title VI center and often uses the building to host health screenings and distribute informational flyers. Quapaw’s Title VI center provides free lunches for adults over the age of 55 with a valid CDIB card (The Certificate of Degree of Indian Blood). Anyone can purchase a lunch from the center for a small fee, but the primary audience of any nutritional information distributed at this site is tribal elders. At this time, Quapaw Nation does not offer online resources for nutritional information, but this could be an important area for future growth.

DIET-RELATED ILLNESSES (Q12-13, 16)

Overall, most participants reported having “good” overall health on a scale from “poor” to “excellent” (61%, Q12n=346) despite the following question revealing that 63% of individuals have been diagnosed with at least one diet-related illness (Q13n=344).

One diet-related health issue that the survey asked about was the prevalence of being overweight or obese. For the purposes of this assessment, the two options were combined. The assessment found a 35% overweight/obesity rate for participants. Conversely, the “Community Health Profile” completed for the Quapaw Tribal Area by the Oklahoma Area Tribal Epidemiology Center showed that 72.5% of individuals in this area are either overweight (~42%) or obese (~31%). Social stigmatizations surround weight can cause people to under-exaggerate their weight on driver’s licenses or on assessments such as this. It is also common for individuals to assess their weight based on visual comparisons to others rather than medical suggestions. Overweight and obesity have been linked to other lifestyle diseases such as high blood pressure, high cholesterol, Type 2 diabetes, heart disease, and more. To help prevent the onset of future diseases, it is important for individuals to manage their weight by eating a nutritious diet and exercising.

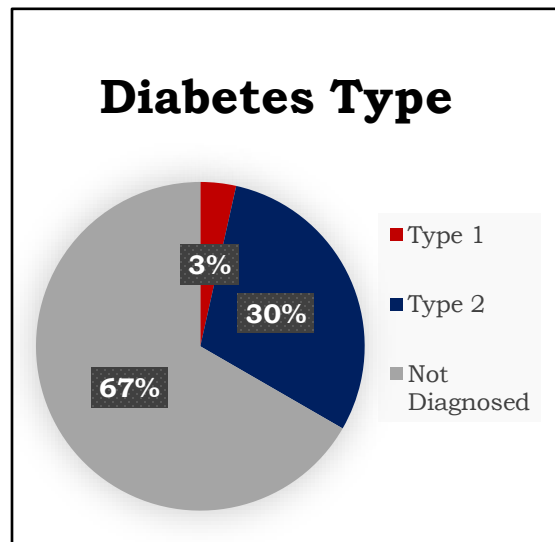


Rather than directly surveying community members, the “Community Health Profile” presents an array of data collected from the Behavioral Risk Factor Surveillance Survey (BRFSS); Centers for Disease Control & Prevention (CDC); National Center for Children in Poverty (NCCP); National Center for Health Statistics (NCHS); OK 2 Share; OK State Bureau of Investigation (OSBI); OK Vital Statistics; Uniform Crime Reporting (UCR); U.S. Census Bureau; and the Youth Risk Behavioral Surveillance Survey (YRBSS).

A total of 34% of respondents have been diagnosed with high blood pressure. This percentage is significantly lower than the health profile completed three years ago in 2016, which found an average of 45.5% of individuals with high blood pressure.

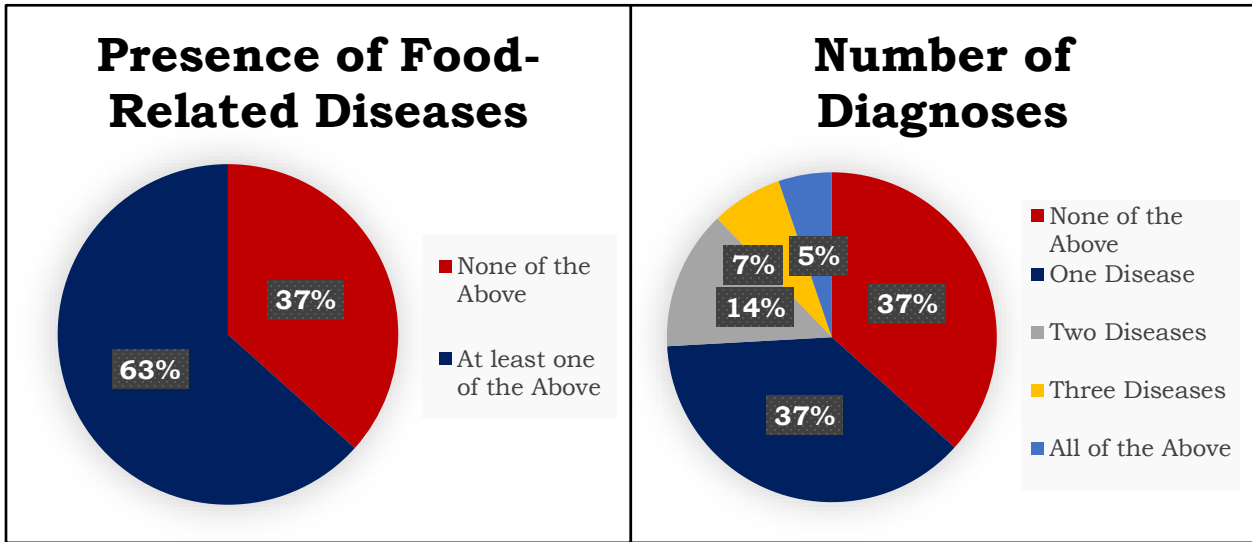
Heart disease is the leading cause of death in the United States. The assessment showed that 11% of individuals have been diagnosed with heart disease in the radius surrounding Quapaw Nation. This number is comparable to the 2016 health profile that reported 13% of the Quapaw Tribal County suffered from heart disease.

In April 2018, Quapaw Nation conducted a preliminary dot survey at a free health screening with fifty-seven participants ranging from 21 to over 90 years old. Participants were asked to indicate if they were Type 1 diabetic, Type 2, or not diagnosed. Of the 19 individuals who indicated they were diagnosed with diabetes in the study, 10.5% were Type 1 and 89.5% were Type 2. According to a CDC report titled “Diabetes Among American Indians and Alaska Natives,” 5% of patients diagnosed with diabetes are Type 1 while the other 90-95% of patients are diagnosed with Type 2 diabetes.



In addition, 16.1% of Native Americans served by Indian Health Services are diagnosed with diabetes, while 9.4% of the total US population has been diagnosed. The dot survey showed 33% of patients in the Quapaw area have been diagnosed with diabetes. To test if differences were due to small sample size, a similar question was asked in the larger food sovereignty assessment. That time, 26% of respondents reported being diagnosed with diabetes or pre-diabetes, but no specific information was collected about which type in particular.

Overall, only 37% of participants reported not having any of the listed diet-related health problems compared to 63% who reported at least one diagnosis. Of those who reported a diagnosis, having just one of the four diseases is the most common response (37%). A total of 5% of respondents reported having all of the above. Combining these results with the reported health ratings showed that 56% of the respondents who reported “good” or “excellent” health have been diagnosed with at least one disease. For those who reported “excellent” health, 31% have been diagnosed with one or two diseases.



As mentioned earlier, 70% of respondents also reported having “good” or “excellent” overall health. With that said, 82% also believe that better food would lead to better health for them and their family (Q16, n=353). This is compared to 5% who did not believe that statement to be true and 13% who reported they did not know whether it was true.

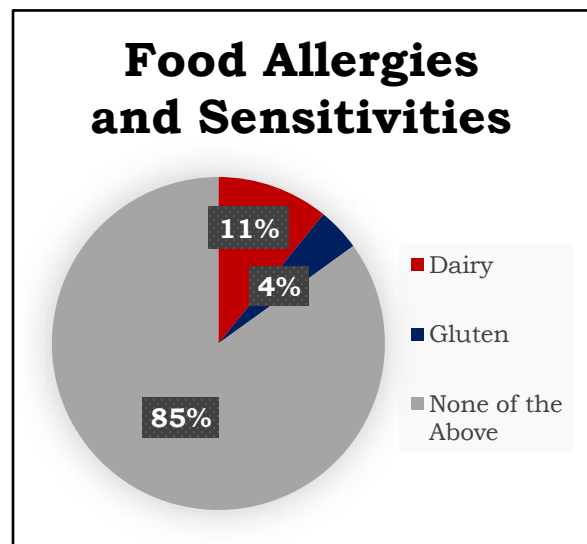
HEALTH INSURANCE (Q14)

All enrolled members of Quapaw Nation are provided with free health insurance up to \$5,000. In addition, tribal members who receive care at Indian Health Service locations such as Northeast Tribal Health System in Miami, OK qualify for an Indian health coverage exemption. With that said, 90% of participants reported having health insurance (n=354). In 2016, the community health assessment found that 96% of participants had health coverage, including 100% of American Indian/Alaskan Natives.

FOOD ALLERGIES & SENSITIVITIES (Q15)

The top eight food allergens are milk, soy, wheat, peanut, tree nut, shellfish, fish, and egg. Most (85%) participants did not report any food allergies or sensitivities, but 11% reported a reaction to dairy products and 4% to gluten (n=359). Only 2% of respondents reported having an allergy or sensitivity to both dairy and gluten.

These numbers are higher than expected. The Food Allergy Research & Education (FARE) group published a fact sheet that stated 4% of people ages 18 or older have food allergies. This assessment focused on only two of hundreds of possible food



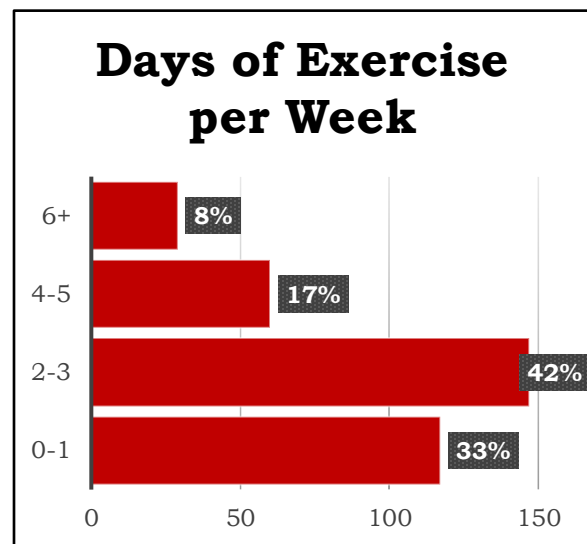
allergens but was still significantly higher. One possible explanation is that this assessment combined allergies and sensitivities, causing more people to answer affirmatively. However, FARE’s fact sheet also reported that individuals in rural areas, like Quapaw, were less likely to report food allergens than individuals in urban areas. People who make less than \$50,000 were also less likely to report food allergies than those who make over that amount.

Information about food allergies and sensitivities can be important for Quapaw Nation’s Title VI center lunch menus, agriculture programs, and casino restaurants. Specifically, the high rates of dairy allergies and sensitivities may warrant a closer look at milk consumption in the Title VI program. In general, FARE suggests that food allergies cause families to eat at restaurants less often or prevent children from participating in community programs.

PHYSICAL ACTIVITY (Q17)

Participants were asked how many times they participate in physical exercise in a typical week (n=353). The assessment showed that 75% of participants exercise three or fewer times per week, but 66-100% of individuals exercise at least once per week.

The 2016 community health assessment was able to determine that ~68% of individuals in the Quapaw Tribal Area exercised within the last 30 days of being surveyed. This number is consistent with the lower end of the range



of individuals who may be exercising at least once per week. A survey conducted by the local IHS facility, Northeast Tribal Health System, asked 300 patients how many days during the last week they have been physically active for at least 30 minutes. This survey found that 24% were not physically active and supported Quapaw’s assessment that most people exercise between 2-3 days per week.

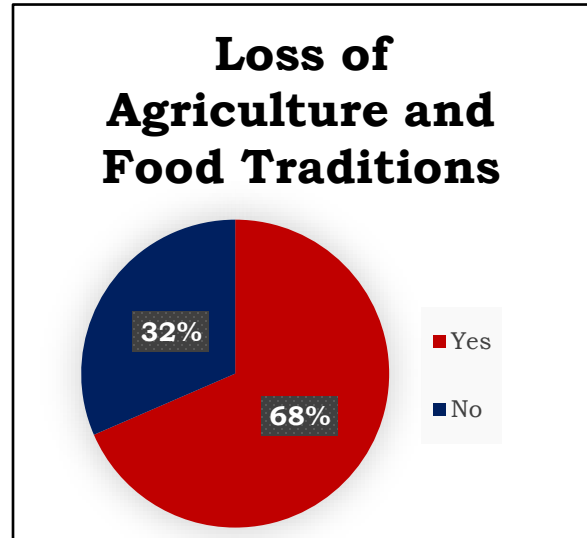
The Oklahoma Department of Agriculture, Food and Forestry further analyzed the responses to this question and looked at the reported exercise amounts by age and by income. When looking at age, each group, except those ages 55-64 years chose 2-3 times per week most frequently. The 55-64 age group chose 0-1 times per week 40% (compared to 33% overall) of the time. The 65+ age group was the least likely to exercise only 0-1 times per week. Looking at exercise rates by income level showed that individuals whose household income exceeded \$50,000 were more likely to exercise 0-1 days per week (37% compared to 33% overall) than other age groups while people who made \$15,000-24,000 were more likely to exercise 6+ times each week (14% compared to 8% overall).

To help encourage regular exercise, area tribes have built their own fitness and wellness centers. Quapaw Nation’s John Berrey Fitness Center offers free memberships to Quapaw tribal members and discounted rates to Quapaw Nation employees and students. Bearskin Fitness center is owned by Wyandotte Nation and offers a more complete range of services including exercise machines, a pool, tanning, and a spa.

Traditional Foods and Practices

TRADITIONAL FOOD AND AGRICULTURE (Q18-20)

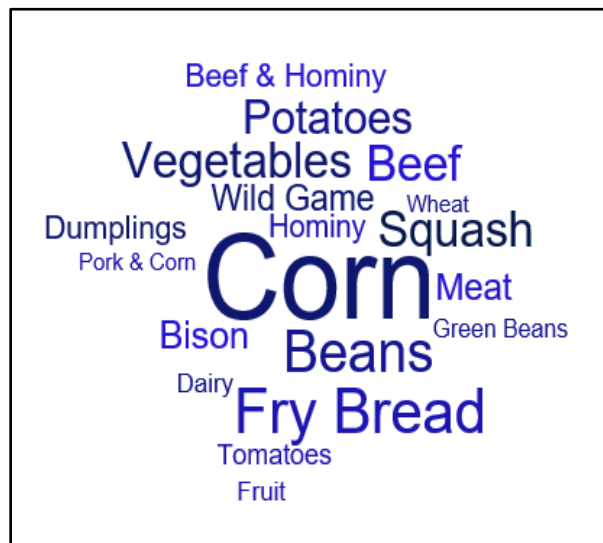
Half (50%) of respondents felt knowledgeable about the traditional food and agriculture practices found in their community (Q18, n=352). Most (68%) of individuals felt that food and agriculture traditions have been lost in their community (Q19, n=346). Additionally, 58% believed that there were *other* people in the community who have knowledge of food traditions even if they do not (Q20, n=350).



TRADITIONAL FOOD KNOWLEDGE (Q21-22, 24, 29-30)

To survey traditional food knowledge, the assessment asked participants to self-report their familiarity with traditional foods, then write a list of three foods they would consider to be traditional. The term “traditional” was intentionally left undefined to account for cultural differences between area tribes and non-tribal participants. This decision also allowed the opportunity to gauge whether participants view “traditional” as pre- or post-European contact.

In general, participants felt more unfamiliar (41%) than familiar (40%) with traditional foods (Q21, n=351). The top three responses were corn (122), beans (52), and fry bread (58). In total, over 100 unique foods and dishes were reported. The word cloud graphic shows the most popular responses as well as the rough frequency of each—the larger the word, the more frequently it was reported. To improve their familiarity with traditional foods, 78% of respondents reported an interest in learning more about them (Q24, n=345).

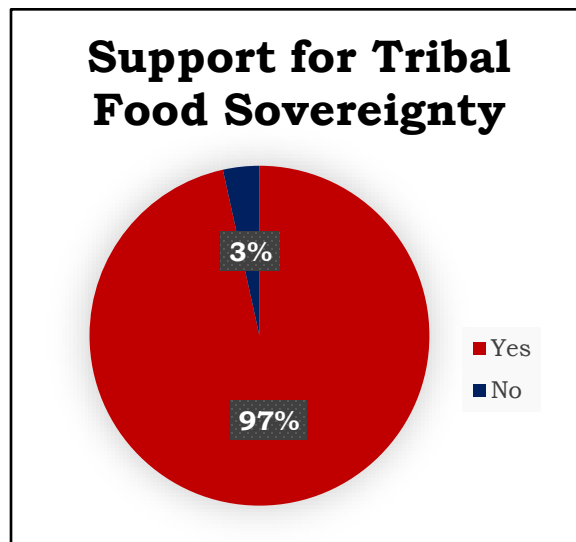


While most considered themselves to be unfamiliar with traditional foods, 51% reported knowing how to plant, grow, and preserve traditional crops (Q29, n=343). Participants also reported learning how to prepare traditional foods from a relative in 52% of the cases (Q30, n=321). Only 28% reported not knowing how to prepare traditional foods.

LOCAL FOOD PRODUCTION (Q23, 25-28)

Quapaw Nation has been growing its farm-to-table agriculture initiatives since 2010 by planting row crops, raising bison and beef herds, and using greenhouses. More recently, the agriculture program has expanded to include beehives, a coffee roasting facility, a meat processing plant, and a microbrewery. Quapaw looks to grow and expand services each year for its tribal members and the surrounding community.

An overwhelming majority (97%) of assessment participants agreed that area tribes should continue to focus on growing their own foods (Q23, n=347). Currently, Quapaw Nation’s greenhouse and meat production are used in Quapaw’s casinos, childcare facilities, Title VI center, and at the annual powwow and general council session. Additionally, Quapaw Nation sponsors local school events and a backpack program to help increase childhood food security.

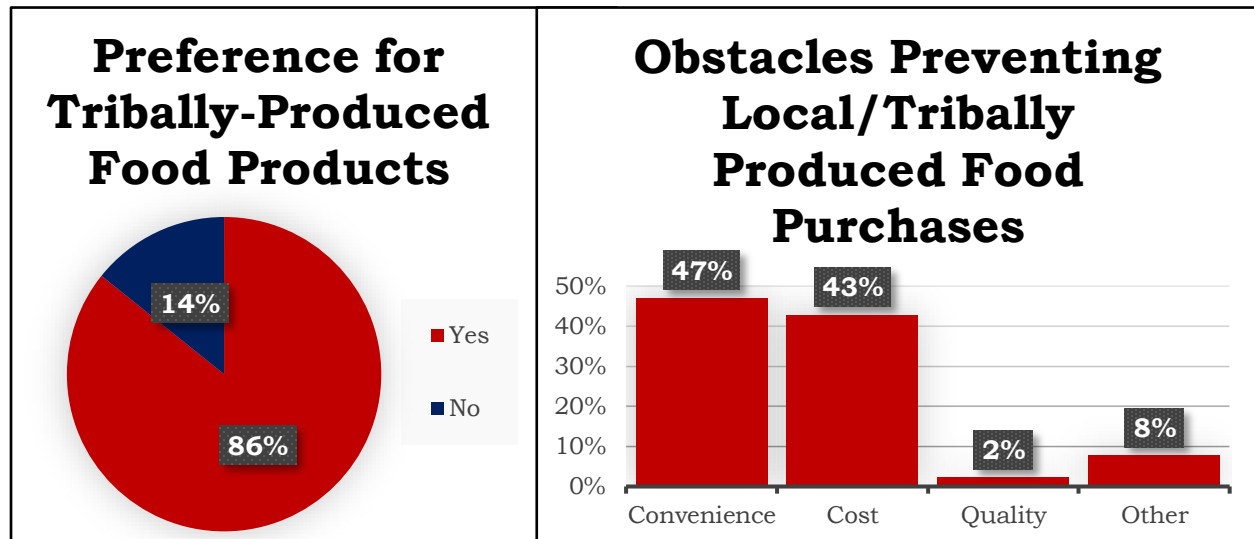


The assessment also surveyed consumer food preferences in relation to local food production. Results showed that 86% would prefer to eat more traditional foods (Q25, n=344). In addition, 86% would also prefer to purchase tribally-produced food products compared to the 52% of individuals whose families already eat local or tribally-produced foods (Q27, n=337/Q26, n=341).

To make Quapaw Nation’s products as accessible as possible, the assessment also asked about the single biggest obstacle that prevents participants from buying local or tribally-produced foods (Q28, n=310). Both convenience (47%) and cost (43%) were significant concerns to consumers.

Convenience included limited availability of products, conflicts with store hours, or other similar issues. Currently, Quapaw Nation’s frozen meat products are only sold in a small handful of retail outlets, all of which are other Quapaw entities such as convenience stores and a mercantile storefront. The Quapaw Mercantile stocks the largest variety of products and operates on weekdays from 8am-4:30pm. Both smoked products such as jerky and meat sticks and frozen products such as ground meat and steaks are available for purchase. Quapaw Cattle Company recently launched an online store (quapawcattlecompanystore.com) to help connect customers whose schedules conflict with store hours and those outside the service area. Convenience

could also mean that the frozen meat products take longer to prepare and cook than refrigerated products, making it less likely for consumers to purchase the tribal products. For convenience, consumers could purchase cooked meals featuring Quapaw Nation’s meat products at Quapaw’s casino restaurants.



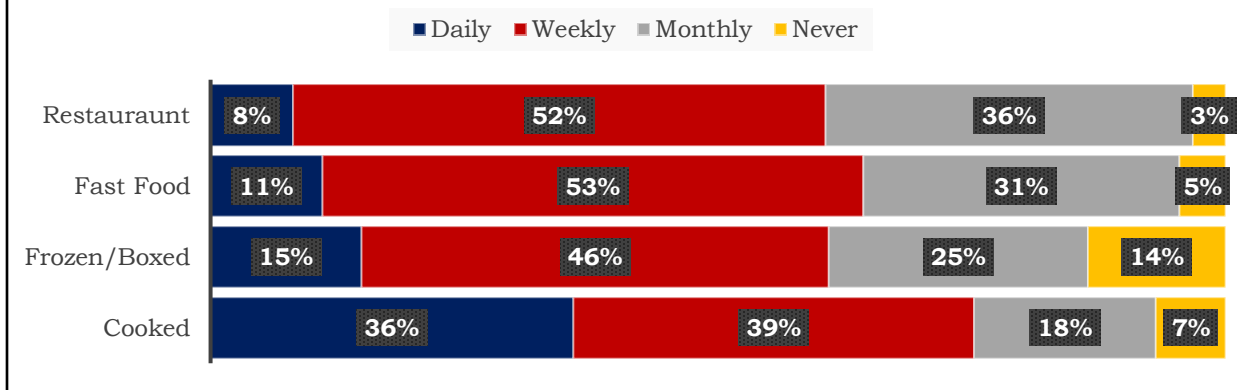
Cost was the second largest concern for purchasing tribally-produced foods. Now that Quapaw meat products are available online, shipping prices have become an obstacle. In addition, the Quapaw Cattle Company produces high-quality beef products from grass-fed, grain-finished Black Angus cattle with no hormones. The bison herd is DNA tested to separate bovine DNA to keep the herd genetically pure. Quality meat costs more for the tribe to produce, thus increasing the cost of the final product. There are similar trends in the prices of tribally-produced wild rice versus store-bought rice.

MEAL PREPARATION METHODS (Q31)

The frequency of which individuals cook meals from scratch instead of buying a frozen boxed meal or ordering from a restaurant also speaks to a consumer’s view on cost, quality, and convenience. The assessment found that only 36% of households cook a meal from scratch each day compared to 25% who only cook from scratch once a month or less.

The assessment also showed that over 50% of respondents are eating fast food or food from another restaurant at least once a week. Generally speaking, cooking from scratch and frozen/boxed meals costs less than purchasing food from a restaurant but will take more time and planning to prepare. Also consider that the Supplemental Nutrition Assistance Program (SNAP) does not cover purchases from restaurants. This will be discussed further in the food affordability section.

Frequency of Food Preparation Methods

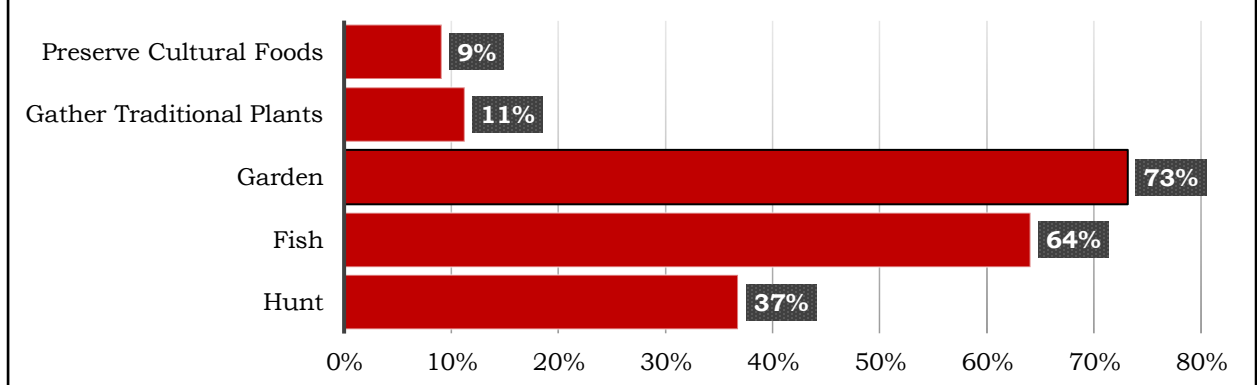


This question is not mutually exclusive since an individual could cook breakfast from scratch, take a frozen boxed meal for lunch, and then eat fast food for dinner—or any other combination of preparation methods throughout the day. It is also possible to cook a main dish from scratch while using frozen side dishes, or vice versa.

SELF-SUSTAINABILITY ACTIVITIES (Q32)

Hunting, fishing, gathering plants, gardening, and preserving foods are what many would consider to be traditional methods of food procurement. The assessment asked participants to select all the activities, if any, in which they participate (n=231). The results showed that 68% of respondents took part in at least one of the listed activities, and that gardening was found to be the most popular with 73% participation, followed by fishing at 64%.

Traditional Activity Participation Rates



The Tar Creek Superfund Site in Ottawa County may affect the participation rates of these outdoor activities. Beginning in 1891, over 230 ore mills were built in the Picher Mining Field. An estimated 181 million tons of crude ore were mined throughout Ottawa County, around 60% of the world's zinc mining in the 1920s. In 1981, the site

was added to the Environmental Protection Agency's (EPA) National Priorities List of superfund sites. Today, piles of mine chat remain 200 feet tall. Each day, approximately 157 pounds of Iron and 115 pounds of Zinc enter Tar Creek from an acid mine discharge. At one time, 35% of the Indian children living in the area had high blood lead concentrations.

The lead contamination affects the soil residents use to garden or gather traditional plants. It also affects the water that nourishes the plants, wild game, and the fish in local waterways. Fish consumption guides for the Tar Creek Area were produced by the Oklahoma Department of Environmental Quality, and local groups such as the L.E.A.D. Agency work to educate the public about the risks of gardening and fishing without first taking precautions against lead contamination. Quapaw Nation is working with the EPA to remediate the old mining sites for agricultural uses, but there is still much work to be done.

Food Affordability

The food affordability section serves to establish a baseline for how much money households are spending on groceries. Grocery costs can vary depending on the size of the household and the type of food being purchased. There are many food assistance programs available in the Quapaw area for those who qualify based on income, household size, and work requirements. This section also serves to identify the gaps in these assistance programs.

HOUSEHOLD GROCERY EXPENSES (Q33-36, 38)

Questions 33-34 were written to gauge how much individuals are spending on groceries each month. Using two indirect questions leaves more room for error but does not require that the participant use their math skills or have their monthly spending organized.



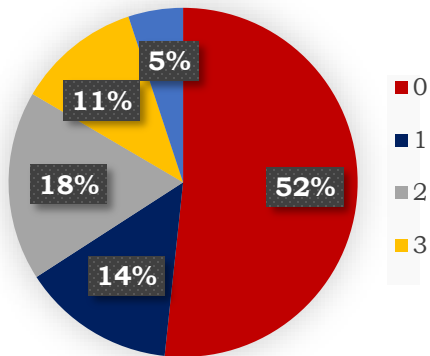
THE AVERAGE
PARTICIPANT SPENDS
\$300-\$600
PER MONTH ON
GROCERIES

Participants reported usually shopping for groceries 3-4 times each month, though each option had a significant amount of responses (Q33, n=349). The largest number of participants (31%) spent \$100-150 each time they shopped (Q34, n=348). A range of grocery expenses per household can be estimated by multiplying the trips per month by the amount spent each trip: \$300-600 per month.

In 2017, Feeding America reported the average cost per meal in Ottawa County, Oklahoma to be \$2.78. Multiplying that cost by an average of 90 meals per month equals \$250 in groceries each month per person. Regularly eating out at restaurants or fast food can cause that amount to increase depending on the frequency and type of establishment.

Only 11.5% of respondents reported being a single person household (Q36, n=348). The most common households represented in the assessment consisted of 2 adults (59%) and 0 children (52%). This means the average participant's household spends

Children Per Household

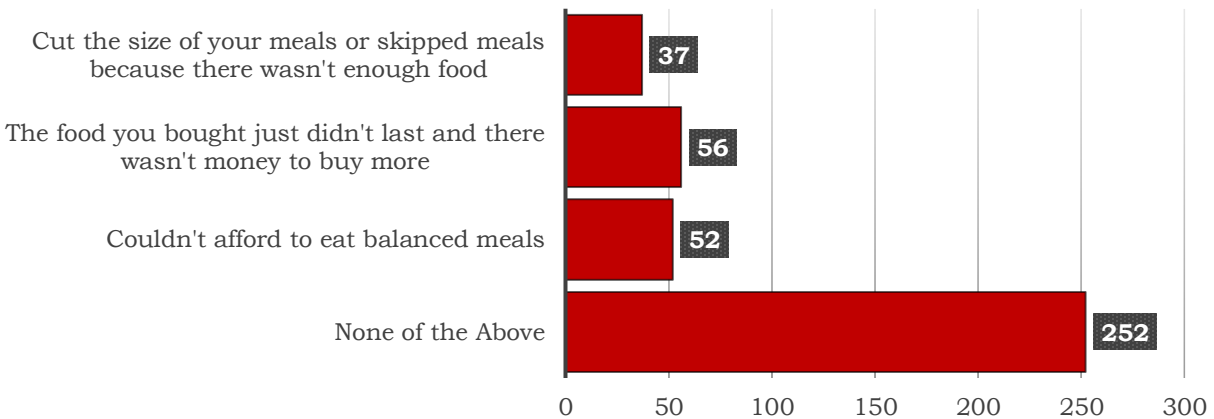


an estimated \$500 each month on groceries, which coincides with the assessment range. For households that have children, the average number is 2 (18%). This equates to \$1,000 per month in groceries for a family of four.

To assess food insecurity in the Quapaw area, participants were asked about certain experiences they may have had in the last 12 months. Having any one of the three given experiences is an indicator for a food insecure household. The assessment showed that 52 participants could not afford to eat

balanced meals, 37 participants either cut the size of their meals or skipped meals because they did not have enough food, and 56 participants said the food they bought just did not last through the month and they did not have money to buy more (Q38, n=346). In total, 94 unique participants (27%) reported experiencing some level of food insecurity.

Food Insecurity Indicators

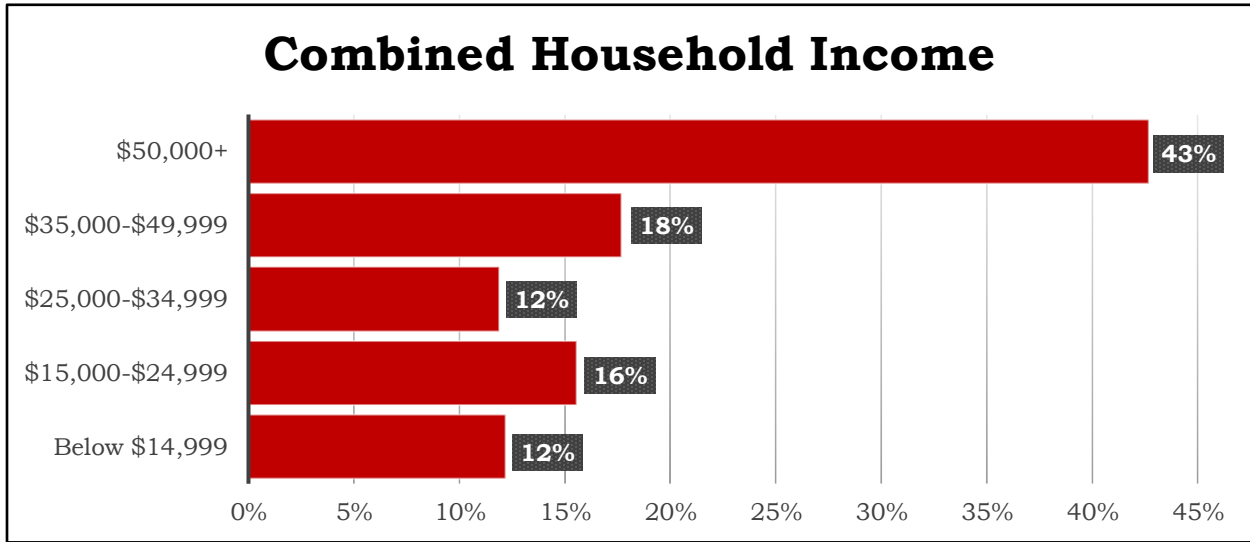


Affording balanced meals is a common struggle. The “Map the Meal Gap 2018” report by Feeding America reported that the average family in the United States falls short \$16.90 per person per week of meeting their food needs (2018). Furthermore, assessment data showed 95% of respondents would buy more fruits and vegetables, if they were more affordable (Q35, n=348). The ability to buy more healthy foods could in turn improve the health outcomes for the community and break the current cycle.

FOOD ASSISTANCE PROGRAMS (Q37, 39-41)

Questions about the participants’ combined household incomes give better insight about the issues community members are experiencing and what options are available

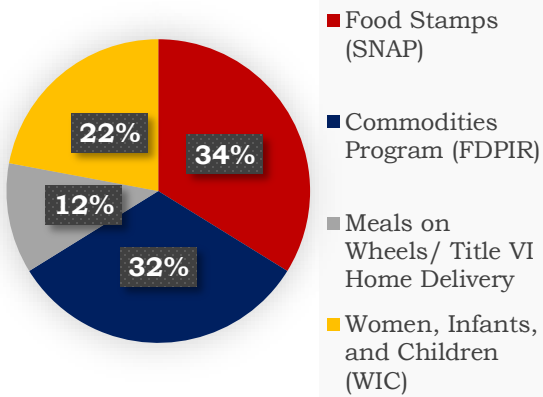
to provide assistance (Q37, n=238). Census data for the 20-mile radius around Quapaw shows the median household income to be \$38,728 in 2018.



The current average poverty line for a family of four in the state of Oklahoma is \$25,100. To qualify for Food Distribution Program on Indian Reservations (FDPIR), a family of four can earn up to \$29,000. Other factors such as medical expenses, utilities, and rent are also taken into consideration for those whose income exceeds these limits, but these are estimates for the typical household. To be eligible for Supplemental Nutrition Assistance Program (SNAP) benefits, a family of four must be below 130% of the poverty guideline, which comes to around \$32,500 in Oklahoma. The Women, Infants, and Children (WIC) program has the most lenient income guidelines that allow up to 180% of the poverty level, or around \$46,000. Supplemental information about what food items can be purchased with each program can be found in Appendix B.

Data from the assessment shows that over half of respondents (57%) reported earning less than \$50,000 per year, and 40% of families make less than \$35,000, but only 19% of respondents reported using food assistance programs in the last 12 months (Q39, n=326). Only 19% of respondents reported using a food assistance program. Of those who did get assistance, the largest majority used SNAP (34%) and FDPIR (32%).

Food Assistance Program Usage

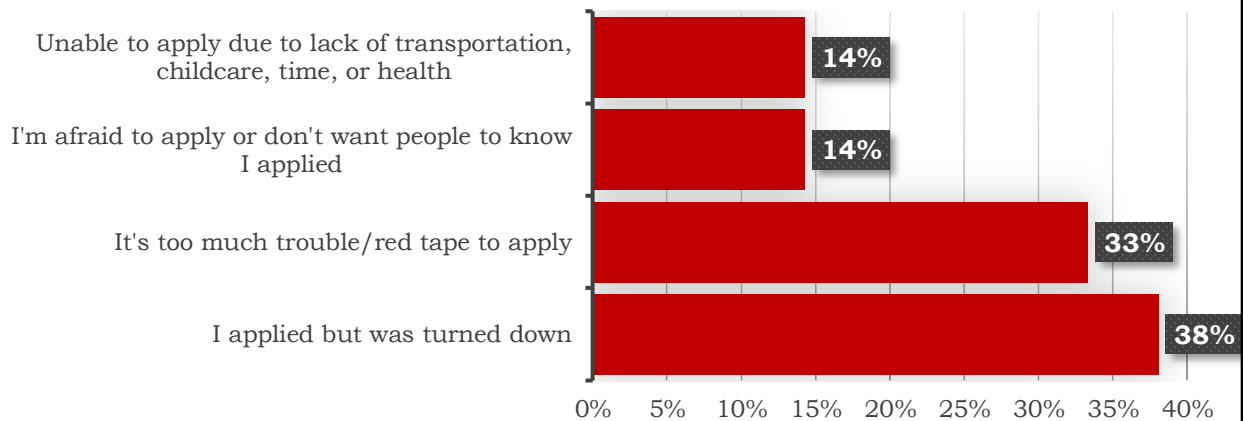


Combined, the results showed that 19% of individuals have used at least one assistance program, however 27% reported food insecurity indicators in earlier questions leaving an 8% difference. The income brackets on the assessment did not align with the program requirements; but these numbers suggest that more households may qualify for assistance than those who used the services. A follow-up question was created to ask if participants needed food assistance in the last month but did not receive any (Q40, n=347). Most participants received the assistance they needed, but 9%

of individuals were left still in need, as predicted.

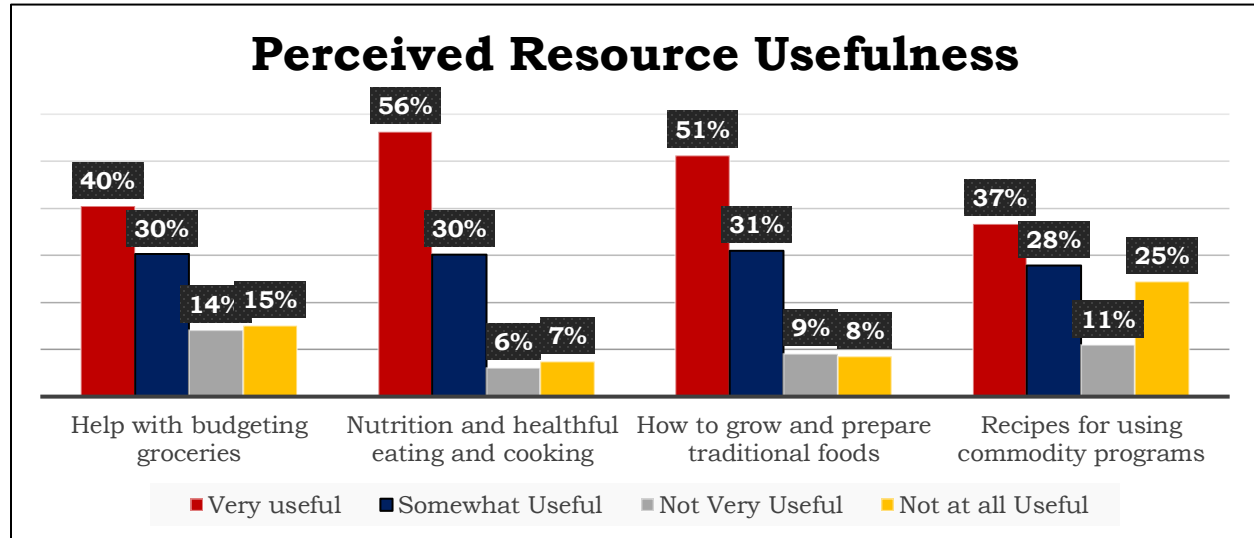
The assessment then asked the individuals who still needed assistance why they did not receive any (Q41, n=311). Like the previous question, the majority reported they did not need any additional assistance, but 42 participants explained their primary obstacles for receiving assistance. In 38% of cases, the individual applied but was turned down. An additional 33% thought it was too much trouble to apply for the programs.

Food Assistance Obstacles



FOOD RESOURCES (Q42)

After identifying the gaps in the food assistance programs available in the Quapaw area, the next step was to identify resources that could help bridge the gap. Participants were asked to rate how useful four different types of information would be in improving their food resources on a scale from “Not at all Useful” to “Very Useful” (n=302-309).



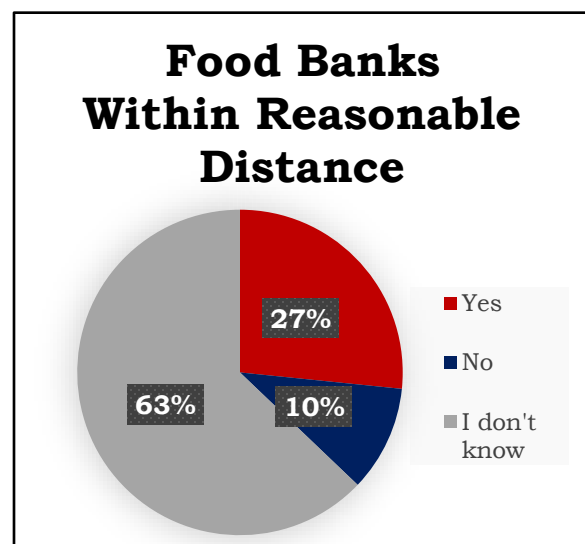
Information about nutrition and healthful eating and cooking was perceived to be the most useful resource with 86% finding it to be, at least, somewhat useful. Participants were also interested in information about how to grow and prepare traditional foods; 82% believed the information to be, at least, somewhat useful. Only 37% of participants thought recipes for using FDPIR foods would be very useful. Another 25% thought the recipes would not be useful at all, but only 7% of the respondents use the FDPIR program.

Food Access

FOOD BANKS (Q47)

Food affordability results showed that there are individuals in the community in need of food assistance but unable to access government-funded resources. Local food pantries are often able to provide assistance to a broader range of people, including emergency assistance for families.

Participants were asked if there was a food bank within reasonable distance from their home (n=342.) More respondents said “yes” (27%) than “no” (11%), but 63% reported they did not know.



To address this information gap, Quapaw Nation created an updated list of all food pantries that serve families within a 20-mile radius. The list was shared with facilities such as the Intertribal Council FDPIR Distribution site, Quapaw Nation Family Services Department, and any other agencies that requested the information. This list can also be found in Appendix C.

There is also work being done to make food pantries more accessible to community members. Title VI representatives from multiple tribes in Ottawa County distributes needs-based tickets for community members to receive food during a monthly drive-through food pantry sponsored by the Community Food Bank of Eastern Oklahoma. Quapaw Nation also provides free canned goods to tribal members at the annual powwow and general council session.

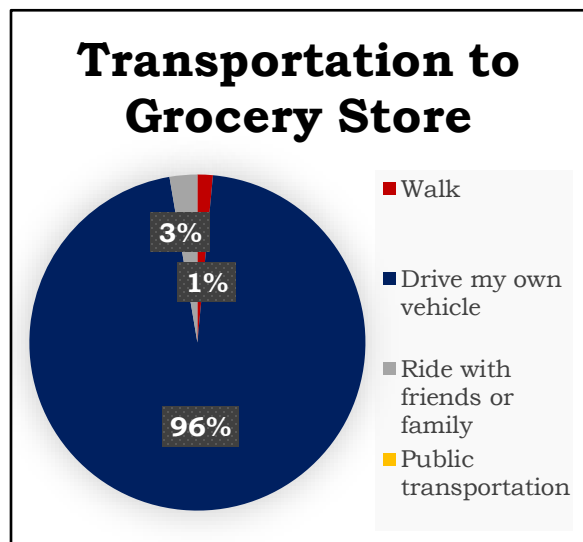
GROCERY STORE ACCESS (Q43-45)

The assessment also asked about the distance from a participant’s home to their preferred grocery store (Q43, n=343). Most respondents (67%) drive less than 20 minutes to shop for groceries, 33% drive 10-19 minutes, and 34% drive less than 10 minutes.



With a majority of community members driving more than 10 minutes to the grocery store, access to healthy foods becomes an increasing point of concern. Individuals who have limited access to transportation may rely more heavily on non-perishable food

items than fresh produce or pre-made meals from convenience stores than ingredients from a grocery store. To address this, Quapaw Nation hosts a farmers market to improve access to fresh foods for the rural residents of Quapaw from May-October.

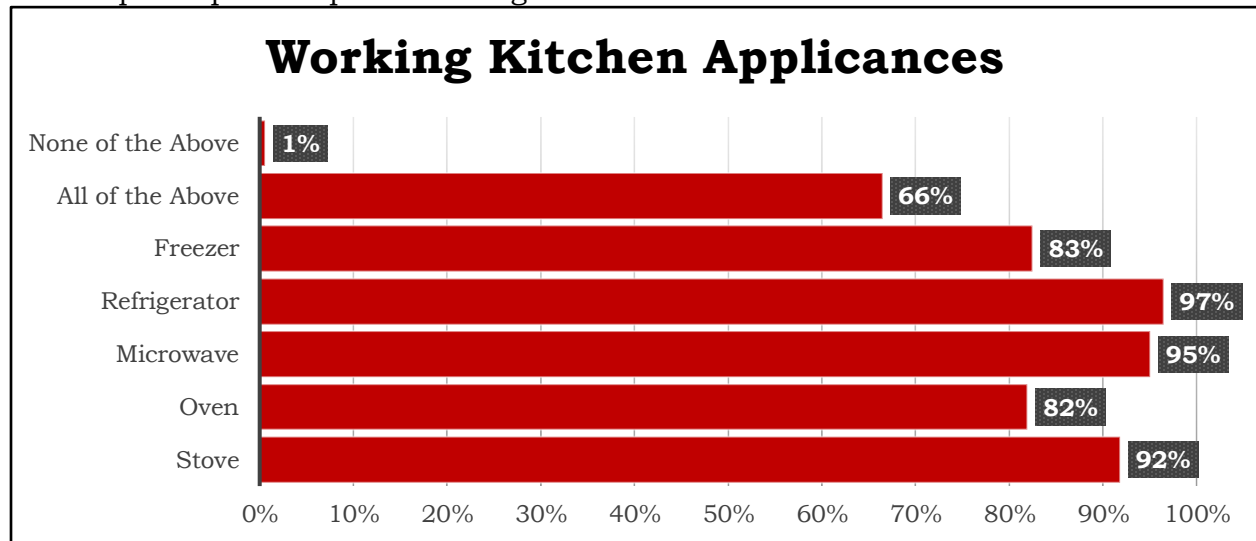


Participants reported using a personal vehicle (96%) most often to get to the grocery store when compared to walking (1%), riding with friends or family (3%), and using public transportation (0%) (Q44, n=338). Given that Quapaw Nation is in a rural area, this outcome was expected. However, Quapaw Nation provides funds for a local transportation service to include routes through Quapaw for those who need transportation assistance. The assessment asked participants if they have ever had problems using public transportation to get

to the grocery store (Q45, n=342). The largest majority (78%) replied that they do not use public transportation, while 3% have had problems with the service and 19% have not experienced any issues.

KITCHEN APPLIANCES (Q46)

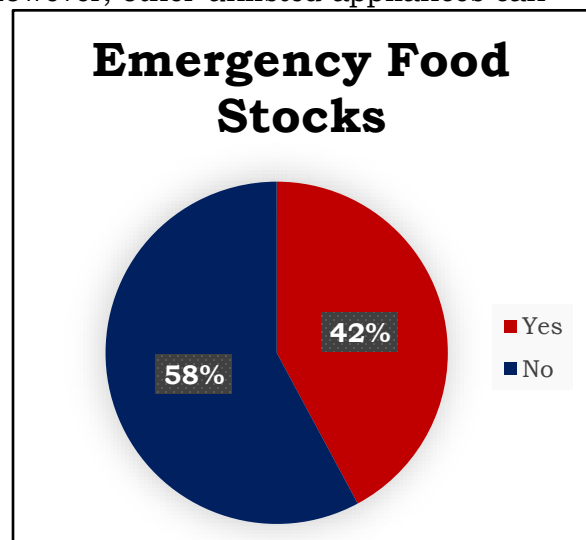
Food storage and preparation can be just as important as procurement. The assessment asked participants which working appliances they have in their home (n=343). A refrigerator was found in 97% of homes, however only 83% had a freezer for long-term storage. Though commonly sold together as one appliance, 92% of participants had a gas or electric stove in operation, while only 82% had an oven. Only 66% of participants reported having all of the above.



While a majority of participants reported having the listed appliances, there are still many individuals and households going without. Even in the case of refrigerators where only 3% of participants did not own one, this translates to over 4,000 households in the 20-mile radius around Quapaw when looking at percentages of the total population. This means an estimated 25,000 individuals in the Quapaw area do not have a working oven in their household. However, other unlisted appliances can also safely store and cook food. To minimize the overall time spent on the assessment, this question was limited to the most common options.

EMERGENCY FOODS (Q48)

The assessment found that 58% of participants do not stock emergency food items (n=344). This could be anything from canned goods stored in a tornado shelter to freezing extra meat in case of financial difficulties. Stocking emergency foods can be an indicator of food security if a household



is able to purchase enough food to feed themselves and have enough left over to save for a later date.

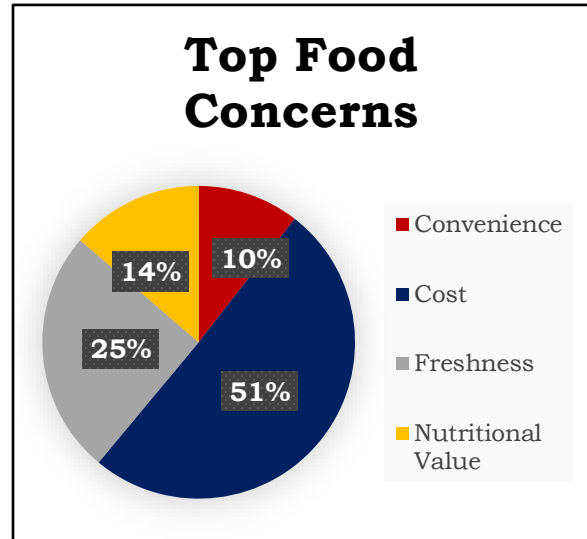
Food System Awareness and Programming

Beyond knowing what food-related issues members of the community are facing, the assessment was also designed to learn about participants' preferences when choosing foods and using community food resources. This section of the assessment was meant to assess consumer awareness about food safety, nutrition, and potential community programs.

FOOD CONCERNS (Q49-51)

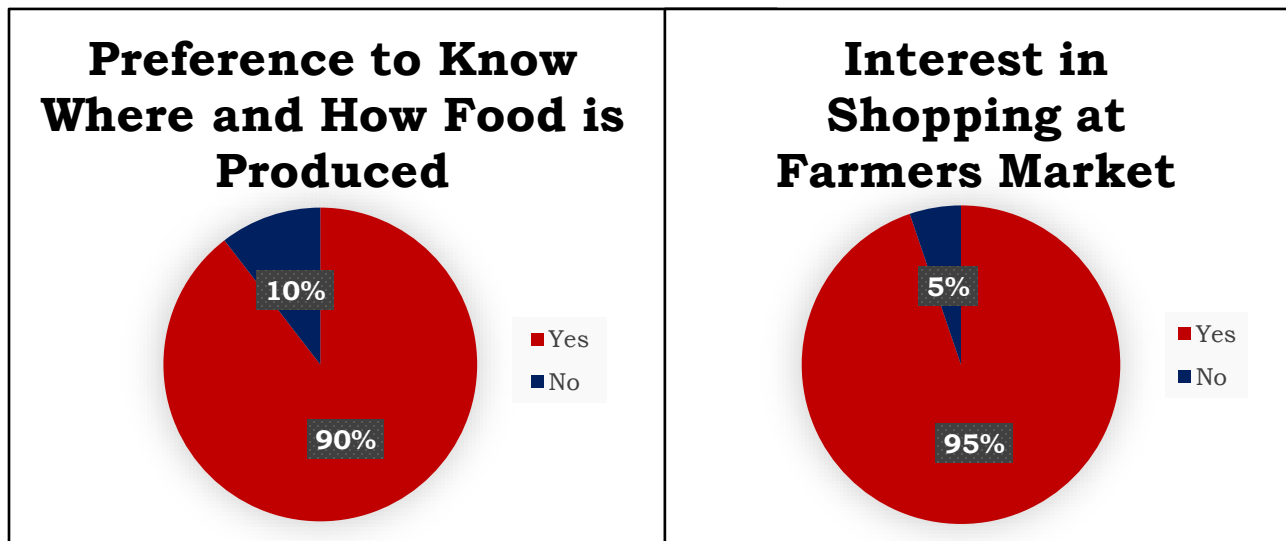
Respondents were first asked about their top concern when purchasing food (Q49, n=285). The results showed that 51% of participants were more concerned with cost than convenience, freshness, or nutritional value. The second most common response was freshness at 25%.

Participants also reported being concerned with chemicals and hormones used in food production (Q50, n=346). An even larger percentage of respondents reported concerns about food contamination (Q51, n=346).



LOCAL FOODS (Q52-53)

Often, it is difficult or even impossible to know where the food purchased from grocery store chains was produced. The assessment results showed that 90% of participants would prefer to know where and how their food is produced (Q52, n=344).

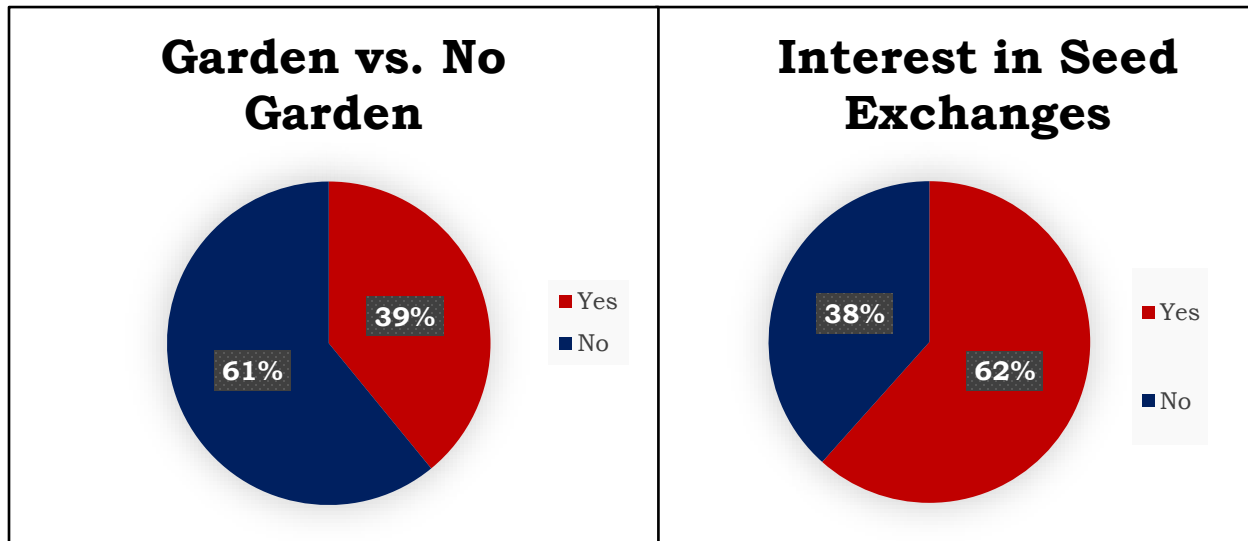


Two means to improve consumer knowledge of their food supply chain are (1) to promote that Quapaw Nation's food products are produced and sold locally and (2) to

encourage shoppers to purchase locally grown produce from their community farmers market. Nearly all (95%) participants reported they would shop at a farmers market, if one was nearby (Q53, n=345). Using this statistic, Quapaw Nation opened a farmers market in spring 2019 with the aim to help consumers feel more confident in their food choices and build the agricultural economy of the area.

GARDENING (Q54-57)

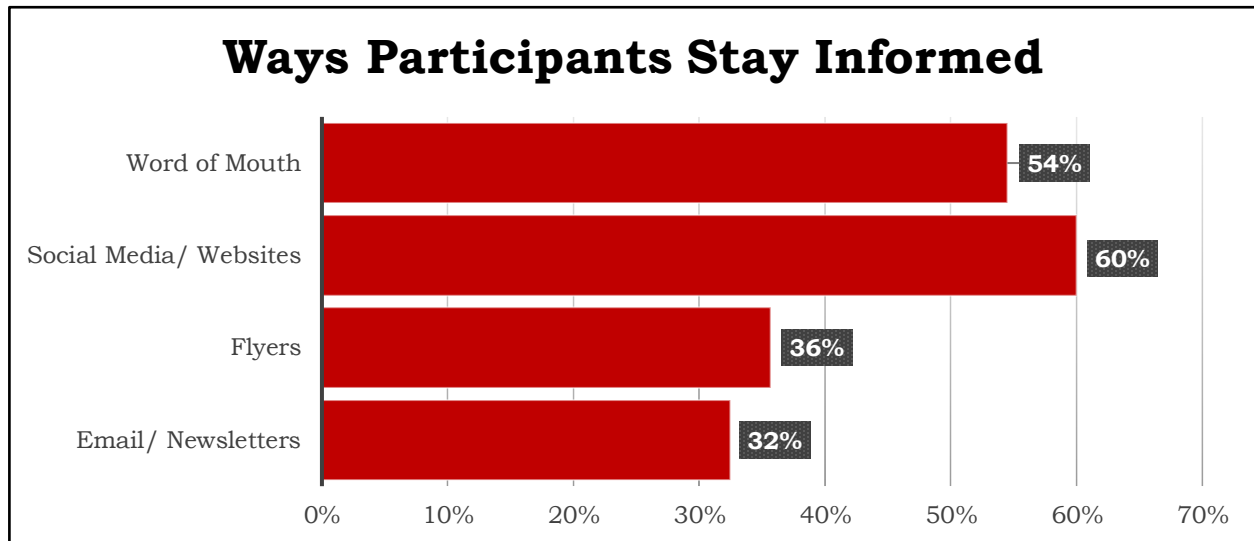
Eating garden-raised produce is one of the most cost-effective ways to procure nutritious foods. However, assessment results showed that only 61% of participants do not have a garden (Q54, n=348). Of those who do have a garden, only 16% produce enough food to supply a quarter of the household's overall food needs.



Gardens can be even more cost-effective when they are sustainable; but, 70% of participants who have gardens do not save seeds to use the next season (Q56, n=346). The Quapaw Nation Library suggested starting seed saving classes and/or a seed exchange program, if enough community members were interested. The assessment showed that 62% of respondents would be willing to participate if those resources were offered (Q57, n=336).

COMMUNITY OUTREACH (Q58)

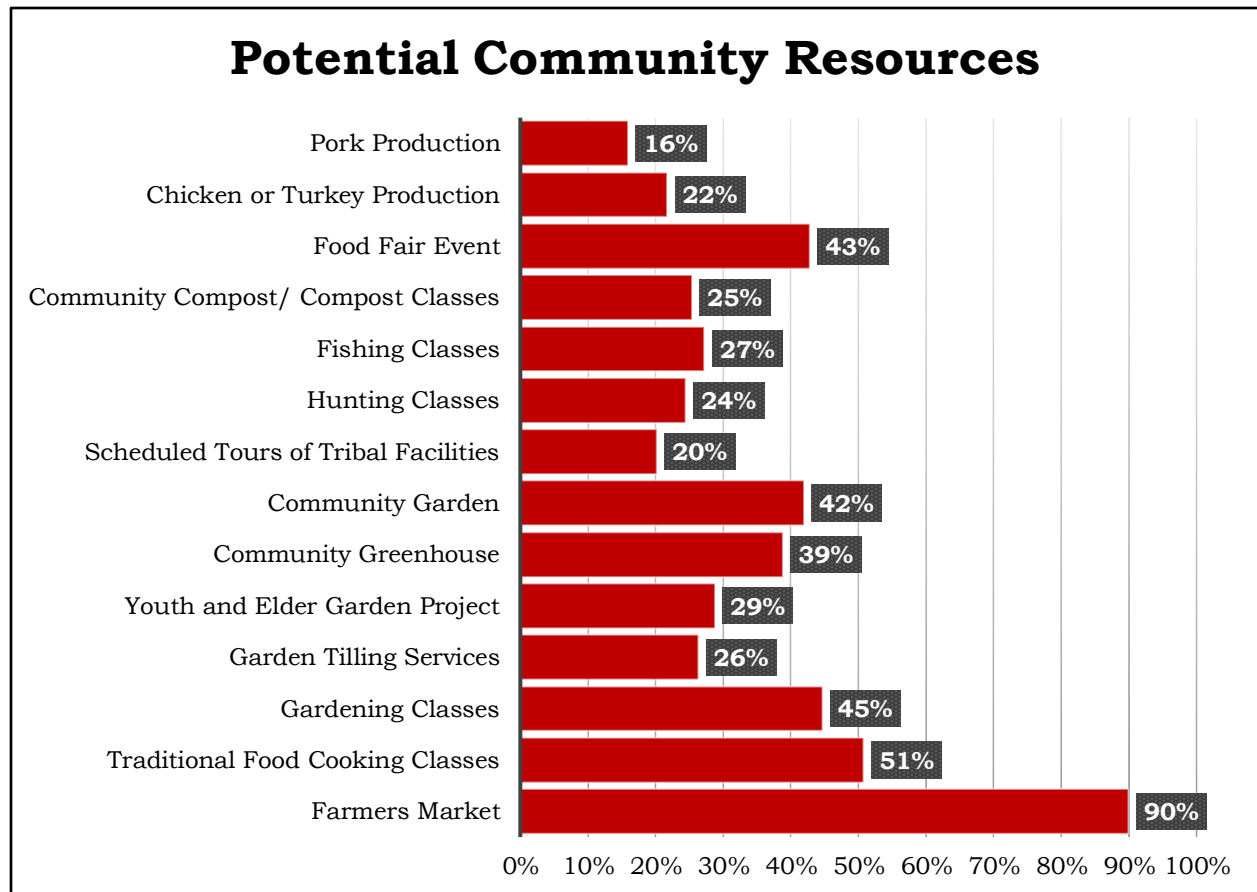
The assessment also asked participants how they stay informed about community events (n=345). The two most popular methods were from social media/websites (60%) and word of mouth (54%). Typically, Quapaw Nation spreads information by posting flyers at each tribal facility, but only 36% of respondents use flyers to stay informed. Information is also commonly spread through tribal employee email listservs; only 32% use email newsletters for information about community events and programs. The Quapaw Nation website and official Facebook pages are also used to update the community when information is provided. Each method attracts different demographics within the community and can be used in conjunction with one another to achieve the most successful outreach.



POTENTIAL RESOURCES (Q59)

The final question on the assessment asked participants what resources they would like to be offered in their community (n=327). Participants were instructed to choose from a given list of options, but space was also provided to list their own ideas. The two most frequently selected choices, with over half of participants in agreement, were a farmers market (90%) and traditional food cooking classes (51%). Gardening classes (45%), a food fair event (43%), and a community garden (42%) were also popular responses.

The list of options was a mixture of new ideas and resources already available to most participants, such as a community garden. Quapaw Nation has also tried traditional food cooking classes in the past but stopped, due to lack of participation. If community members are interested in the events but not participating, the issue could lie with Quapaw's marketing and outreach techniques.



Conclusion

The Quapaw Food Sovereignty Assessment project was a learning experience for the entire team. As the months passed, the food sovereignty team attended trainings, learned from other communities' assessments, and gained hands-on experience. For communities interested in conducting a food sovereignty assessment, or those who had follow-up thoughts about the data, this section will provide more information about the strengths and weaknesses of this assessment that the food sovereignty team learned along the way, from the planning process through the final data collected.

Recommendations

When the food sovereignty project began, the team created a list of key ideas and issues to shape the scope of the project. Between the start of the project in March 2018 and the publication of this report in September 2019, many of those key projects were accomplished. This section will go into brief detail about the different key ideas that shaped the food sovereignty assessment then conclude with additional, new ideas that Quapaw Nation can build toward in the coming years.

KEY IDEAS AND ISSUES

1. Set up Quapaw Nation Food Distribution Center or Food Bank

Tribal nations can apply to become a distribution center for the Food Distribution Program on Indian Reservations (FDPIR) program. Unfortunately, this project did not work out. After meeting with staff from the United States Department of Agriculture's Department of Food Nutrition Services and the ITC (Intertribal Council) Food Distribution Program that currently services Ottawa County, Oklahoma, it was determined that Quapaw was too close to the current distribution program in Miami, Oklahoma, geographically, to merit a satellite distribution center.

The food sovereignty team initially pursued this idea because of Quapaw Nation's strong agriculture program that produces Black Angus beef and bison products. The assessment showed that most community members prefer to purchase tribally-produced foods but come across obstacles with cost and convenience. The FDPIR distribution site would give more low-income families access to food assistance

Quapaw Nation currently supplies canned goods and meat products to food banks across the tristate area. Food pantries are often more lenient on their income and residency requirements but typically have short operating hours due to dependency on donations and volunteers. For example, the First Baptist Church in Quapaw currently offers a monthly food bank to those who live within a 20-mile radius from the church. However, the assessment showed that the majority of people in the community do not know about their local food pantries.

Based on this assessment, the best course of action moving forward is to create and maintain updated resource guides detailing the local food resources for community

members (see Appendix C), build partnerships amongst the food pantry organizers and tribal governments, and continue to donate products to local food pantries.

2. Build Another Greenhouse

As mentioned previously, Quapaw Nation has built five greenhouses since 2013. The greenhouses are managed by a staff of horticulturists who provide over 20 varieties of herbs and vegetables to select restaurants within Quapaw Nation’s Downstream Casino Resort. In spring 2019, Quapaw Nation received an Environmental Quality Incentives Program (EQIP) grant to build a sixth high tunnel that was built over the summer of 2019. A seventh tunnel has also been approved but not yet constructed.



Greenhouses help increase self-reliance and sustainability that is key to the Nation’s food sovereignty efforts. This area of the agriculture program is continuing to expand each year as new grant opportunities arise. The working relationship between the casino and the greenhouses also allows for investments in infrastructure such as transforming the high tunnels into climate-controlled greenhouses to extend the growing season for local produce. Greenhouses are a smart investment for any individual or organization looking to build the capacity of the local food system. There is also interest in building a community greenhouse: however, more work would be needed to ensure the community has access to the right resources, both educational and material, and support system.

3. Start a Farmers Market in Quapaw

In February 2019, Quapaw Nation was awarded a Keepseagle Fast-Track Grant to start a farmers market from the First Nation’s Development Institute. Preliminary data from the food sovereignty assessment was used to support the grant application to show that nearly everyone in the community would like to have a farmers market and would shop at a farmers market if one was nearby. The data also showed that consumers prefer to purchase tribally-produced food products and to know where and how their food is produced. Using this data, Quapaw Nation was able to plan and implement a farmers market project with the community’s needs in mind.



To supply local and tribally-produced products, Quapaw Nation and the Eastern Shawnee Tribe of Oklahoma both sell products at the farmers market alongside other local producers. The assessment also showed that participants typically rely on fresh produce but rarely ate enough servings of fruits or vegetables each day compared to processed foods. One of the leading reasons for this was cost. The Quapaw Farmers Market sold both fresh and

canned produce at bottom dollar to help mitigate cost and access barriers. The market surpassed both the predicted number of customers and the total gross sales estimates for the season.

Education is another key component of this farmers market, particularly health and traditional food knowledge. The assessment showed that community members need reliable sources of nutritional information. Most are also interested in learning more about traditional foods and gardening. The market provided a venue to engage with community members who were likely to be interested in these topics.

After being denied grant funding for farmers market projects in the past, Quapaw Nation's proposal was selected after supplying evidence that demonstrates community support for the project, a commitment to food sovereignty efforts, and baseline data for project evaluation. One of the biggest continuing challenges for farmers market managers in this region is a consistent supply of vendors. Looking to the future, the community needs additional resources and outreach dedicated to assisting small-town producers.

4. Quapaw Grocery or General Store

In part, the assessment was used to help determine whether a grocery or general store, if either, would have the most beneficial impact in the local community.

Quapaw, Oklahoma is a small town (2016 population: 896) best described as a food desert. The only groceries available for purchase in town are from a convenience store where prices are often marked up much higher than competitors in the surrounding communities. This store does provide both prepared meals and grocery items that would otherwise be unavailable, but Quapaw Nation has the infrastructure available to provide the community with access to a greater array of items, including fresh or healthy foods, if there is a demonstrated need.

As mentioned previously, the Quapaw Mercantile already retails frozen and smoked meat products in Quapaw but does not provide other grocery items. The Quapaw Farmers Market was used to test the market's demand for grocery products in Quapaw. In addition to outside vendors, the Quapaw Cattle Company is retailing frozen beef, bison, and pork products; smoked beef and bison products; shelf-stable staples such as pastas, beans, flour, and sugar; canned goods; and fresh fruits and vegetables at cost or with minimal markup. Sales and inventory were collected throughout the 2019 market season to determine the best course of action for future development.

5. Increase Community Awareness of Available Resources

Using the assessment as a data source for grant writing has been successful, but the surrounding community must be aware of the different initiatives to produce long-term change.

Question number 59 in the assessment asked participants what resources they would like to be offered in their community. The term "community" is vague considering that

respondents reported living in over 20 ZIP-codes, each consisting of several towns. For the purposes of this report, “community” is defined as the 20-mile radius surrounding Quapaw Nation; however, each participant may have had their own definition and limits for how far they are willing to travel to access each resource.

To increase awareness of community resources, one must also consider marketing techniques. The assessment showed that social media/websites and word of mouth were the two most common ways community members stayed informed about events. Combining this data, it is clear that having an online presence is key in today’s digital world. Quapaw Nation recently revamped the Nation’s website, and many tribal departments and businesses have published social media pages to expand their reach. Apps such as Facebook have the capability to schedule posts in advance, send automatic event reminders to interested users, and allow users to share community events with others in the area. Quapaw Farmers Market and O-Gah-Pah Coffee are two of Quapaw Nation’s entities that are currently working to build a digital brand. Social media management can be time-consuming, but the assessment showed that the internet is currently one of the most effective methods for increasing community awareness of available resources, and the digital world will only become more prominent in the future.

6. Start a Community Seed Library

The purpose of a community seed library is to provide a free source of seeds for local community members. The vision for Quapaw Nation’s seed library is to create a system in which library-card holders (it is free for community members to enroll) can check-out seed packets in the same fashion as books for DVDs. At the end of the harvest season, the individual would return a packet of seeds, saved from their season’s harvest, to sustain the seed library for the next season. Seed libraries are meant to mitigate the financial barriers to garden expenses.

Before applying for one of the small grant programs available for seed banks/libraries or soliciting donations from local businesses, the food sovereignty team decided to gauge community interest in gardening and seed saving. Using data collected in question numbers 54-57 and 59, the food sovereignty team determined that the majority of participants did not have a garden and even fewer had a garden that produced more than 25% of their household’s food supply. A community seed library could increase the number of household gardens in the community, but only 30% of gardeners currently save seeds. A seed library would not be sustainable if the program only saw a 30% return on seeds at the end of the season, so the first step to launching this program is to ensure that the necessary resources are in place so participants know how to successfully garden and save the seeds.

The majority of participants claimed they would participate in a free seed exchange program and/or classes, if they were provided. However, less than half of participants expressed an interest in gardening classes or garden tilling services. Quapaw Nation launched a series of free gardening classes from March to July 2019. Seed saving is

not in the curriculum for the classes this season, but the community will learn the basics of gardening while the staff can monitor participation in the community garden to determine the next steps.

7. Reduce Diet-Related Illnesses

Reducing diet-related illnesses is the broadest of the food sovereignty team’s priority areas and thus the most difficult to measure and evaluate progress. For the purposes of the assessment, the team specifically studied obesity, high blood pressure, heart disease, and diabetes prevalence. These medical conditions do not arise overnight, but rather build and develop overtime, usually after years of an imbalanced diet combined with minimal physical activity. Truly reducing the prevalence of these diseases requires systemic changes to reshape the community’s perceptions about food, healthy habits, and overall wellness.

This will be a long-term initiative, with the Quapaw Nation Community Health Representative Program taking the lead. This program funds the gardening classes, healthy eating cooking classes, health screenings, an annual health fair, and is continuously introducing new initiatives to meet the community’s needs. Quapaw Nation is also prioritizing health education by promoting traditional foods, nutrition, and gardening at the Quapaw Farmers Market. The food sovereignty team will continue to track progress on these projects, but the only way to measure the intended long-term change may be with a second food sovereignty assessment years down the road.



FUTURE WORK

In addition to the original primary focus areas, the food sovereignty team has also identified other areas of growth over the course of the project. In some areas, the future work overlaps with the primary focus areas, but this section will provide more detail about the projects themselves.

Good Health and Wellness

Quapaw Nation’s Community Health Representative Program partners with the Southern Plains Tribal Health Board to provide free community events and classes through the Good Health and Wellness in Indian Country Grant. In past years, this grant has provided funds to complete a community health profile, one of the reports used to provide baseline health data for this assessment; a weight loss challenge; and health screens for oxygen saturation, blood pressure, and blood glucose levels. For the 2019 grant cycle, Quapaw Nation received funds to provide monthly gardening classes, taught by the Quapaw Environmental Department at the Quapaw community garden, and healthy eating cooking classes, hosted at the Title VI center.

The Good Health and Wellness Grant is used primarily to purchase promotional products that encourage a healthy lifestyle. Such products include fitness journals, a gardening kit, cooking utensils, cookbooks, and more. These incentives encourage community members, especially elders, to participate in the classes and events where they will learn how to better maintain their health. This area of work is particularly important to reducing diet-related illnesses and establishing Quapaw Nation has a reliable source of health and wellness information.

Saracen Casino Resort

One of the biggest expansion projects of 2019 and 2020 for Quapaw Nation will be the construction of Saracen Casino Resort. The Downstream Development Authority, an economic development arm of the Quapaw Nation, has been awarded a commercial gaming license to build a new, upscale resort in Pine Bluff, Arkansas. The Saracen Casino Resort project takes the Quapaw Nation back to its original homeland in Arkansas as a major economic force.

This new project gives Quapaw Nation the ability to replicate successful farm to table initiatives from the start. A new greenhouse has already been purchased for the Pine Bluff location, and the casino will also utilize Quapaw Nation’s existing beef, bison, and coffee roasting facility. In turn, the additional meat orders will increase production at the Quapaw Processing Plant in Miami, OK. By modeling Downstream Casino Resort’s farm to table projects, this new casino will increase the potential reach of Quapaw Nation’s operation to include a larger portion of Arkansas, along with Oklahoma, Kansas, and Missouri.

Restorative Agriculture

The Quapaw Services Authority and Environmental Department branches of Quapaw Nation have an ongoing partnership with the Oklahoma Department of Environmental Quality and the Environmental Protection Agency (EPA) to clean and restore Quapaw Nation’s land that was contaminated with mineral byproducts leftover from the 1900’s when Ottawa County, Oklahoma was a national hub for lead and zinc mining. The EPA declared the Tar Creek contamination a priority superfund site in 1983, eventually leading to Quapaw Nation’s partnership with the EPA.

The Quapaw people were historically agricultural, but approximately 50% of the Quapaw Reservation Land by Treaty is within the site boundaries for the EPA’s



Operable Unit 4 (OU-4) which consists of “chat piles, other mine and mill wastes, [and] smelter wastes,” making the land unusable for agriculture in its contaminated state (2019). Part of the vision for the superfund cleanup is to restore the land for agricultural use. After the chat is cleared away, the soil and water are tested for remaining contaminants before grass and other plant life can be reintroduced to the site. The land can also be used as grazing pastures to accommodate the Nation’s beef and bison herds. It may be decades before the cleanup is finished (there are 26,000 contaminated acres in OU-4 alone) but restoring the land for agriculture purposes is a major step towards Quapaw Nation’s larger food sovereignty goals.

Farm to School

This food sovereignty assessment showed some concerning figures regarding nutrition education, including that only 1% of adults in the community reported their school as their primary source of nutritional information. On a positive note, most participants would prefer to eat and learn more about traditional foods. One solution to improve each of those outcomes is to implement farm to school initiatives that will engage kids from a younger age.

Quapaw Nation was a recipient of the USDA FY2019 Farm to School Grant Program beginning July 2019. Through this planning grant, Quapaw Nation will partner with the Quapaw School District to create an action plan to increase consumption of local and traditional foods in Quapaw Public Schools. This is a two-pronged project where Quapaw Nation and the Quapaw School District will first assemble a Farm to School Organizing Committee to create a community needs assessment focusing on farm to school initiatives, a similar structure to the food sovereignty assessment. The other prong of the project will involve the Quapaw High School FFA members doing student-led research to identify obstacles, resource gaps, and potential strategies to overcome barriers in launching farm to school activities. Changing behaviors is a long-term process, but if the farm to school initiatives are successful, there is great potential to improve the health outcomes from this year’s assessment.

Limitations and Challenges

The food sovereignty assessment process was guided by the selected group of Quapaw Nation employees on the food sovereignty team but was primarily conducted by the VISTA volunteer. This structure minimized personnel costs for the assessment but also limited community outreach to promote and conduct the assessment. The food sovereignty team opted for the most efficient and cost-effective methods to distribute the assessment: community events, employee email listservs, and online through Quapaw Nation’s website.

The events were held primarily in Ottawa County, Oklahoma and were often affiliated with the Quapaw Nation. This method collected sound results but could be improved by conducting future assessments more evenly throughout the 20-mile radius. The assessment was also sent out on Quapaw Nation’s employee email listserv, soliciting a

disproportionate amount of responses from employees with higher incomes. The assessment also did not include any identifying information that would allow the food sovereignty team to exclude multiple responses from a single individual. This became an issue when incentives were distributed in exchange for completing the assessment; community members wanted the incentive at each event, so some individuals filled out a new assessment at each event.

ASSESSMENT QUESTIONS

The food sovereignty team's goal was to limit the number of questions to a number the average individual would be able to complete in under 15 minutes. Different types of questions take longer to read, process, then answer, especially if the instructions change from question to question. To achieve this goal while still maximizing data collection, the team elected to primarily use multiple choice and yes/no questions. Time constraints also limited the number of questions that could fit in the assessment, so the team spent weeks discussing the phrasing, word-choice, and purpose for each individual question on the assessment. Over 60 questions were eliminated from the first to final drafts. After analyzing the data, many of these questions inspired follow-up questions while a select few did not collect the intended data.

Question #8- "Which of the following best describes the type of vegetables you eat most often?" This question may be biased by the season in which the assessment is conducted. In general, individuals eat more fresh produce in the summer than winter, so that needs to be taken into consideration. Because more respondents chose "fresh" vegetables, it would also be useful to ask a follow-up question to collect data about where they obtain fresh vegetables from: farmers markets, grocery stores, neighbors/friends/family, and/or gardens.

Question #17- "In a typical week, how many times do you participate in physical exercise?" One flaw in the data collected from this question was that, given the answer choices, there were no way to determine the number of participants who did not participate in *any* physical activity. To correct this, better answer choices would start with "0" then begin counting "1-2", etc. This assessment was also lacking in the follow-up regarding physical activity. There was no data collected about how long the participant exercises per session or the kind of physical activity they prefer (cardio, weights, swimming, housework, or another category) for Quapaw Nation to improve education and outreach on this topic. These follow-up questions were intentionally excluded from the assessment to limit the number of questions, but they could prove useful in other contexts.

Question #28- "What is the biggest obstacle that prevents you from buying local or tribally-produced foods?" After the assessment was publicly released, it came to the team's attention that this question assumes that the participant *wants* to buy local or tribally-produced foods. To eliminate any bias, a fifth answer choice should be added for those who simply prefer other products.

Question #47- “Is there a food bank within reasonable distance from your home?” This question was intended to ask about food pantries rather than food banks because the pantries are the organizations that supply food directly to the community while the food banks supply food only to the pantries. It is impossible to know whether the participants used the terms interchangeably or if the word choice is responsible for most participants answering, “I don’t know.”

Question #49- “What are you most concerned about when purchasing food?” The food sovereignty team decided to collect this data using a multiple-choice question rather than a ranking as commonly seen in other organizations’ assessments for the sake of simplicity and time. Participants were intended to select one answer choice, however many selected two or three options, thus ruling the response unusable. Out of 356 completed assessments, only 285 responses were able to be used for this question. This is one question that may be worth spending a few extra seconds on with a ranking format.

These limitations are not meant to defer others from using this data, but rather to be transparent about the types of information that can be derived from the assessment.

Appendices

Appendix A: Quapaw Tribe Food Sovereignty Assessment

This assessment is a collaboration project between AmeriCorps VISTA and the Quapaw Tribe of Oklahoma. Its purpose is to collect data to define the connections between health outcomes, food sovereignty, and economic stability in our community. Our goal is to better understand local food systems from the eyes of local consumers and producers. To participate, individuals must be at least 18 years old and reside within a 20-mile radius of the Quapaw Tribe. All responses will be **anonymous** and directly benefit community members regardless of tribal affiliation.

Demographics

(1) What is your ZIP Code?

- _____

(2) How old are you?

- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

(3) How do you identify yourself?

- Tribal Employee
- Elder
- Community member

(4) Are you enrolled in a local tribe? If yes, please state which one(s).

- _____

- None

(5) Gender

- Male
- Female
- Prefer Not to Answer

Nutrition and Health

(6) How would you rate the nutritional quality of your diet?

- Excellent
- Good
- Fair
- Poor

(7) In a typical day, how many servings of fruits and vegetables do you eat?

- 0-1
- 2-3
- 4-5
- 6+

- (8) Which of the following best describes the type of vegetables you eat most often?
- Canned
 - Dried
 - Fresh
 - Frozen

- (9) In a typical day, do you eat more processed foods than fresh foods?
- Yes
 - No
 - I don't know

(10) How often do you drink the following types of drinks?

<u>Drink Type</u>	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>	<u>Never</u>
Soft Drinks				
Water				
Alcohol				
Coffee				
Energy Drinks				
Tea				
Juice				

(11) Which of the following is your primary source of nutritional information?

- Community Health Representative/Nutritionist
- Family Member
- School
- Self-Knowledge (Internet, research, trial and error, etc.)
- Title VI Center

(12) How would you rate your overall health?

- Excellent
- Good
- Fair
- Poor

(13) Which of the following, if any, health problems have you been diagnosed with?

Circle all that apply.

- Diabetes/Pre-Diabetes
- Heart disease
- High Blood Pressure
- Overweight/Obesity
- None of the Above

(14) Do you have health insurance?

- Yes
- No
- I don't know

(15) Do you have either of the following food allergies or sensitivities? Circle all that apply.

- Dairy
- Gluten
- None of the Above

- (16) Would better food lead to better health for you and your family?
- Yes
 - No
 - I Don't Know
- (17) In a typical week, how many times do you participate in physical exercise?
- 0-1
 - 2-3
 - 4-5
 - 6+

Traditional Foods and Practices

- (18) Do you know what *traditional* food and agriculture practices are still found in your community?
- Yes
 - No
- (19) Do you feel that agriculture and food traditions have been lost in your community?
- Yes
 - No
- (20) Are there other people in your community who have knowledge of food traditions?
- Yes
 - No
 - I Don't Know
- (21) How familiar do you consider yourself to be with traditional foods?
- Very familiar
 - Familiar
 - Not so familiar
 - Not at all familiar
- (22) List three foods that you would consider to be traditional:
1. _____
 2. _____
 3. _____
- (23) Do you think area tribes should continue to focus on growing their own food?
- Yes
 - No
- (24) Are you interested in learning more about traditional foods?
- Yes
 - No
- (25) Would you prefer to eat more traditional foods?
- Yes
 - No
- (26) Does your family eat locally/tribally-produced foods?
- Yes
 - No

(27) Would you prefer to purchase tribally-produced food products?

- Yes
- No

(28) What is the biggest obstacle that prevents you from buying local or tribally-produced foods?

- Convenience (Limited availability, conflict with store hours, etc.)
- Cost
- Quality
- Other _____

(29) Do you know how to plant, grow, and preserve traditional crops?

- Yes
- No

(30) How did you learn to prepare traditional foods?

- I do not know how
- From a relative
- Internet
- In 4-H/ An extension agent
- Other _____

(31) How often is your food prepared in the following ways?

	<u>Daily</u>	<u>Weekly</u>	<u>Monthly</u>	<u>Never</u>
Cooked from scratch				
Frozen or boxed meals				
Fast food				
From a restaurant				

(32) Which of the following activities, if any, do you participate in? Circle all that apply.

- Hunt
- Fish
- Garden
- Gather traditional plants
- Preserve cultural foods
- None of the Above

Food Affordability

(33) How often do you shop for groceries each month?

- 1-2
- 3-4
- 5+

(34) How much do you spend on groceries *each* time you shop?

- \$0-50
- \$50-100
- \$100-150
- \$150-200
- More than \$200

(35) Would you buy more fruits and vegetables if they were more affordable?

- Yes
- No

(36) How many people live in your household?

- Adults: _____
- Children: _____

(37) What is your combined household income?

- Less than \$14,999
- \$15,000-\$24,999
- \$25,000-\$34,999
- \$35,000-\$49,999
- \$50,000+

(38) In the last 12 months, did you or your family ever experience any of the following?

Circle all that apply:

- Couldn't afford to eat balanced meals
- The food you bought just didn't last and there wasn't money to buy more
- Cut the size of your meals or skipped meals because there wasn't enough food
- None of the Above

(39) Which of the following, if any, food assistance programs have you used in the last 12 months? Circle all that apply:

- I do not use food assistance programs
- Food Stamps (SNAP)
- Commodities Program (FDPIR)
- Meals on Wheels/ Title VI Home Delivery
- WIC
- Other

(40) Did you need food assistance in the last month but didn't receive it?

- Yes
- No

(41) Which of the following, if any, was the main reason you did not receive food assistance?

- I **did not** need assistance or received the assistance I needed (Answered NO above)
- I applied but was turned down
- It's too much trouble/red tape to apply
- I'm afraid to apply or don't want people to know I applied
- Unable to apply due to lack of transportation, child care, time, or health

(42) How useful do you think the following information would be to improve your food resources?

	<u>Very Useful</u>	<u>Somewhat Useful</u>	<u>Not Very Useful</u>	<u>Not at all Useful</u>
Help with budgeting for groceries				
Nutrition and healthful eating and cooking				
How to grow and prepare traditional foods				
Recipes for using commodities programs				

Food Access

- (43) How long do you have to drive to shop at your preferred grocery store?
- Less than 10 minutes
 - 10-19 minutes
 - 20-29 minutes
 - 30+ minutes
- (44) How do you get to food stores most often?
- Walk
 - Drive my own vehicle
 - Ride with friends or family
 - Public transportation
- (45) Have you ever had problems using public transportation to get to the grocery store?
- I don't use public transportation
 - Yes
 - No
- (46) Which of the following are in your home AND working? Circle all that apply.
- Gas/electric stove
 - Gas/electric oven
 - Microwave
 - Refrigerator
 - Freezer
 - None of the Above
- (47) Is there a food bank within reasonable distance from your home?
- Yes
 - No
 - I don't know
- (48) Do you stock emergency foods?
- Yes
 - No

Food System Awareness and Programming

- (49) What are you most concerned about when purchasing food?
- Convenience
 - Cost
 - Freshness
 - Nutritional value
- (50) Are you concerned about the chemicals, hormones, etc. used in food production?
- Yes
 - No
- (51) Are you concerned about contamination of food?
- Yes
 - No
- (52) Would you prefer to know where and how your food is produced?
- Yes
 - No

- (53) Would your family shop at a farmers market if one was nearby?
- Yes
 - No
- (54) Do you have a garden?
- Yes
 - No
- (55) In a typical week, does your garden provide more than 25% of your household's food supply?
- Yes
 - No
 - I don't have a garden
- (56) Do you save seeds to use the next season?
- Yes
 - No
 - I don't have a garden
- (57) Would you participate in a free seed exchange program and/or classes if provided?
- Yes
 - No
- (58) How do you stay informed about community events and programs?
- Email/Newsletters
 - Flyers
 - Social Media/Websites
 - Word of Mouth
- (59) What resources would you like to be offered in your community? Check all that apply.
- Farmers Market
 - Traditional Food Cooking Classes
 - Gardening Classes
 - Garden Tilling Services
 - Youth and Elder Garden Project
 - Community Greenhouse
 - Community Garden
 - Scheduled Tours of Tribal Facilities
 - Hunting Classes
 - Fishing Classes
 - Community Compost/Compost Classes
 - Food Fair Event
 - Chicken or Turkey Production
 - Pork Production
 - Other: _____

Optional

- (60) If you could tell your tribal leaders anything about food and hunger issues in your community, what would you tell them?
-

Appendix B: Food Assistance Programs

This chart is a guide to highlight differences in the Food Distribution Program on Indian Reservations (FDPIR), Supplemental Nutrition Assistance Program (SNAP), and Women, Infants, and Children (WIC) programs. Each program has different eligibility requirements and different methods for obtaining the food items, but this chart is simplified to show the types of food items included in each program. More information about each program should be found on the programs' official websites.

	FDPIR	SNAP	WIC
Bread	X	X	X
Butter	X	X	
Canned Vegetables	X	X	
Cereals	X	X	X
Cheese	X	X	X
Snacks & Junk Food		X	
Coffee		X	
Eggs	X*	X	X
Fresh Fruits	X	X	X
Fresh Vegetables	X	X	X
Honey		X	
Infant Formula		X	X
Jams/Jellies		X	
Juices	X	X	X
Milk	X	X	X
Peanut Butter	X	X	X
Seed-Bearing Plants		X	
Uncooked Meats	X	X	

X*= Powdered

Appendix C: Local Food Resources by State

The follow chart is a list of food resources surrounding Quapaw, Oklahoma. Many of these resources have residency restrictions by county or state, so the list is organized alphabetically by state. The organizations were contacted by the AmeriCorps VISTA volunteer via phone, email, and/or Facebook messenger to verify their services offered, location, hours, a point of contact, and application requirements. This list is not exhaustive; only the organizations that personally verified their information were included on the list.

This resource list was last updated in the fall of 2018. Please call ahead to verify eligibility and to ask about any necessary documentation such as social security card, pay stubs, proof of address, etc.

NORTHEASTERN OKLAHOMA

Quapaw Tribe Title VI Center

- Service: Free Meal Program
- Location: 903 Whitebird St. Quapaw, OK 74363
- Hours: Monday-Friday 11:30am-12:30pm
- Contact: 918-238-3155
- Requirements: Meals are free for elders ages 55 or older with a CDIB card and \$5 for anyone else.

First Baptist Church

- Service: Food Pantry
- Location: 419 Kentucky St. Quapaw, OK 74363
- Hours: Third Thursday 5-8pm
- Contact: 919-533-2182
- Requirements: Must live within a 20-mile radius from the church.

NEO Realty Group

- Service: Food Pantry
- Location: Outside NEO Realty at 225 E Steve Owens Blvd. Miami, OK 74354
- Hours: 24/7
- Contact: 918-542-4663 during business hours Monday-Friday 8:30am-5pm
- Requirements: None

Salvation Army

- Service: Emergency Food Pantry
- Location: 217 W Steve Owens Blvd. Miami, OK 74354
- Contact: 918-542-3467 or salarmy76@yahoo.com
- Hours: Monday, Thursday 9am-1pm
- Requirements: Application required. Services limited to three times per year.

Inter-Tribal Council Incorporation

- Service: Food Distribution (Commodities)
- Location: 114 S. Eight Tribes Trail Miami, OK 74354
- Hours: Open Monday-Friday 8am-4pm, closed 12pm-1pm daily
- Contact: 918-542-3443

- Requirements: Income and residency restrictions. Check http://itcfdp.org/downloads/ITFDP_Qualification_List.pdf for full list of qualifications.

First United Methodist Church

- Service: Hot Meal
- Location: 200 B St NW Miami, OK 74354
- Contact: 918-542-4404
- Hours: Wednesday 5-6pm
- Requirements: None

Ministerial Alliance

- Service: Emergency Food Pantry
- Location: 114 D St NE Miami, OK 74354
- Contact: 918-540-2815
- Hours: Monday, Wednesday, Friday 9am-1pm
- Requirements: Must be at least 16 years old and reside in Ottawa County. Program can be used once per month.

Abounding Faith Ministries

- Service: Food Pantry
- Location: 410 M St NW, Miami, OK 74354
- Contact: 918-542-6243
- Hours: Open once per month. Call for date and time.
- Requirements: Call for more information.

Christian Help

- Service: Food Pantry
- Location: 1703 OK-10 Grove, OK 74344
- Hours: 10am-2pm
- Contact: 918-786-6798
- Requirements: Must reside in Delaware County.

MISSOURI

Seneca Food Pantry

- Location: 821 Cherokee Ave. Seneca, MO 64865
- Hours: Tues and Wed 9:30am-4pm
- Contact: 417-776-4650
- Requirements: Must live in Seneca school district

We Care of the Four States

- Service: Food Pantry
- Location: 6879 E. Newman Rd. Joplin, MO 64801
- Contact: 417-625-1600
- Hours: By appointment only on Tuesdays and Thursdays
- Requirements: None

Crossline Ministries- Joplin

- Service: Emergency Food Pantry

- Location: 320 S School Ave. Joplin, MO
- Contact: 417-782-8384
- Hours: Monday 4pm-7pm, Tuesday-Friday 10am-2pm
- Requirements: Available in emergency situations to households in Western Jasper County and Joplin residents who live in Newton County in the Joplin School District.

Watered Gardens Gospel Rescue Mission

- Service: Food Pantry
- Location: 531 S. Kentucky Ave. Joplin, MO 64801
- Contact: 417-623-6030
- Hours: Monday, Tuesday, Thursday, Friday 9am-2pm
- Requirements: None

St. Peters Outreach House

- Service: Food Pantry
- Location: 807 S. Moffet Ave. Joplin, MO 64801
- Contact: 417-206-2588
- Hours: Monday, Wednesday, Friday 11am-1pm and fourth Sunday 10am-12pm
- Requirements: None

Soul's Harbor of America

- Service: Food Pantry
- Location: 817 S. Main Joplin, MO 6801
- Contact: 417-623-7927
- Hours: Monday-Friday 9am-3pm
- Requirements: Must reside in Barton, Jasper, Lawrence, McDonald or Newton counties

Crossline Ministries- Carthage

- Service: Several different food programs
- Location: 600 E 6th St. Carthage, MO 64836
- Contact: 417-358-1577 or ccrosslines@sbcglobal.net
- Hours: Tuesday, Wednesday, Thursday 9am-4pm
- Requirements: Must reside in Jasper County. Requirements vary by program. Call ahead to check eligibility.

Salvation Army

- Service: Food Pantry
- Location: 125 E. Fairview Ave Carthage, MO 64836
- Contact: 417-358-2262
- Hours: Tuesday, Thursday 10am-2pm
- Requirements: Application required for first visit. Limited to once every three months.

Good Samaritan

- Service: Food Distribution (Commodities) and Senior Boxes
- Location: 1301 Parry St. Lamar, MO 64759
- Contact: 417-682-5396
- Hours: Monday, Tuesday, Thursday, Friday 9am-4:30pm

- Requirements: Income-based restrictions. For full eligibility requirements, please call the phone number listed above.

SOUTHEAST KANSAS

SEKMA Thrift Shop and Pantry

- Service: Food Pantry
- Location: 140 W 10th St. Baxter Springs, KS 66713
- Contact: 620-856-4444
- Hours: Tuesday-Saturday 9am-1pm
- Requirements: Must reside in Kansas.

Word in Action Ministries

- Service: Food Pantry and Hot Meal Services
- Location: 617 Ottawa Baxter Springs, KS
- Contact: 620-202-0083
- Hours: Pantry Wednesday-Saturday 10am-2pm
- Meals Monday-Friday 5-5:30pm
- Requirements: Pantry limited to once every 30 days.

Wesley House

- Service: Food Pantry
- Location: 411 E 12th Pittsburg, KS 66762
- Contact: 620-232-3760
- Hours: Monday-Friday 1pm-3:30pm
- Requirements: Limited to once per month. Must reside in Crawford County.

NORTHWEST ARKANSAS

Decatur Care- United Methodist Church

- Service: Food pantry
- Location: 171 N. Main St. Decatur, AR 72722
- Contact: 479-752-3551
- Hours: Monday-Friday 9am-1pm
- Requirements: Reserved for low income households

The Manna Center

- Service: Food Pantry, Government Surplus Food Distribution Site
- Location: 670 Heritage Court Siloam Springs, AR 72761
- Contact: 479-524-9825
- Hours: Monday-Friday 9am-11:30am
- Requirements: Must complete interview to determine genuine need of services. Must reside in Benton County.

Community Thrift Store

- Service: Food Pantry and Emergency Assistance
- Location: 1100 N Walton Bentonville, AR 72712
- Contact: 479-464-9400
- Hours: Thursday 10am-1pm
- Requirements: Limited to once per month.

Helping Hands- Bentonville

- Service: Food Pantry with Baby Food/Formula
- Location: 320 Airport Rd. Bentonville, AR 72712
- Contact: 479-273-2511
- Hours: Monday-Friday 12am-3pm
- Requirements: Must reside in Benton County.

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