Indigenous Foods and Foodways in Early Learning Programs

Chris Mornick, Sophia Riemer
What is Farm to ECE?

CORE ELEMENTS OF

FARM to ECE

EDUCATION

GARDENS

PROCUREMENT
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.
Traditional Foods Education In Washington

Previous Work
- Partnership building
- Presentations
- Peer learning
- Resource development and dissemination

Upcoming Work
- Continued Tribal outreach
- Funding for traditional foods programs
- Procurement resource development
- Tribal resource page
- Tribal gatherings
Traditional Foods & Foodways Funding

- Funding to support traditional foods programs, including:
  - Garden beds & greenhouses
  - Books
  - Kitchen & cooking equipment
  - Printing & laminating
- Average of $500 granted to 6 programs
- Easy application and no mandatory reporting
- Reach out to Chris.mornick@doh.wa.gov and sophia@uncommonsolutionsinc.com to apply
Funding Application

- Number and types of classrooms
- Number of early learning staff and children
- Please briefly describe what you are requesting funds for and how they will be used. (2-4 sentences)
- Please provide an estimated cost for each item you are planning to purchase. Note: if the total cost exceeds $500, we may not be able to fund the entire project.
- Please describe any current or previous experience your Tribal early learning program has with traditional foods programming. (2-4 sentences)
- Quotes and photos of what you achieved would illustrate the importance of traditional foods programs and help to inspire other Tribal early learning programs. Are you able to provide quotes and photos if you receive funding? Do you have any concerns with this request?
Available Resources

Farm to ECE CoP Resources

- [Washington Farm to ECE Website](#) – Washington State Farm to School Network
  - [Tribal Resources Page](#)
  - [Marion Forsman-Boushie Early Learning Center Success Story](#)
  - [Farm to ECE Community of Practice](#)
  - [Farm to ECE Online Training](#)

Curricula Resources

- [Tend, Gather, Grow Teaching Toolkit](#)
- [QAQAMIÎGUX Head Start Traditional Foods Preschool Curriculum](#) and [film series](#)
- [Traditional Foods Book List](#)

Webinars and Guides

- [Indigenous Foods in Early Care and Education Settings Webinar](#)
- [Child Nutrition Programs and Traditional Foods](#)
- [Native Farm to School Resources](#)

Traditional Food Procurement

- [Child Nutrition Programs and Traditional Foods](#)
- [Service of Traditional Foods in Public Facilities](#)
- [Bringing Tribal Foods and Traditions into Cafeterias, Classrooms, and Gardens](#)
James Abler | Cultural Specialist
### May

#### Cultural Theme and Lushootseed Words

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<th>English</th>
<th>Lushootseed</th>
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I am thankful to you. ?askʷəbicid čad.

For more resources check out the Suquamish Language Program on YouTube and Facebook

Email: jake@suquamish.nsn.us  Call: 360-331-7139  Text: 360-710-4339

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**Monthly Themes/Lessons**

![Image of green vegetables and a child]
Literature, Language & Hands-on Activities
Success Story

Traditions Recipes and Activities
Teach Early Learners About
Their Tribe’s Food and Culture

At Washington’s Mutsu Farmhouse, children attending the Squamish Tribe’s early care center learn about traditional foods through fun activities. Cultural specialist Jaimie Miller works with other tribal programs teaching traditional language and family recipes to the classroom. The children enjoy the activities and learn about new foods.

Starting off Strong

Although she assumed a new role as Cultural Specialist in Summer 2020, Jaimie Miller has already successfully introduced several traditional foods into the classroom. Before coming to the Squamish Tribe’s Mutsu Farmhouse, Jaimie was a member of the Squamish Tribe’s Early Learning Center. She introduced the children to traditional foods and activities that were taught by her own ancestors.

For example, a former cook at the Early Learning Center encouraged Jaimie to introduce the children to more traditional foods.

“We already knew certain foods, and we wanted to add more foods to the rotation,” she says. Jaimie and her team started introducing foods like salmon and bear.

Since beginning the activities, they have organized activities with traditional foods for children to try. For example, they’ve used berries and salmon to make jelly squares. Many of these recipes were taught by her mother, who worked with the Tribe’s Traditional Foods and Medicine program. Jaimie expanded and implemented the jelly activity while the school was closed due to COVID-19.

“When schools shut down, I was the first thing to go. I had to find new ways to keep kids engaged,” she says. Jaimie expanded her traditional foods program by partnering with different programs within the Squamish Tribe.

Partnerships for Success

The salmon jelly square has been the most interesting traditional foods activity so far.

Why do you think salmon jelly squares have been successful? Jaimie attributes the success to the hands-on experience and the success rate. These recipes were taught by her mother, who worked with the Tribe’s Traditional Foods and Medicine program.

For example, for salmon jelly squares, Jaimie partnered with the kitchen staff to make the jelly. She taught the teachers how to make the jelly using traditional methods. The teachers say the kids love it, and they’re excited to learn more.

They loved the salmon jelly squares. They loved the whole experience of creating it, the messiness of it. Why do you think they loved it? Jaimie feels that the kids loved the salmon jelly squares because they were able to participate in the creation of their own food. She says that the kids were able to learn about traditional food preparation and gain a sense of accomplishment.

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Samish Longhouse Preschool
SUMMER GARDEN

The Samish Longhouse Gardens have missed you!

Remember planting Peas, Beans, lettuce, carrots, squash, beets, radishes, edible flowers and herbs in the late spring?

Here's a little update on how things have been growing while you were away.

Many thanks to the summer childcare students and staff for keeping everything watered and well loved.

SAMISH LONGHOUSE

See you soon.... 
Get Involved

- Contact us at sophia@uncommonsolutionsinc.com and chris.mornick@doh.wa.gov
- Schedule a call with the farm to ECE team to:
  - Get started
  - Connect with other traditional foods programs
  - Discuss needed resources
  - Share your program through a success story
  - Apply for program funding
- Join the Farm to ECE Community of Practice and Farm to ECE listserv