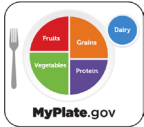




Celebrating Cultural Foods



Grains



Vegetables



Fruits



Protein



Dairy

What is Cultural Sensitivity?

You don't have to be an expert in other cultures, but your openness and willingness to diversify your menu will encourage inclusivity.

Our Role

Foods tell us a lot about individuals and their way of life. It provides a sense of belonging in a community and is often part of someone's identity. We can help uncover the stories behind these foods, destigmatize cultural differences, and encourage children to celebrate and try new foods.



Impact of Cultural Foods

Think back to your childhood. What food item or meal brings a comforting memory? The foods we grew up with are part of our identity and culture. It is important to celebrate differences, teach children about cultures, and include recipes encompassing the local community cuisines.



Fitting Cultural Foods in Your Menu

Some recipes need a bit of modification. For example, if there are no tomatillos in your area, a green tomato would be a comparable substitute in a soup or salsa. We should also limit added sugars, saturated fats and sodium in all the foods that we serve. If bola-bola are typically fried, can they be baked instead?



How often should you provide cultural meals? There are no requirements, but incorporating this practice into your menu planning will allow you to expand palates, celebrate differences and honor heritage.

Every dish has a story. Have fun uncovering new flavors and foods!

Try These Cultural Snacks!

Eat healthy and explore food groups with MyPlate

-   Baba Ghanoush & Crackers
-   Baked Hush Puppies & Peach Slices
-   Banana Bread & Dried Dates sweet!
-   Crumpet & Strawberries
-   Mangú & Egg
-   Mexican Street Corn Cups with Cotija Cheese
-   Onigiri (Brown Rice Balls) & Tuna Mayo
-   Papaya & Bola-Bola
-   Pita Bread & Afghan Salata easy!
-   Polish Carrot Salad
-   Potato Pancake & Applesauce classic!
-   Pupusa & Curtido
-   Tofu Musubi must try!
-   Turkish Pide Bites

Created by the National CACFP Sponsors Association, a member of the MyPlate National Strategic Partnership Program.

This resource was reviewed by USDA CNPP for alignment with MyPlate. It is the policy of USDA not to endorse any commercial enterprise, product, or publication.