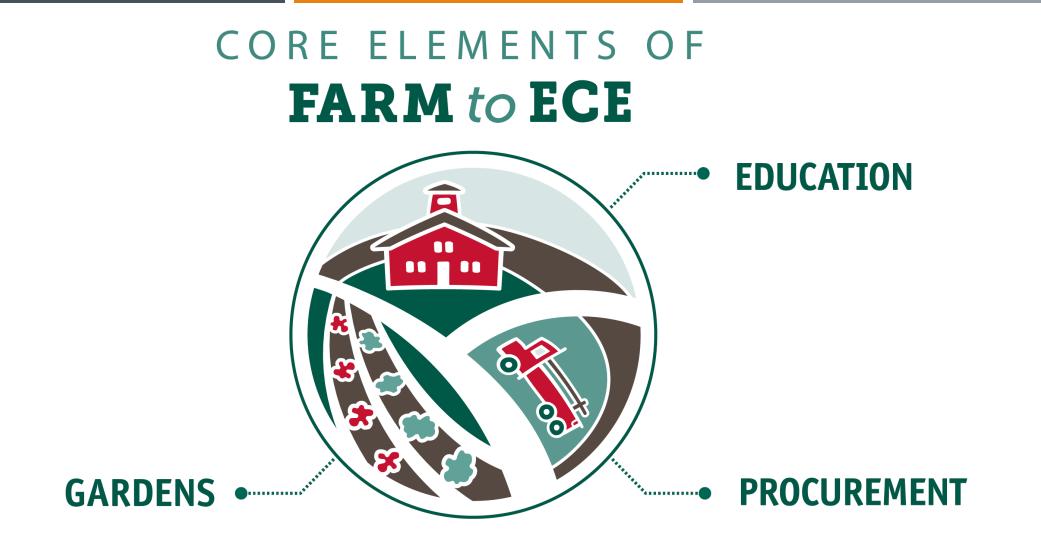


BUILDING STATE SUPPORTS FOR TRADITIONAL FOODS IN EARLY LEARNING PROGRAMS

CHRIS MORNICK, MPH, RDN (SHE/HER) WA DEPARTMENT OF HEALTH

BIANCA SMITH, MDA, RDN (THEY/SHE) OSPI CHILD NUTRITION SERVICES



BENEFITS OF FARM TO ECE



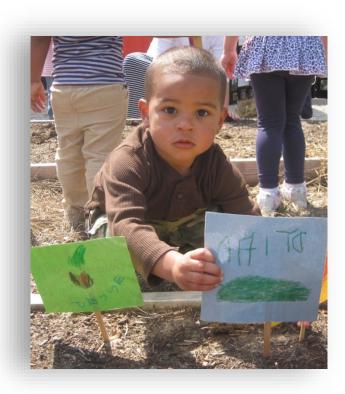
- Provide local, seasonal and traditional foods
- Teach food, nature and the environment
- Increase physical activity
- Build additional skills for staff
- Increased willingness to try and report liking fruits and vegetables
- Increased fruit and vegetable consumption
- Increase in local/traditional foods served at home
- Healthier meals served in the early learning setting
- Positive experiences for children, providers, caregivers and the community

GOALS OF FARM TO ECE

• Positively influence eating habits of young children.

 Create healthy lifestyles through good nutrition and experiential learning.

 Improve learning environments through onsite gardens.



ADDITIONAL GOALS FOR TRIBAL PROGRAMS

 Increase children's knowledge of tribal history and food ways.

 Increase knowledge of traditional foods, languages and ceremonies.

• Strengthen cultural, spiritual and social connections in the community.



HAVE YOU EVER **EXPERIENCED** BARRIERS **TO INCLUDING TRADITIONAL FOODS IN YOUR MENUS?**

WHY



- Multiple regulatory bodies for food
- Lack of knowledge at state level on what is required
- Explore how can we make serving traditional foods more accessible

HOW: COLLABORATION

- Washington State Department of Agriculture
- Washington Office of Superintendent of Public Instruction
- Washington State Department of Health
- Samish Longhouse Preschool

- Uncommon Solutions
- Washington State University Extension
- Tahoma Peak Solutions
- Department of Children Youth and Families - Office of Tribal Relations

HOW: THE PROCESS

- Identified needs (CACFP reimbursement, etc.)
- Desire to have all-encompassing resource on traditional foods—some aspects were not within the expertise and knowledge of state
- Found examples from other states (Alaska)



Some foods are not allowed because they pose a to human health, especially among older adults women, and children. Risks include rabies, th botulism, and paralytic shellfish poisoning. Be list of prohibited donated foods.

- Molluscan shellfish
- Fox, polar bear, bear meat
- Walrus meat Seal or whale oil
- Fermented meat (beaver tail, what
- Fermented seafood (salmon eggs

Some preservation methods are not allow above, unless from a certified food proce

 Hermetically sealed low-acid for Reduced-oxygen packaged for Smoked or dried meat or seaf

Variance applications for foods such as from DEC for allowances of p (Resources, back



meat; gri freeze it or cut in

RESOURCE

- Review resource
- Breakout Groups:
 - What could be improved? What do you like?
 - Questions?

Traditional Foods Crediting and Food Safety Guide

Serving traditional foods in early learning programs is supported and encouraged by the Washington State Department of Health, Department of Children, Youth, and Families, and Office of Superintendent of Public Instruction (OSPI). Federal tools like the Food

Buying Guide and USDA Northwest. However, trac part of any early care and	Traditional Foods	Wild Caught Game Meat	Seafood	Foraged Foods*	School Garden	Donated Food
Food acom	Sourcing Your tribe's food safety re- quirements and CACFP regulations ap- ply to your program	May be sourced and served according to your tribe's food safety requirements. See page 4 for a list of crediting guide- lines.	May be sourced and served according to your tribe's food safety requirements. See page 4 for a list of crediting guide- lines.	May be sourced and served accord- ing to your tribe's food safety require- ments. See page 4 for a list of credit- ing guidelines.	May be sourced and served according to your tribe's food safety requirements. CACFP meal reim- bursement funds may be used. See page 8 for more de- tails.	May be sourced and served ac- cording to your tribe's food safety requirements.
birds (grouse, pheasar turkey) bitterroot	VES Does your pro- gram operate on federally rec- ognized tribal land? WA Retail Food Code, state law, and CACFP regulations ap- ply to you program.	Must be processed in a USDA inspected facility or donated by a licensed hunter. See page 9 for more details.	by a licensed fisher and shellfish must meet all standards	Foraged foods are allowable. See page 4 for a list of credit- ing guidelines and page 7 for foraging guidelines.	Allowable. There are state level require- ments. CACFP meal reimbursement funds may be used. See page 8 for more details.	Allowable. See page 9 for more information.
bull Kelp camas	CACFP? NO Does your pro- gram operate on federally rec- ognized tribal land? VES VA Retail Food Code and state law applies to your program	Must be processed in a USDA inspected facility or donated by a licensed hunter. See page 9 for more details.	meet all standards	Foraged foods are allowable. See page 7 for foraging guidelines.	Allowable. See page 8 for state law re- quirements.	Allowable. See page 9 for more information.
cattail	Follow your tribe's procure- ment and food safety require- ments	served according to your tribe's food	May be sourced and served according to your tribe's food safety requirements.	Foraged foods are allowable. Follow your tribe's forag- ing guidelines.	May be sourced and served according to your tribe's food safety requirements.	and served ac- cording to your
	*Please see page 7 for more information about for- aged foods that are allowed under state requirements.	-				

NEXT STEPS

- Potential planning grant (led by Indigenous communities/Traditional foods experts)
- Training state agency staff