



**225 S Bluff Street
Winnebago, NE
68071**

Wyatt Hoefler
Marketing Specialist
wyatt.hoefler@wchs.health
402-745-3950 x 6702

WCHS Hosts Food Is Medicine Presentation

Winnebago, NE – The Winnebago Comprehensive Healthcare System hosted a presentation called “Food Is Medicine” on Wednesday, March 6th at the Whirling Thunder Wellness Center. This presentation featured Executive Chef, Elena Terry (Ho-Chunk Nation) and Chef Apprentice/Public Relations Consultant, Anne Thundercloud (Ho-Chunk Nation).

Giving a presentation that focused on the preparation and origins of Indigenous foods, Chef Elena and Chef Apprentice Anne were a powerful duo that brought passion, skill, culture, and great food to the table. The presentation was interactive, community oriented, and quite heartfelt. Participants at the event were captivated by Elena’s story of overcoming adversity in a society that isn’t built for Indigenous people to thrive.

“We are so grateful to bring Elena and Anne home to share their wisdom with us” said Wa I pi nagu Program Director Camilla Barajas. “They spoke from the heart about something they are passionate about. By sharing their story and journey to a healthy relationship with food, they are helping to remind us that our journey is similar, and we too can make easy, traditional, healthy foods. By sharing the story of traditional foods passed on to us by our ancestors, they are helping to remind us that these traditional foods were our medicine to care for and pass on for future generations.”

WCHS is celebrating National Nutrition Month with 2 different themed events this year, Food Is Medicine being a perfect way to kick things off. This Friday, March 8th, they will host a Nutrition Education Carnival, featuring vendor booths, games, prizes, taste tests, and more.

“We continue to present community events that are engaging, educational, meaningful, and culturally centered. Creating an environment that cultivates positive change is what we strive to do. Our people have strong cultural beliefs and traditions that we can be passed down to the next generation that is grounded in our Indigenous ways of knowing and believing that will create a healthier environment for the generations to come,” said Chief Public Health Officer Mona Zuffante.

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The Winnebago Comprehensive Healthcare System (WCHS) is dedicated to creating and sustaining a healthy community in Winnebago and all the populations we serve. Our organization provides an integrated approach to medicine by offering care services that are compassionate, innovative, and culturally-centered. Our goal is to lead the nation in health for indigenous people by challenging the culture of healthcare for the 10,000 Native Americans who live on the Winnebago Reservation and in the surrounding region. The rural healthcare services we provide include renowned acute care hospital services, a robust primary care clinic, and impressive prevention programs designed to educate, encourage, and support the mental, environmental, social, and physical wellness needs of the Winnebago community. Visit www.wchs.health to learn more.

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