

Inter Tribal Council of Arizona, Inc. (ITCA)
Good Health and Wellness in Indian Country (GHWIC)
Training 2 – Indigenous Foods Demonstration
Locations for each day listed below, next to dates
May 12 - 13, 2026

Day 1: Tuesday, May 12, 2026

Phoenix Indian School Visitor Center Kitchen (300 E. Indian School Road, Phoenix, AZ 85012)

8:30 AM – 9:00 AM: Sign-in, Welcome, and Overview

9:00 AM – 12:00 PM: Indigenous Foods for Health Series: Professional Development & Building Skills, with Chef Nephi Craig, Café Gozhóó on the White Mountain Apache Reservation

- Part 1 – Menu Engineering and Indigenous Foodways
- Part 2 – Healthy Cooking Techniques and Tasting

12:00 PM – 12:15 PM – All hands clean up your area

12:15 PM – 1:30 PM: Lunch (on your own)

1:30 PM – 4:30 PM: Chef Presenter Invited for Indigenous Food Demonstration

- Session names TBA

4:30 PM – 4:45 PM: Conclude, Surveys and Technical Assistance

Day 2: Wednesday, May 13, 2026

Tour the Native Health Community Garden (1822 W. Pierson Street, Phoenix, AZ 85015)

7:30 AM – 9:30 AM: Tour of the Native Health Traditional Garden, Kaya Perry, Garden Coordinator

- Hands on garden activities includes seed saving, composting, and more
- Learn about the planting seasons and gardening tips

9:30 AM: After the tour, safe travels back home

- **Garden address:** 1822 West Pierson Street, Phoenix, Arizona 85015
- **Parking information:** Parking is available and free at 19th Avenue and Camelback Avenue Park and Ride, just north of the Garden & enter through the KeepPhoenixBeautiful gate.
- **Suggested items to wear and bring with you:** Closed toed shoes, hat/visor, sunscreen and water bottle.