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August 18, 2009

## Fresh Produce Headed for Community Elders

**By Roseanna Renaud Times Correspondent**

MANDERSON - The annual donation of fresh produce from the American Indian Relief Council, a National Relief Charities program, arrived at the administrative office of the Social/Nutrition, Title VI-Elderly Meals Program in Manderson on Tuesday, August 11. From peaches to potatoes, the fruit and vegetables are a welcome healthy addition to the usual pre-packaged diet.



Coordinator Fern Apple, who oversees the reservation wide Elder Nutrition program, stood shoulder to shoulder in the sizzling sun with TANF, Youth, and Volunteer workers in off-loading the important shipment delivered by Rilling Produce of Pierre, and then preparing the bagged donations for

pickup by community elders. Rilling made a similar stop in Wanblee earlier in the day.

"It's good for the elders to get fresh food instead of canned," said Apple. "We want to reach out to them with a nourishing alternative." The produce giveaway team included Anna Garibaldi, Rainee LaDeaux, Joshua Chase Alone, Jeremy Twiss, Joel Patton, Konrad Iron Horse, Jeremy Gray Grass, and Loveletta Iron Horse.

The AIRC sponsors programs in South Dakota, North Dakota, Montana, Wyoming, Nebraska, and Idaho that address a wide variety of needs, from literacy to Elder nutrition, and [NRC] works with gift-in-kind organizations and donors who provide items like food, clothing, blankets, baby goods, personal hygiene products, and cleaning supplies.

The Council's goal is to help Native Americans improve the quality of their own lives by providing opportunities for them to bring about positive changes in their own communities, offering a helping hand, not a handout. Donations of foodstuffs and kitchen equipment for the Elder Nutrition program can be made by contacting



Fern Apple at 605-867- 5913. To learn more about the National Relief Charities programs or the American Indian Relief Council visit their website, [nrcprograms.org](http://nrcprograms.org).



