Serving Traditional Food

Section 3: Module 8
Figure 8a: Total Enrollment by Ethnicity in Alaska Head Start Programs 2005

- 59% Alaska Native American Indian
- 19% White
- 9% Bi-Racial or Multi-Racial
- 4% Asian
- 4% Black/African American
- 2% Native Hawaiian/Pacific Islander
- 3% Unspecified
Performance Standard
1304.23 (b)(1)
Nutritional Service

• (1) ..... Also, the nutrition program must serve a variety of foods which consider cultural and ethnic preferences and which broaden the child's food experience.
DEPARTMENT OF
ENVIRONMENTAL CONSERVATION

18 AAC 31
Alaska Food Code
As amended through December 1, 2004

Frank Murkowski
Governor

Kurt Fredriksen
Acting Commissioner
Serve Traditional Foods

• Enlist community support for regular service of traditional foods
  – Parents
  – Food service staff
  – Local fisherman, hunters, and gathers

• Learn the Alaska Food Code regulations
Traditional Foods are Healthy

- Good nutrition
- Exercise
- Affordable food
- Preserve cultural heritage
- Are natural
- Do not contain additives or preservatives
- Good source of nutrients
Nutrients Children Need

- Protein-builds muscle
- Calcium-strong bones and teeth
- Vitamin A-helps fight infections, vision health, healthy skin
- Vitamin C- Fights infections, helps body use iron, heals wounds, prevents cancer
- Iron- provides energy, improves learning
Figure 8b: **Vitamin A in Selected Raw Food**

1/2 cup Servings

- Total Body Needs per Day
- Carrot
- Sourdock
- Spinach
- Wild Rhubarb
- Fireweed
- Salmonberries

PERCENT OF DAILY VALUE
Figure 8c: Vitamin C in Selected Raw Foods

½ cup Servings

- Total daily needed Vitamin C
- Lowbush Salmonberries
- Willow Leaves
- Orange Juice
- Sourdock
- Lowbush Cranberries
- Highbush Salmonberries

PERCENT OF DAILY VALUE
Health Benefits of Traditional Diet

Alaska fish and sea Mammals
  – Rich in Omega-3 fats
  – Rich in unsaturated fats
  – Sea mammals are high in iron, A and D
Alaskan Fish & Mercury

- Good News! All species of Alaska wild salmon have very low mercury levels.
- Please check with the State of Alaska, Division of Public Health Web site or by call 907-269-8000 to learn the mercury current fish consumption guidelines.

Guide to Eating Fish for Alaska Women and Children

Mix and match your fish meals* for up to:

24 POINTS PER WEEK

* A meal size is 6 ounces (uncooked weight) for adults and 4 ounces for children age 12 years and under.

- AK halibut 20–39 pounds
  - All state hatchery AK halibut
  - AK roughy rockfish
  - AK lingcod 30–39 inches
  - AK black cod (sablefish)

- AK halibut 40–49 pounds
  - Canned albacore tuna

- AK halibut 50–89 pounds
  - AK lingcod 40–44 inches
  - AK yelloweye rockfish

- AK halibut 90 pounds or more
  - AK lingcod 45 inches or more
  - AK salmon shark
  - AK spiny dogfish

Unlimited amounts:
- All species of wild AK salmon
- AK halibut 20 pounds or less
- AK lingcod 30 inches or less
- AK Pacific cod
- AK black rockfish
- AK walleye pollock
- Canned chunk light tuna
- AK Pacific ocean perch

Fat a variety of fish and other seafood as part of a balanced diet.

For more information:
www.epi.hss.state.ak.us/
(907) 269-8000
Health Benefits of Traditional Diet

- **Traditional game meats**
  - Low in cholesterol and saturated fat
  - Saturated fat is linked to heart disease
  - High in iron
Figure 8d: Iron Selected Meat
3 ounces portion

- Total daily needed Iron
- Clams
- Seal Meat
- Cockles
- Ptarmigan
- Moose
- Lean Beef
- Chicken

PERCENT OF DAILY VALUE
Physical Activity and Nutrition for Alaska’s Kids

6 Ounces

3 ounces

18 ounces

how many hotdogs?

IRON 56 hot dogs
Children would benefit nutritionally from eating more traditional foods.
Community Meeting

- Head Starts will want to assess
  - The capacity of their food service staff and kitchen
  - If the kitchen is designed for cooking from scratch
  - If the food service staff have enough time allotted to cook from scratch.
- If the kitchen and food service staff can
  - Enlist community support
Community Meeting

To increase interest and knowledge about donating traditional foods to Head Start!
Physical Activity and Nutrition
for Alaska’s Kids
Alaska Food Code

- What can be donated
- What is prohibited
  - Planning
  - Harvest
- Transportation
- Receipt and storage
- Preparation and processing
Edible Nontoxic Berries!

- Cranberries
- Blueberries
- Fireweed
- Rosehips
- Dandelions
- Wild Currants
- Salmonberries
Traditional Wild Game Meat!

- Fish
- Hare
- Duck
- Goose
- Moose
- Beaver
- Muskrat
- Reindeer
- Caribou
- Sea Mammals
RESTRICTED FOODS

- Unpermitted Shellfish
- Fox
- Polar Bear
- Walrus
- Bear
- Seal and Whale Oil
- Fermented Fish
- Home-canned foods
- Vacuum-sealed foods
- Fermented Game
- Unpermitted smoked/dried Fish
Reasonable determination

- That the animal was not diseased
- The food was butchered, dressed, transported, and stored to prevent properly
- Food will not cause a significant health hazard or potential for human illness
Ask Questions about Donation

- Was it a healthy animal?
- Was animal eviscerated within an hour of harvest?
- Was meat chilled to below 41°F?
- Was meat covered?
- Was meat kept separate from non-food items?
- Was meat kept cold during transport and storage?
Receipt and Storage

Donation
• Whole, gutted, gilled and in quarters or roasts

Maintain Records
• Donation date
• Person donating
• Type of food

Storage
• Packaged to prevent contamination
• Kept at proper temperature
• Labeled and stacked in designated area
• Raw wild game stored below all other foods
Keep Frozen

Donated Caribou Roast

Hunter: Trent Carson

NOT AN INSPECTED PRODUCT

Cook all parts of game meat to an internal temp of 165°F for 15 seconds
Prevent Cross-Contamination

- Keep donated foods separate by space and time

- Clean and sanitize prior to and following processing
Cooking Game Meat

- Thaw seafood or meat in refrigerator or during cooking process
- Cook game meat to 165°F
- Cook seafood to 145°F
- Hold meat at 140°F prior to service
- Avoid cooling and reheating meats
Recipes

- From community members
- In published Alaska Native Foods cookbooks
- Can substitute traditional foods
  - 1# moose = 1# beef
What We Learned

- The nutritional benefits of traditional foods
- Determining capacity to prepare traditional foods
- How to involve the community
- A Review of the Alaska Food Code