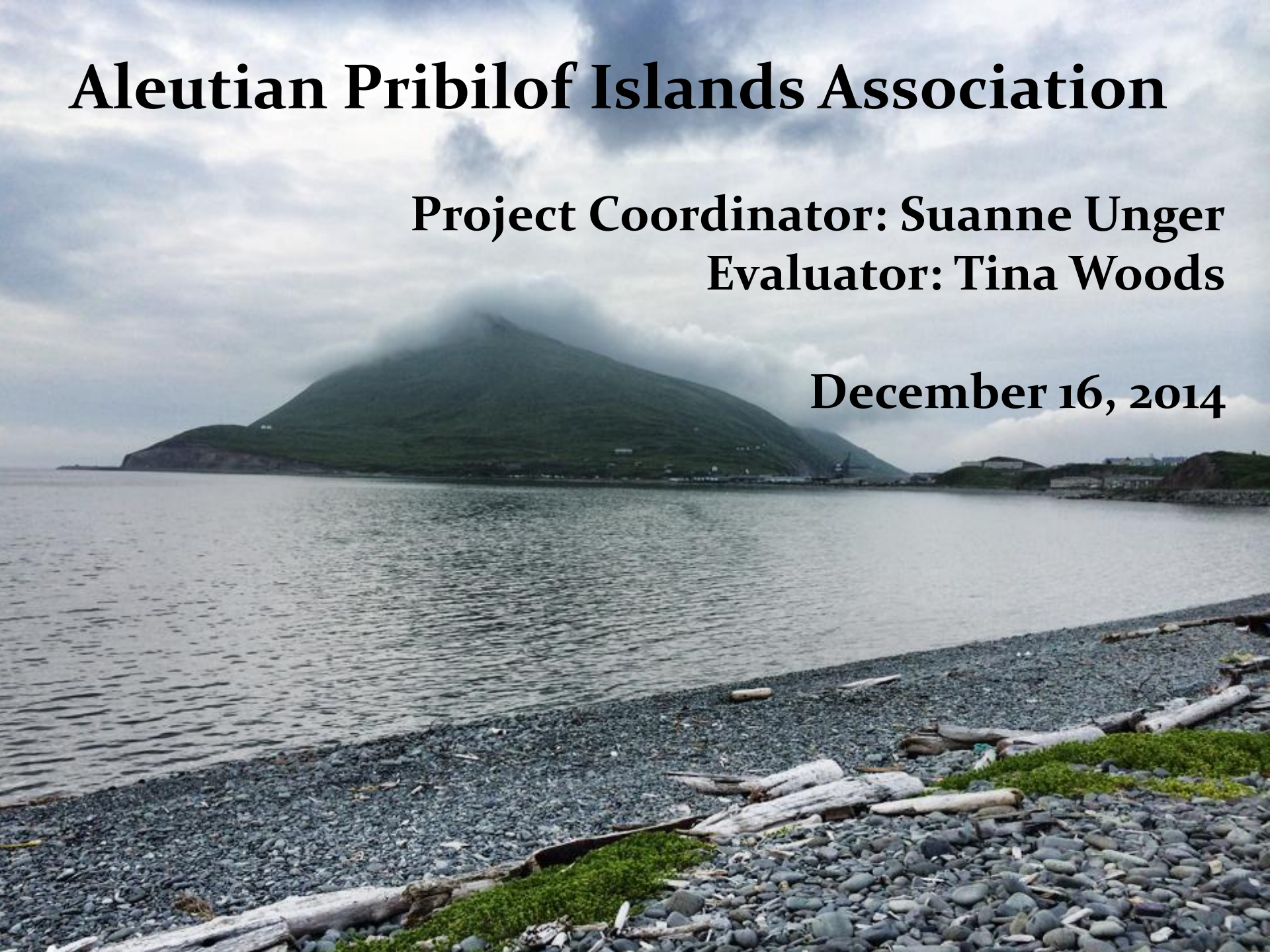


# **Aleutian Pribilof Islands Association**

**Project Coordinator: Suanne Unger**

**Evaluator: Tina Woods**

**December 16, 2014**



# Aleutian Pribilof Islands Association

- Non-profit Tribal organization of the Aleut people in Alaska
- Provides services to 13 Tribes
- Oversees clinics/health services in 5 communities





# Project Goals

- Promote consumption of traditional foods
- Improve overall diet by better understanding healthy food preparation techniques
- Understand and reduce negative health consequences of diabetes



# Partnerships

- APIA interdepartmental collaboration:
  - Health Department
  - Cultural Heritage
  - Human Services
- Regional clinics
- Schools in region
- Aleut Marine Mammal Commission
- University of Alaska
- USDA Wildlife Inspection
- Alaska Native Tribal Health Consortium
- Tribes:
  - St. Paul
  - St. George
  - Unalaska
  - Atka
  - Akutan
  - Sand Point (2)
  - Unalaska
  - False Pass
  - Nelson Lagoon
  - King Cove (2)
  - Nikolski



# Health Fairs

- Supporting traditional foods demonstrations booths at health fairs





# Regional Cooking Demonstrations





# Elders Potlucks

- Monthly potlucks- traditional foods dishes are prepared for each potluck



# Distribution of Traditional Foods





# Urban Unanga{ Culture Camp







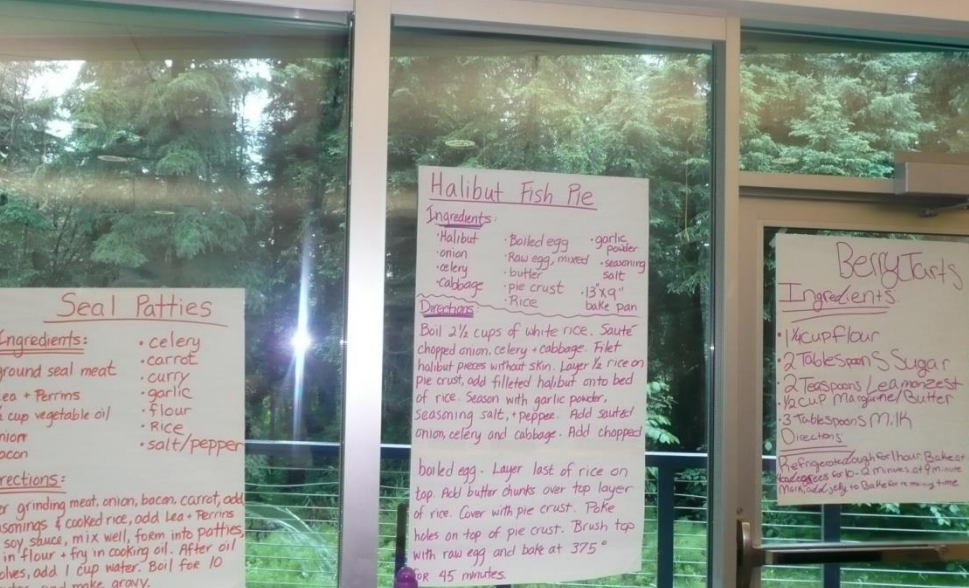


















COMMUNITY  
DEVELOPMENT >

ENERGY &gt;

ENVIRONMENTAL  
PROGRAMS >TRADITIONAL FOODS  
PROGRAM >

PUBLIC SAFETY &gt;

SELF GOVERNANCE &gt;

LINKS

OVERVIEW

NUTRITION FACT LABELS

NUTRIENT GRAPHICS

GLOSSARY

VIDEOS &amp; AUDIO

RESOURCES/ LINKS

Home

## News &amp; Announcements



Aleutian Pribilof Islands Association, Inc. Releases NEW CULTURAL BOOK on Traditional Foods and Recipes from the Region

A reception for this book release is scheduled for Tuesday July 29, 2014 from 12:00-3:00 pm at the Aleutian Pribilof [...]

[READ MORE >](#)

Services

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## QUICK LINKS

[Donate to APIA](#)



# NUTRITION FACT LABELS

## Nutrition Fact Labels

### Marine and land mammals

### Tribal Services

- Community Development
- Energy
- Environmental Programs
- Traditional Foods Program
  - Overview
  - Nutrition Fact Labels**
  - Nutrient Graphics
  - Glossary
  - Videos & Audio
  - Resources/ Links
- Public Safety
- Self Governance
- Links

Nutrition Facts	
Steller sea lion meat, raw	
Serving Size: 3oz (85g)	
Amount per Serving: 1	
Calories 102	Calories from Fat 14
% Daily Value*	
Total Fat 1.6g	2%
Saturated Fat nv	nv
Cholesterol 54mg	18%
Sodium 53mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	44%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 54%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Steller sea lion meat, raw

Nutrition Facts	
Bearded seal meat, raw	
Serving Size: 3oz (85g)	
Amount Per Serving: 1	
Calories 158	Calories From Fat 78
% Daily Value*	
Total Fat 8.7g	13%
Saturated Fat nv	nv
Cholesterol 103mg	34%
Sodium 48mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	40%
Vitamin A 11%	Vitamin C nv
Calcium 0%	Iron 80%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Bearded seal meat, raw

Nutrition Facts	
Spotted seal oil	
Serving Size: 1 Tablespoon (14g)	
Amount per Serving: 1	
Calories 125	Calories from Fat 125
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 2g	10%
Polyunsaturated Fat 2.6g	
Monounsaturated Fat 7.7g	
Cholesterol nv	nv
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	0%
Vitamin A 10%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Spotted seal oil

Nutrition Facts	
Beluga whale oil	
Serving Size: 1 Tablespoon (14g)	
Amount per Serving: 1	
Calories 126	Calories from Fat 126
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2g	10%
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 7.6g	
Cholesterol nv	nv
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	0%
Vitamin A 6%	Vitamin C nv
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Source: U.S. Department of Agriculture, Agricultural Research Service, 2012

Beluga whale oil

Nutrition Facts

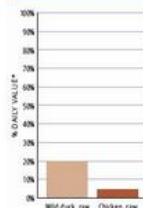
Nutrition Facts



## Nutrient Highlights:

### WILD DUCK

#### Nutrient highlight: IRON



Compare the differences in iron between wild duck and chicken. Wild duck has over four times as much iron as chicken.

(USDA, 2012)

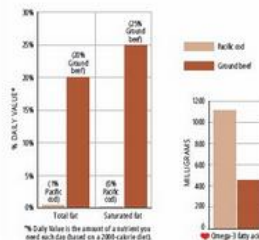
\*Daily Value is the amount of a nutrient you need each day (based on a 2000-calorie diet).



### PACIFIC COD

#### Nutrient highlight: FAT

Compare the differences in fat between Pacific cod and ground beef (85% lean) (3 ounces each). (USDA, 2012)



Pacific cod has:

- much less total fat
- nearly no saturated fat; ground beef is high in saturated fats
- over twice as many heart-healthy omega-3 fatty acids

### MOSSBERRIES

#### Nutrient highlight: FIBER

All of the fruits shown here are considered rich sources of fiber. One half cup of mossberries provides 10% of the daily value\* for fiber. This is the same amount of fiber as...



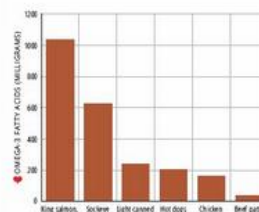
\*Daily Value is the amount of a nutrient you need each day (based on a 2000-calorie diet). (USDA, 2012)



### SALMON

#### Nutrient highlight: OMEGA-3 FATTY ACIDS

Compare the amounts of heart-healthy omega-3 fatty acids in king salmon and sockeye salmon with other foods (3 ounces each). (USDA, 2012)



More heart-healthy omega-3 fatty acids





Home » Services » Community Services » Traditional Foods Program » Glossary/ Vocabulary

## GLOSSARY/ VOCABULARY

### Glossary of Unangam Tunuu

(E) – Eastern dialect

(A) – Western or Atkan dialect

(R) – Russian loan word

English to Unangam Tunuu

Unangam Tunuu to English

(

🔊 (To) eat raw halibut | chumlagilix (E)

A

🔊 Aging seal meat | ulum chaknayalganaa (E)

🔊 Aging seal meat | ulum iŕtaa (A)

🔊 Aleut food | Unangam qaqangin (E)

🔊 Aleut food | Unangam qalgadangis (A)

🔊 Aleut language | Unangam tunuu (E/A)

🔊 Aleut people | Unangan (E)

🔊 Aleut people | Unangas (A)

🔊 Aleut person | Unangaŕ (E/A)



### Tribal Services

- Community Development
- Energy
- Environmental Programs
- Traditional Foods Program
- Overview
- Nutrition Fact Labels
- Nutrient Graphics
- Glossary**
- Videos & Audio
- Resources/ Links
- Public Safety
- Self Governance
- Links



# Qaqamiigux

"to hunt or fish for food and collect plants; subsistence"

## Traditional Foods and Recipes from the Aleutian and Pribilof Islands

nourishing our mind, body and spirit for generations



Suanne Unger

ALEUTIAN PRIBILOF ISLANDS ASSOCIATION, INC.

# Qaqamiigux

"to hunt or fish for food and collect plants; subsistence"

## Traditional Foods and Recipes from the Aleutian and Pribilof Islands

nourishing our mind, body and spirit for generations



Suanne Unger

ALEUTIAN PRIBILOF ISLANDS ASSOCIATION, INC.

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**Recipes/  
interviewees**



**Financial  
contributors**



**Nutritional  
information**



**Some of the team that  
made it happen!**

**Significant  
contributors**



**Language/Cultural mentor**









## NORTHERN FUR SEAL RECIPES

### Aleut Meat Burger or Meatballs *Katliitkan (E)*

In a large sized bowl, beat the eggs. Add the Stove Top Stuffing, ketchup, mustard, carrots, onions, milk, and spices. Mix well. Set this aside.



### Marinated Cuttlefish (Octopus)

*Recipe by Clyde B. "Barney" Mack, 2011*

*Clyde Barney Mack was born and raised in King Cove. His parents were Fanny and Paul Mack. Barney learned this recipe from watching his father.*

### Smoked Salmon Deviled Eggs

*Recipe by April Herzog (Unga Tribal Council, 2002)*

#### Ingredients

- 12 hard-boiled eggs
- $\frac{1}{4}$  cup smoked salmon, chopped fine
- Mayonnaise
- $\frac{1}{2}$  to 1 teaspoon mustard
- Fresh ground pepper
- Green onions, chopped (optional)

#### Directions

Mix all ingredients, stuff eggs and chill. Garnish dish with thin strips of cooked salmon.



# Media Outreach:

- 2014 National award from National Indian Health Board
- KNBA Native Radio
- KSKA public radio Anchorage in collaboration with KUCB radio in Unalaska (this week)
- KTUU Channel 11 News- Daybreak Program (Aug. 15)
- Other radio stations



**Bonnie Bev Mierzejek**

July 29 near Anchorage, AK

Okay! This is proof that the book "Qaqamiigux" is a sure hit! My parents love it and couldn't stop talking about it at dinner tonight. — with Suanne Unger.







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Our Community - Alaska  
Renewable Energy Fair!



Music  
Live In-Studio: Easton Stagger  
Phillips



Music Interviews  
Rainbow In The Dark: Jenny Lewis  
On Staring Down Sadness

## Local News

8:37 PM TUE JULY 29, 2014

# 7/30/14 KNBA News - Unangam food, history, language and culture all part of new book

[Share](#) [Tweet](#) [+1](#) [E-mail](#) [0 Comments](#) [Print](#)

By JOAQLIN ESTUS



From left: Language teacher Ilidor Philemonof leads the audience in practicing how to say "Qaqmiigux," while Dimitri Philemonoff, President and CEO of the Aleutian Pribilof Islands Association, and author Suanne Unger look on.  
*Credit Joaqlin Estus*

About a hundred people Tuesday visited the Aleutian Pribilof Islands Association offices in Anchorage to celebrate the publication of a book with hundreds of recipes for traditional dishes, as well as historic and contemporary photographs of food gathering and cooking, stories and much more. Author Suanne Unger says she and nine collaborators, plus many more contributors, worked on the book for six years, compiling recipes, interviewing elders, and searching for photographs. The CDC helped pay for the research and publishing, which allows APIA to sell the book for \$25 per copy.

For more information about "Qaqmiigux: Traditional Foods and Recipes from the Aleutian and Pribilof Islands," visit [apia.org](http://apia.org).

## Now Playing

### KNBA

**ON AIR** World Cafe

6:00 PM - 8:00 PM

[MP3](#)

[iTunes](#)

Dark Star  
Polica

6:10 PM

### Up Next

8:00 PM - 10:00 PM

[Dead or Alive](#)

[Full Schedule](#)

### Native Voice One

## Radio Staff, News & Public Affairs



**Loren Dixon**

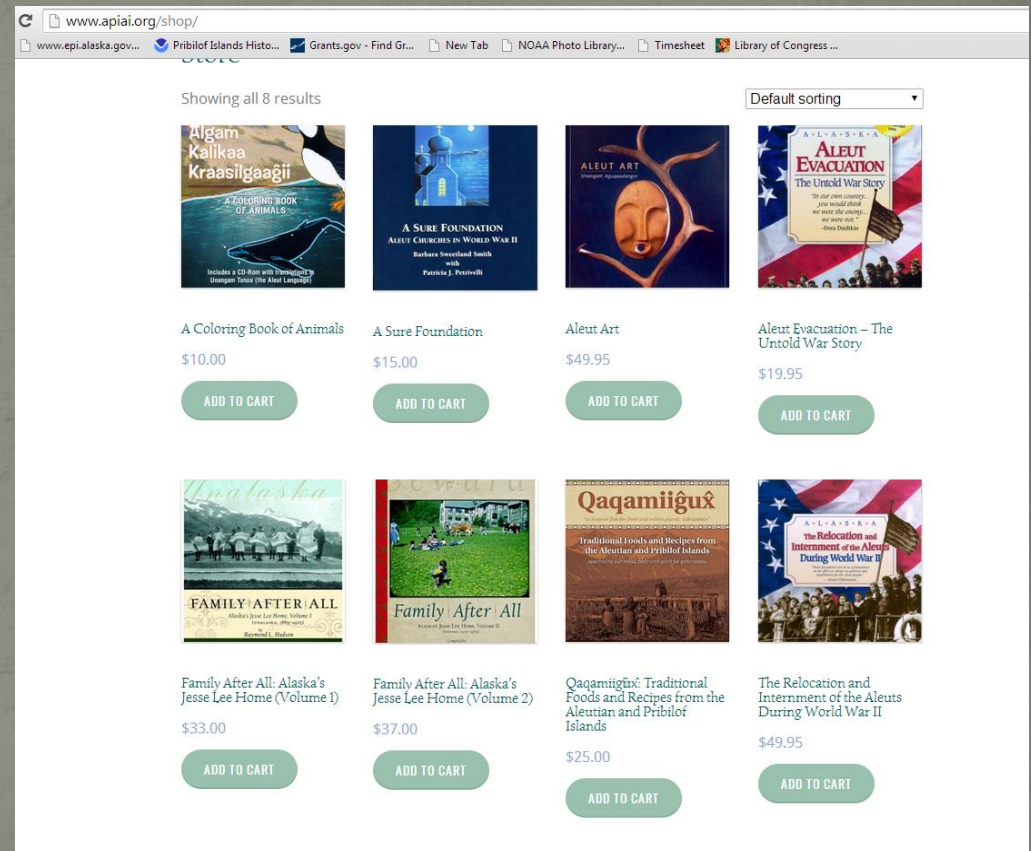
KNBA Director of Programming  
/ Host of Afternoon Music Show





# Book availability

- The book is available in hardcover from our website store:  
[www.apiai.org](http://www.apiai.org)
- It is also available as an Ebook in on [www.amazon.com](http://www.amazon.com).





Qagaasakung (Thank You)!!!

We are grateful to the US  
Centers for Disease Control and  
Prevention for supporting this  
program!