



Cahuilla Band of Indians

Cahuilla Tribal Environmental Protection Office

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September Newsletter



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**Let's Talk About
CTEPO Updates
Important Dates & Events**

**Let's Learn About
Food Deserts**

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CTEPO Updates!

August was a busy month for CTEPO! It was a month full of travel and preparations for the upcoming year.

Jacob and Jason made their way to Eugene, Oregon to attend the 2024 Tribal Lands and Environment Forum. They were grateful for the opportunity to represent Cahuilla and learn from the many interesting lectures given throughout the week.

Luther was also on the move this month as he prepared to attend the Summer RTOC in Soboba at the end of August. It was an informative gathering and a perfect time to speak with other Environmental officials about current issues important to the region.

Also, in the month of August, CTEPO organized for another bulk waste event for Tribal Members. Thank you to our waste team for putting this together and we hope Tribal Members found this to be a great opportunity to keep the Reservation clean!

As we wrap up this fiscal year, CTEPO is excited for what is to come of the projects we have planned for the coming year. There is much to do and we can't wait to get to it!

Fall Calendar

SEPTEMBER 2024

SUN MON TUE WED THU FRI SAT

1	2 Labor Day	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Fall Begins	23	24	25	26	27 American Indian Day	28
29	30					



Fun Fall Facts

September's Full Moon is known as the Harvest Moon. There is even a popular Neil Young song named for it.

In many countries in Asia, the Mid-Autumn Festival celebrates this full moon and the year's harvest. One tradition is to eat moon cakes during your celebration!

Fall is the best time for planting garlic. Just take your older cloves with a little bit of green already sprouting from them and put them in some soil!



WHY DO WE LOVE SEPTEMBER?



OCTOBER 2024

SUN MON TUE WED THU FRI SAT

		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Indigenous People's Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween		



NOVEMBER 2024

SUN MON TUE WED THU FRI SAT

					1 Half Day	2 Candle Night
3	4	5	6	7	8	9
10	11 Veteran's Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving Holiday	29	30

DECEMBER 2024

SUN MON TUE WED THU FRI SAT

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Christmas Eve	25 Christmas	26	27	28
29	30	31 New Year's Eve				



Unbeleafably Funny

What did the leaf say to September?
I'm falling for you.

What did October say to August?
Wake me up when September ends.

What's the name of the sixth Spice Girl who only joins the group for the fall tour?
Pumpkin Spice

Food Deserts & the Troubles with Food Insecurity

What is a food desert?

Food deserts exist in areas in which food insecurity is largely caused by the lack of access to healthy, affordable food.

If one does not have a viable form of transportation and the nearest grocery store is miles away, it becomes nearly impossible to obtain fresh and nutritious foods for themselves.

Furthermore, with the ever-increasing prices of groceries, it is often more manageable for these households to purchase foods from the less healthy, albeit far cheaper alternatives such as fast food joints and convenience stores.

What a Food Desert Looks Like



Impacts of Food Insecurity

- Poor Mental and Physical Health
- Malnutrition
- Difficulties with Concentration
- Developmental and Behavioral Health Concerns Amongst Children

Facts and Figures

- In the US, nearly 13% of the population (**17 million people**) face some level of food insecurity.
- 22.4% of Black households and 16.2% of Hispanic households experienced food insecurity in 2022.
- According to the USDA, food produced in the US could supply 4,000 calories of food to each person every day.

What Does Food Insecurity Look Like?

- Being uncertain of one's ability to provide enough food for the entire household in order to adequately meet everyone's needs.
- Not having enough money to buy food.
- Skipping meals for other family members to have a full meal.
- Not being able to afford fresh produce.
- Choosing options that are less healthy because they are more affordable and offered in larger quantities.

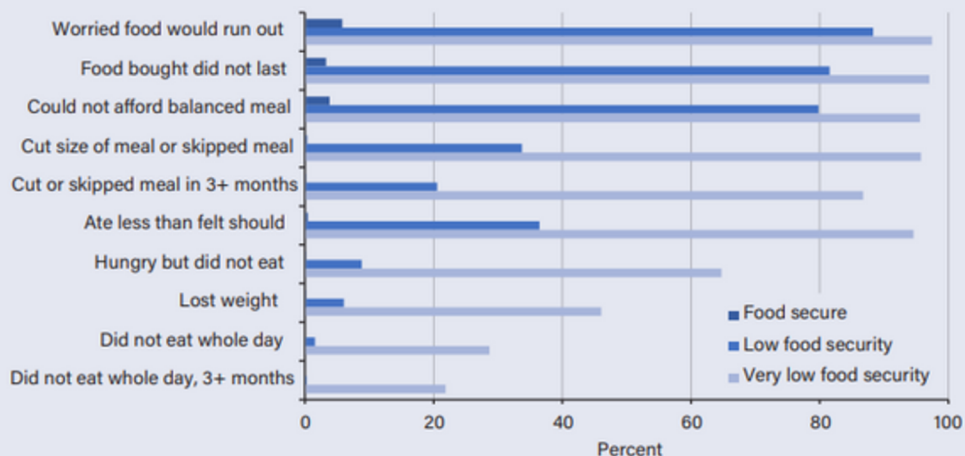
Food Justice

Food Justice is accomplished when every person's nutritional needs are met.

In a country that wastes 133 **BILLION** pounds of food each year, it is unimaginable that anyone in the US should still struggle with any level of food insecurity.

A systemic issue, such as this, requires structural transformations to ensure adequate access to nutritious foods exists nationwide.

Percentage of households reporting each indicator of food insecurity, by food security status, 2022



Source: USDA, Economic Research Service using data from U.S. Department of Commerce, Bureau of the Census, 2022 Current Population Survey Food Security Supplement.

This USDA graph categorizes the different forms of food insecurity which exist and which issues are most prominent amongst the US population.

Immediate and Long-term Solutions:

- Community Gardens
- Food Drives
- Food Banks
- Food Co-ops
- Offer fresh produce in convenience stores.
- Strengthening the Farm Bill
- Advocate for the expansion of SNAP and TEFAP.
- Build grocery stores in underserved neighborhoods to dismantle food deserts.

Word Scramble

Unscramble all of the terms below all related to this month's theme. Using the numbered letters from the first portion of the puzzle, uncover the overarching goal to food justice efforts. The first Tribal Member to call CTEPO and reveal the secret message will win a special prize.

RUNTNOITI

								16

FERSH

2		9		10

RDUO ECP

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ELMSA

		6	8	

SCAESC

11

ESETDR

TSWAE

12

TISYCEUINR

[illegible]

ERSIVD

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BASNK

POCO

$$\begin{array}{r} \boxed{} \boxed{} - \boxed{} \boxed{} \\ \hline \boxed{} \boxed{} \end{array}$$

NSPA

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COSGIERER

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Secret Message

A horizontal number line with tick marks at each integer from 1 to 9. The numbers are labeled below the line.

&

10	11	12	8	13	10	14

2	15	16	17

Randy's Riddles



Citations

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