Greetings;

As Chairman of the Lumbee Tribe, it gives me great pleasure to present the first Lumbee Tribal Healthy Cookbook. Thank you for your interest! Your purchase will go to help sustain our tribal initiative of healthy eating.

It is no secret that many of our family and friends suffer from heart disease, obesity, high blood pressure and diabetes. While we understand genetics may play a role; many of these conditions can be managed, and even prevented, by making healthy changes in our diets.

One of our goals at the Lumbee Tribe of North Carolina is to promote and educate tribal members on the importance of having an active and healthy lifestyle. Having a holistic approach to life is important not only for our individual tribal members, but their families and our tribal communities as a whole.

So, I sincerely hope that you try the recipes included in this publication and encourage others to make healthy choices a lifestyle. Making simple choices like these will not only benefit our Tribe today, but have an impact for the seven generations to come. Thank you for your support!

With Love,

[Signature]

Paul Brooks, Tribal Chairman
Lumbee Tribe of North Carolina