Come get fresh produce, eggs, and canned goods from your local farmers! We operate a Farmers’ Market every Friday from 7 am to 2 pm from April through November. “The more involved our community gets in our Market, the better the possibility of its success,” explains Karen Lynch Harley, the Farmers’ Market Manager. She hopes local farmers, crafters, bakers, food venders, and demonstrators will showcase their talents!

Interested in
- selling something at the Farmers’ Market?
- helping promote our Farmers’ Market?
- exercising for free during our weekly classes?

Contact Karen Lynch Harley at 586-4017, ext 234

Let’s Plan a Grand Opening—Music, Dance, & Food!

American Indian Healthy Eating Project

Our Tribe has been collaborating with the University of North Carolina-Chapel Hill since March 2009 on a Robert Wood Johnson Foundation funded Healthy Eating Research project. Tribal leaders and members provided insight into our local food environment and the potential for community changes.
Healthy, Native North Carolinians

At the Unity Conference 2011, we shared our Tribe’s health initiatives during a collaboration building workshop. Alfred R. Richardson, our Tribal Administrator, gave personal and Tribal experiences around the opportunities and obstacles within Indian country. During the Unity Conference, we teamed up with six other NC Tribes and four Urban Indian Organizations to request support from Kate B. Reynolds Foundation for a two-year capacity building workshop series focused on community change around healthy eating and active living. Alfred believes “uniting with other Tribes and Urban Indian Organizations through the Healthy, Native North Carolinians would be a great way for us to showcase our progress on operating a farmers’ markets while learning from and working with others on broader ways to advance American Indians in North Carolina.” Recently, we have been approved for funding!

Tools for Healthy Tribes was created through a partnership between the American Indian Healthy Eating Project and the following Tribes: Coharie Tribe, Haliwa-Saponi Indian Tribe, Lumbee Tribe, Occaneechi Band of the Saponi Nation, Meherrin Indian Tribe, Sappony, and Waccamaw Siouan Tribe. Explore the website for ways you can help advance American Indian health!

“The American Indian Healthy Eating Project has been blessed to build partnerships with the NC Commission of Indian Affairs, seven Tribes in North Carolina, and with all the Tribal leaders, liaisons, and advisors who have given so much of their time and thoughts to facilitate united approaches to advance American Indian health within their Tribes, across the state, and throughout Indian country.”

Sheila Fleischhacker, PhD, JD
American Indian Health Eating Project
Co-Principal Investigator

John is an enrolled member of the Haliwa-Saponi Indian Tribe and his family farm is in Hollister—generating farm fresh eggs daily for his 91 year old grandmother, Annie Richardson! As a Community Liaison on the American Indian Health Eating Project, John has worked with community members to gather insights on the local food environment. “I have seen first-hand how our people face daily challenges to providing healthy, affordable foods to their children, but I have also been inspired by the history and wisdom of our youth, elders, families, and Tribal leaders to grow, feed, and prosper. We are a tough people.”

Community Spotlight: John Scott-Richardson
Tribal leaders and members met on March 3, 2011 with the American Indian Center and Center for Health Promotion & Disease Prevention, both of UNC-Chapel Hill to discuss practical ways to promote health in our community, utilizing our unique cultural, agricultural, and infrastructural assets.

Senior Meal Programs

Our Tribe encourages elders over the age of 60 years to participate in our communities’ Congregate Meal Site. These programs enable our seniors to enjoy not only each other’s company but also nutritious, hot meals. As featured in this year’s Pow Wow booklet, Donn Young, captured some spectacular images of our nutrition site staff and participants in Halifax County.

“Building partnerships is enabling us to maximize our skills and available resources. Our farmers’ market is just one example of how fruitful community food projects are for our Tribe’s health and economic development.”

Marty Richardson, Director of Planning & Development

Volunteers Needed! Youth, elders, and families please come by and help us clean up, renovate, and maximize our greenhouses for health, economic, and community development opportunities! Spend time in our garden too!
A movement is not an organization separate from Tribal leadership, churches, or families. Full Circle Movement is within each of us and in all of these settings. It happens when we talk and listen to one another, heal together, and focus collectively towards a common goal of encouraging our people to live longer, healthier lives. Let’s look within and speak out together! Join the Movement!

Randi Byrd, Workshop Coordinator
American Indian Center at UNC
rrbyrd@email.unc.edu
919-843-4189

Tony V. Locklear, Executive Director
The Healing Lodge
nativeelderassist@yahoo.com
910-522-0900

**Community Spotlight: Alvin Evans Richardson**

Alvin has been helping our Tribe for decades and is currently participating in hands-on ways to cultivate intergenerational community food projects, such as a community garden, for our Tribe. Back in 2010, Alvin shared his growing interests in healthy living:

“The old people had to survive a different way then we do today. They had to live off of Mother Nature. It’s natural food. It’s better than what’s in the grocery store. We’re all eating a lot of the wrong foods. I’m getting more and more serious about that the older I get, because I’m thinking more serious about my health.”

**Merecouremechen Kihoe**

“You are welcome to be here”

Visit with our staff and utilize our tribal services

**Full Circle Movement**—Sign up and MOVE the conversation!