



BUILDING STATE SUPPORTS FOR TRADITIONAL FOODS IN EARLY LEARNING PROGRAMS

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OSPI CHILD NUTRITION SERVICES

CORE ELEMENTS OF
FARM to ECE



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



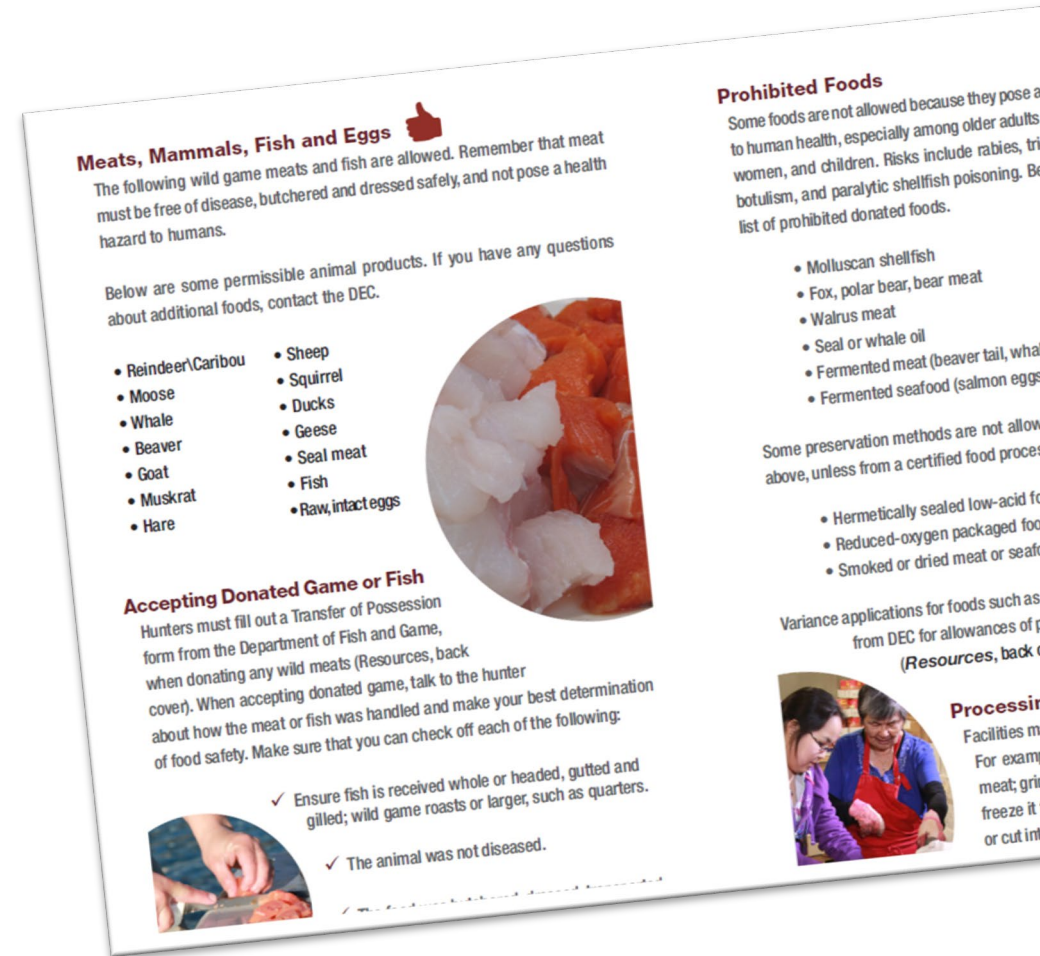
- Multiple regulatory bodies for food
- Lack of knowledge at state level on what is required
- Explore how can we make serving traditional foods more accessible

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)



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, track part of any early care and

Food
acorn
birds (grouse, pheasant, turkey)
bitterroot
bull kelp
camas
cattail

Traditional Foods Sourcing



Wild Caught Game Meat	Seafood	Foraged Foods*	School Garden	Donated Food
May be sourced and served according to your tribe's food safety requirements. See page 4 for a list of crediting guidelines.	May be sourced and served according to your tribe's food safety requirements. See page 4 for a list of crediting guidelines.	May be sourced and served according to your tribe's food safety requirements. See page 4 for a list of crediting guidelines.	May be sourced and served according to your tribe's food safety requirements. CACFP meal reimbursement funds may be used. See page 8 for more details.	May be sourced and served according to your tribe's food safety requirements.
Must be processed in a USDA inspected facility or donated by a licensed hunter. See page 9 for more details.	Fish must be caught by a licensed fisher and shellfish must meet all standards for molluscan shellfish in the WA Retail Food Code.	Foraged foods are allowable. See page 4 for a list of crediting guidelines and page 7 for foraging guidelines.	Allowable. There are state level requirements. CACFP meal reimbursement funds may be used. See page 8 for more details.	Allowable. See page 9 for more information.
Must be processed in a USDA inspected facility or donated by a licensed hunter. See page 9 for more details.	Fish must be caught by a licensed fisher and shellfish must meet all standards for molluscan shellfish in the WA Retail Food Code.	Foraged foods are allowable. See page 7 for foraging guidelines.	Allowable. See page 8 for state law requirements.	Allowable. See page 9 for more information.
May be sourced and served according to your tribe's food safety requirements.	May be sourced and served according to your tribe's food safety requirements.	Foraged foods are allowable. Follow your tribe's foraging guidelines.	May be sourced and served according to your tribe's food safety requirements.	May be sourced and served according to your tribe's food safety requirements.

*Please see page 7 for more information about foraged foods that are allowed under state requirements.





NEXT STEPS

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