

Cooking Demonstrations with Traditional White Corn



Food Is Our Medicine
HEALTHY FIRST NATIONS

Food Is Our Medicine presents two cooking demos using traditional white corn. Learn how to prepare pork chili, bison stew, and other easy-to-make white corn dishes. Both demonstrations will be an educational, hands-on tasting experience.

Bring the family, tell a friend, and be a part of this wonderful event!



Cattaraugus

Where: At the Cattaraugus Health and Wellness Center Room 126

26 Thomas Indian School Dr. Irving N.Y. 14081

When: Tuesday December 8th

Time: 5:00 PM-8:00 PM

Allegany

Where: At the Lionel R. John Health Center Diabetes Unit Wellness Room 185D

987 R.C. Hoag Dr. Salamanca N.Y. 14779

When: Wednesday December 9th

Time: 5:00 PM-8:00 PM



Please RSVP

Lafayette Williams

716-532-4900 Ext. 5016

Lafayette.williams@sni.org

www.FoodIsOurMedicine.com



Seneca *diabetes* foundation
Strong in spirit. Strong in body.



IROQUOIS
◆ WHITE CORN PROJECT ◆