

Cooking (and More!) To Combat COVID-19

May 30, 2020, 12-4 p.m. (2-6 p.m. ET)

Program Planning Partners

Diné Food Sovereignty Alliance (DFSA)
Native Americans for Community Action (NACA)
Navajo Nation Office of the President and Vice President (OPVP)
Physicians Committee for Responsible Medicine (PCRM)



Agenda – NOTE: Times are MOUNTAIN DAYLIGHT TIME

12 p.m. **Orientation to Zoom** – Minh Nguyen, RD, Physicians Committee

12:05 – 12:15 p.m. **Welcome and Blessing** – Carrie Dallas (Navajo/Lakota/Hopi/Pima Nations), NACA

12:15 – 12:30 p.m. **Welcome** – President Jonathan Nez (Diné), Navajo Nation

12:30 – 12:45 p.m. **Success Story: I've Lowered My Risk with Food** – Eric Adams, Brooklyn Borough President

12:45 – 1:15 p.m. **COVID-19 and Food: What's the Connection?** – Neal Barnard, MD, Physicians Committee

1:15 – 1:25 p.m. **Cooking Demo 1** – Shonri Begay (Diné (Navajo) and Tohono O'odham Nations), Health Educator, NACA

1:25 – 1:40 p.m. **Break**

1:40 – 1:50 p.m. **Success Story** – April James (Diné (Navajo) Nation)

1:50 – 2:10 p.m. **Know Your Beans** – Whitney Brooks (Seneca Nation), RDNC

2:10 – 2:25 p.m. **Cooking Demo 2** – Shonri Begay (Diné (Navajo) Nation), Health Educator, NACA

2:25 – 2:55 p.m. **Three-Minute Topics** – Caroline Trapp, DNP, Physicians Committee

1. Powerful Foods
2. Quick Meal Ideas
3. Medications – Special Precautions for Diabetes, Blood Pressure
4. Next Steps – Plant-Based Resources

2:55 – 3:05 p.m. **Break**

3:05 – 3:15 p.m. **Success Story** – Tarrah Oliver (Diné (Navajo) Nation)

3:15 – 3:40 p.m. **What's Off the Plate** – Neal Barnard, MD

3:40 – 3:55 p.m. **Q&A** – with presenters and Maggie Neola, RD, Physicians Committee

3:55 – 4 p.m. **Closing and Blessing** – Carrie Dallas

(Reminder: Add two hours to the above times for ET! The program is from 2 – 6 p.m. ET!)

For questions, please contact Carrie Dallas, cdallas@nacainc.org, 928-526-2968 or Caroline Trapp, ctrapp@pcrm.org, 248-229-7991.