



PARTNERSHIP WITH NATIVE AMERICANS®

Vision: Strong, self-sufficient Native American communities

Program Partner Highlight

Delana Tekala, the Administrative Service Manager, has worked at the Zuni Senior Center for 13 years and utilized various services of Partnership With Native Americans (PWNA), including Standard Food, Healthy Living, Community Events, Thanksgiving and Holiday (Christmas) Elder Bags.

Delana says the center appreciates receiving the Standard Food shipments. They use the supplementary food in their daily menu, which allows them to stretch their food dollars and serve more homebound elders in the village. On average they serve about 46 elders a day. The Elders, who drive to the center or come from Adult Day Care or are transported, appreciate the meal service and stay after to participate in activities. This is where PWNA's Healthy Living service comes in. The Elders participate in activities that range from tai chi, yoga and chair exercises to educational sessions on nutrition, mental health and wellness. The Senior Center collaborates with other community programs to ensure they provide a variety of opportunities to their Elders.

Delana mentioned she was very surprised to learn PWNA provides other programming such as Long Term Solutions. The kitchen staff at the Zuni Senior Center has taken advantage of PWNA's Train the Trainer (T3) program, learning about healthy nutrition and preparation of indigenous foods. Delana recently participated in PWNA's Four Directions Development (4D) program for emerging leaders who want to increase their knowledge and skills and have a greater impact in their tribal communities. Delana learned a lot about herself and will apply the 4D training both in her personal and professional life.

Delana is very appreciative of the partnership between PWNA and the Zuni Senior Center and is amazed at the range of support PWNA provides to Native American communities and program partners.

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Delana Tekala

PWNA DELIVERS ONLY NEEDED GOODS AND SERVICES
We want to make sure the products we send fit your needs.
Please call us if they don't so that we may better serve you.

This Is What Best by, Use by and Sell by Dates Really Mean

Know Your Expiration Dates

SELL BY:

Last date stores should sell it.

USE BY:

Dates the manufacturer recommends using it by to enjoy at its best

BEST IF USED BY:

Refers to quality, not safety. Food is safe but may not be at peak taste or appearance after this date



Confused by “best by,” “sell by,” and “use by”? You’re not alone. In fact, [a Harvard University study](#) found that more than 90 percent of Americans throw away perfectly good food due to label confusion—resulting in [398,000 tons of food waste](#) each year. As it turns out, those eggs with a sell-by date don’t suddenly turn rotten at midnight.

Understand what food date labels really mean. All “sell by,” “use by” and “best by” dates are actually determined by the food manufacturers, as their best guess about food quality—not food safety. Basically, the dates indicate how long the manufacturer guarantees their product will still be at *peak* quality to enjoy. And there’s no governmental authority policing how those dates are used — though Congress has tried (and failed) to pass legislation in recent years to standardize labeling and clear up the confusion. Depending on the product and how it has been handled, most foods are likely perfectly safe to eat for days or weeks after their sell by, use by or best by date has passed.

Ignore the “sell by” date. According to the Natural Resources Defense Council, “the sell by date is literally just for the stores themselves,” so the manufacturer can let them know when a product may be past its prime and ready to be taken off of store shelves. (Again, the food may still be perfectly safe and tasty for long past the sell by date.)

Inspect your food. You can usually tell quickly when a food item has gone bad — there’s mold on the bread, or the milk smells sour. “Check the quality of the specific product by smell, taste... if it’s visually okay... there’s no mold or discoloration,” says Stacey Antine, MS, RDN, founder of HealthBarn USA. Keep in mind that bad things can “happen even before the use by or sell by date,” especially if it’s a perishable food such as milk, meat or eggs that may have spent time at an unsafe temperature.

Stop the clock. Do you have food you know you won’t finish before it goes bad? Just chill. “If you are getting close to the indicated date... put it in the freezer,” Antine suggests. “It sustains the product, extends its life, and reduces food waste.”

The above is an excerpt of an article published in Reader’s Digest: [This Is What Best-By, Use-By, and Sell-By Dates Really Mean.](#)

Spotlight on PWNA Staff



Shane Burnette
Program Manager
Long-Term Solutions

Shane Burnette is the Program Manager for PWNA’s Long-Term Solutions service, which supports many community-based initiatives as well as capacity building for emerging leaders. Shane became involved with PWNA in 2014, when he was asked to be on the Think Tank panel at our Native Youth Know event. At the time, he was very involved in youth activities like coaching high school basketball in Whiteriver, Arizona—his hometown.

Shane would like you to know this: “The value of LTS programs like Four Directions Development (4D) training for emerging leaders and Train the Trainer (T3) nutrition education are off the charts; all the presenters are respected in their field of work for their expertise and craftsmanship. And the impact of scholarships through our American Indian Education Fund (AIEF) is amazing.”

Working with PWNA, Shane has met many different people: traditional farmers, tribal elders, community leaders, grassroots leaders and indigenous chefs. Through T3, he never thought he would be cooking alongside chefs like Felicia Cocotzin Ruiz, Karlos Baca and Sean Sherman. Meeting other influential people like Vicky Oldman-John and Percy Ami has really inspired him.

Outside of PWNA, Shane is trying to become a gardener. He’s collected seeds from communities he has worked in and wants to see if he has a green thumb. Shane would like to leave you with “Rock Chalk, Jayhawk” since his alma mater is the University of Kansas.

Report Deadlines

**Due 30 days after
delivery:**

Healthy Living
Community Events
Food Pantry

**Due 90 days after
delivery:**

Residential
Standard Food
Animal Welfare

New in Your Delivery Packet

PWNA will deliver products direct to your organization's site. While these deliveries are made at no cost to you, we do ask you to keep certain things in mind.

Secondary Contact: Either you or the secondary contact must be available for each delivery. If you are not available, please plan to have the Secondary Contact accept and sign for the delivery. Drivers cannot leave pallets of products without a signature.

Staff/Volunteers: You must have staff/volunteers on hand to assist our drivers with unloading your products off the truck. This is for the safety and well-being of the driver. We greatly appreciate your assistance, which helps the driver and keeps us schedule with deliveries to your neighboring programs.

Weather Conditions: PWNA drivers make many deliveries, with up to 26 pallets to unload in a single day. This, along with road conditions, mechanical issues and unpredictable weather, can cause the drivers to fall behind schedule. If you have any changes to your office/cell phone numbers, please keep us informed so that we can reach you with delivery updates. Our drivers are happy to go above and beyond, but by law, they're limited to 11 hours a day on the road.

Please note all Zone 4 deliveries are now quarterly.

Zone 1; Zone 2; Zone 3; Zone 4 (Quarterly)

January							February							March						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	27	28	29	30	31	1	2	24	25	26	27	28	1	
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	
27	28	29	30	31	1	2	24	25	26	27	28	1	2	24	25	26	27	28	29	

January is not delivered by regular schedule

April							May							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
31	1	2	3	4	5	6	28	29	30	1	2	3	4	26	27	28	29	30	31	
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	
28	29	30	1	2	3	4	26	27	28	29	30	31	1	23	24	25	26	27	28	

July							August							September						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
30	1	2	3	4	5	6	28	29	30	31	1	2	3	1	2	3	4	5	6	
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	
28	29	30	31	1	2	3	25	26	27	28	29	30	31	29	30	1	2	3	4	

October							November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
29	30	1	2	3	4	5	27	28	29	30	31	1	2	1	2	3	4	5	6	
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	
27	28	29	30	31	1	2	24	25	26	27	28	29	30	29	30	31				

Last Day to Turn in Requests

December is not delivered by regular schedule

Please Note: All Requests or Report/Renewals need to be in by the end of the day on the Wednesday that is 2 weeks before your delivery week in order to be processed for that month.

Featured Products



Arts and Crafts items are available at PWNA for all your crafty needs! What a fun thing it is to work with your hands and create something new! Some items that may come in your shipment include:

(Pictured from left to right): Art & Craft Foam Roller (3-pack); Art & Craft Cleaning Brush (3-pack); Woodcraft Unpainted (assorted) and Arts & Crafts Paint.

Spring is here and so are our **Seeds**. What better time to start those gardening projects you've been hoping to do. Talk to your Partner Development Coordinator for more information about our seed products.





Contact Us

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Questions about PWNA services or requests:

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Andrew Yellow Bird
Partner Development Coordinators
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Questions about your reports:

Cassandra Herrera
Program Partner Support Specialist/
Assistant Program Manager
cherrera@nativepartnership.org

Reminders

School Supplies Deadline is May 1st. To qualify for this service, the program partner must be a school serving students in the range of Pre-K through grade 12 or a Head Start program. Please contact our office if you have any questions regarding the School Supplies service.

Summer is around the corner. Right now, is a good time to start planning and submitting your **Community Events requests**. It helps to keep in mind that we need to receive your request two weeks prior to your delivery week. If you need help with this, please call our office at 602-340-8050.

Be sure to continue using the **2018 revised request forms** and the **2018 report renewal forms**. PWNA is utilizing the information you provide about how we help with progress towards your organization's goals.

All of us at PWNA would like to thank you for your valued partnership. We look forward to a positive, lasting relationship with your organization.



For any PWNA request form, visit www.swnativepartners.org or call 877-281-0808.