



This product is a social enterprise project
of the Tribal Youth Ambassadors.
Proceeds go to fund educational and
cultural advancement of youth in
Sonoma and Lake County.

*MADE WITH ACORN MEAL
AND OTHER ORGANIC,
GLUTEN-FREE INGREDIENTS
REPRESENTING THE BOUNTY
OF CALIFORNIA.*



TO CONTACT

5250 Aero Drive
Santa Rosa, CA 95403
707-579-3004

www.acornbites.com
acornbites@cimcc.org

facebook: CIMandCC
twitter: CalIndianMuseum
instagram: calindianmuseum
cimcc.info/collection/acorn-project

Donate:
www.gofundme.com/acornbar



Acorn Bites

**Advancing Cultural
Opportunities to Reclaim
Nutrition**

WHO WE ARE

We are the TRIBAL YOUTH AMBASSADORS of the California Indian Museum and Cultural Center in Santa Rosa, California. We are Pomo and Miwok youth who advocate for our tribal communities and cultures through our many educational projects and public presentations on California Indian history, cultures and contemporary life.

*WE ARE DRIVEN BY HOPE,
RESILIENCE, KNOWLEDGE,
POWER AND OUR LOVE OF
ACORN.*

ACORN BITES

NUTRITIONAL AND HEALTH BENEFITS OF ACORN

- Gluten-free
- 18% fat
- 60% carbohydrates
- 6% protein
- Good source of fiber, potassium, calcium, vitamin A, vitamin C and amino acids.

Acorn may help prevent Type II diabetes and benefit people that already have it. Acorn meal, is a critically important food quality for people at risk for Type II diabetes, produced by reducing the "meat" or endosperm of the acorn, digests slowly. (reported in Bean and Saubel 1972: 126)

