



# The Benton Social and Toiyabe Indian Health Project Present:

## **Indigenous Games**

### **Taught by Earl Lent:**

Toiyabe Indian Health Project would like to invite you to the Alaska Indigenous games activity and demonstration. The games involve various skilled events; some of the events include Alaskan two foot and one-foot high kick, atlatl throw, foot race and the grease pull and Native tug of war. Youth will have a lot of fun during the Indigenous games and they will learn how to develop skills necessary for the games as well as the cultural significance behind these games. The games teach team building skills as well as sportsmanship and leadership, these qualities are essential in becoming a responsible and successful person.

## **Native cooking demo using harvested Wild Rice**

### **Taught by Jason The Native Chef:**

We will be having a turkey dinner potluck style. Jason will do a live demonstration on how to make a Wild Rice stuffing and we will all get to have a serving of his amazing stuffing with our dinner. Jason will also be available to answer any questions you may have about himself and his experience.

Please bring a side dish or dessert that your family regularly enjoys and share you flavor with us all (optional).

Hosted by Mono County Behavioral Health in collaboration with Toiyabe Indian Health project. Paid for by proposition 63 and participating partners.

**Bring the kids**

**5pm-7pm**

**Fun and good food**

**11-30-18**

**At the Benton  
Community center  
behind the Station**

---

**Earl Lent**

**Native Chef Jason**

---

**Rides available**

**Call Rhonda Eddy**

**@**

**760-872-2622**

**Or Sal @**

**760-924-1740**





**Jason Champagne, MPH**

I am originally from the small town of Baldwin, Kansas. I am a member of the Red Lake Band of Chippewa, and a recent graduate of the University of Minnesota (U of M) School Public Health completing a degree in Public Health Nutrition. I have long been interested in food and nutrition. After high school,

I started working in construction and saved enough to go to Le Cordon Bleu @ Brown College in Mendota Heights, MN. Upon graduation from culinary school, I had the privilege of working as a chef for Walt Disney World (WDW) in Orlando, Florida.

I spent 3 years working for WDW, and enjoyed every minute of it. I truly felt that I have a job for life there, and I was determined to work my way up the ranks...to become one of their top chefs. But one night, after a successful 2,000-person steak and lobster dinner, I realized I'd had enough with this type of professional food service work. My work was focused on quantity and production, and I realized I'd lost sight of why I'd entered a culinary career—to cook and connect with people. This is when I made an important decision, to finish my education and work in a field where I could do both. I then began applying for scholarships to pursue and complete higher education.

I was fortunate enough to be awarded a scholarship to the University of North Dakota, and graduated with a degree in Community Nutrition and Native American studies. I began a Master's degree in public health (MPH) at the U of M. Upon completion of my course work at the U of M, I accepted a Community Wellness Chef position with the SMSC community.

By spending time developing nutrition programming for this community, I found my passion. To help other Native Americans understand the basics of culinary arts, incorporate basic strategies to improve the overall nutrient content of foods, and incorporate traditional foods into contemporary food styles.