

YOU ARE INVITED!

2010 Tribal Health Fairs

	Date	Location
Aroostook Band of Micmac Indians	Thursday, July 29 th	P. I. Skyway Middle School
Pleasant Point	Friday, August 6 th	Pleasant Point
Penobscot Nation	Saturday, August 7 th	Baseball Grounds
Houlton Band of Maliseet Indians	Saturday, August 28 th	HBMI Community Building
Indian Township	Friday, Sept. 10 th	Health Center Grounds



2010 Tribal Events & Gatherings

	Date	Location
Aroostook Band of Micmac Indians <i>Mawiomi</i>	August 20 th – 22 nd	Spruce Haven Doyle Rd. Caribou
Sipayik <i>Annual Indian Day Celebration</i>	August 6 th – 8 th	Pleasant Point
Penobscot Nation <i>Field Day</i>	August 7 th	Indian Island Tribal Grounds
Tribes of the Dawn Land Cultural and Heritage Day	August 14 th & 15 th	Indian Township
Houlton Band of Maliseet Indians <i>30th Recognition Day</i>	September 18 th	Bell Road, Littleton, Maine



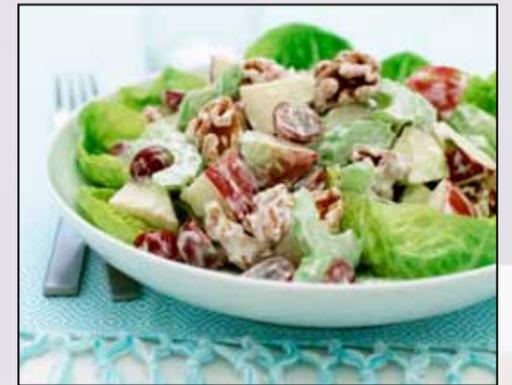
Easy Waldorf Salad

- 3 apples, chopped
- 3 stalks celery, chopped
- 1 cup grapes
- 1/2 cup dried cranberries
- 1/2 cup walnuts, chopped
- 1/2 cup light mayonnaise or salad dressing (like Miracle Whip)

Optional: 1 cup blueberries to add or to replace grapes

Combine first 5 or 6 ingredients in a large bowl. Add enough mayonnaise or salad dressing just to moisten. Chill until ready to serve.

Makes about 6 servings.



Take Control Of Your Good Health Choose Wisely

Quick and Easy Basic Vinaigrette Recipe

It has a great taste and will save you money.

The vinaigrette is used to jazz up salad greens, pasta salads, as well as chilled raw or cooked vegetables.

Ingredients:

- 1/2 cup cooking oil like (canola, olive oil, or corn oil)
- 1/4 cup vinegar (cider or red wine vinegar)
- 1 tablespoon sugar
- 1/2 teaspoon dried thyme or basil
- 1 teaspoon mustard
- 1/8 teaspoon pepper
- 1/8 teaspoon salt

Directions:

- Mix all ingredients in a clean screw-top jar.
- Cover and shake well.
- Store in the refrigerator and use within two weeks. Shake before serving.

Variations:

Garlic Vinaigrette: prepare as directed, except add 1/2 teaspoon garlic powder

Servings: 16 tablespoons

Serving Size: 1 tablespoon

Cost per serving: \$0.06 to \$0.07 Cents

Calories per serving: 65



Salad Ingredients To Boost Protein and Fiber Include:

Cooked chicken ham, turkey, tuna fish

Hard boiled eggs

Walnuts, pecans, almonds, sunflower seeds

Chick peas (garbanzo beans), black beans, kidney bean

Cheese (cheddar, feta, and blue cheese), cottage cheese

Onion, peppers, tomatoes, carrots, celery, cucumber, green peas

Olives

Blueberries, grapes, orange segments, strawberries, apples

Dried cranberries

Croutons, sesame sticks

For your good health: keep protein, dairy choices, and dressing low fat to avoid extra calories.

Source: University of Maine /Cooperative Extension/Eat Well!