Serving Traditional Food

Section 3: Module 8

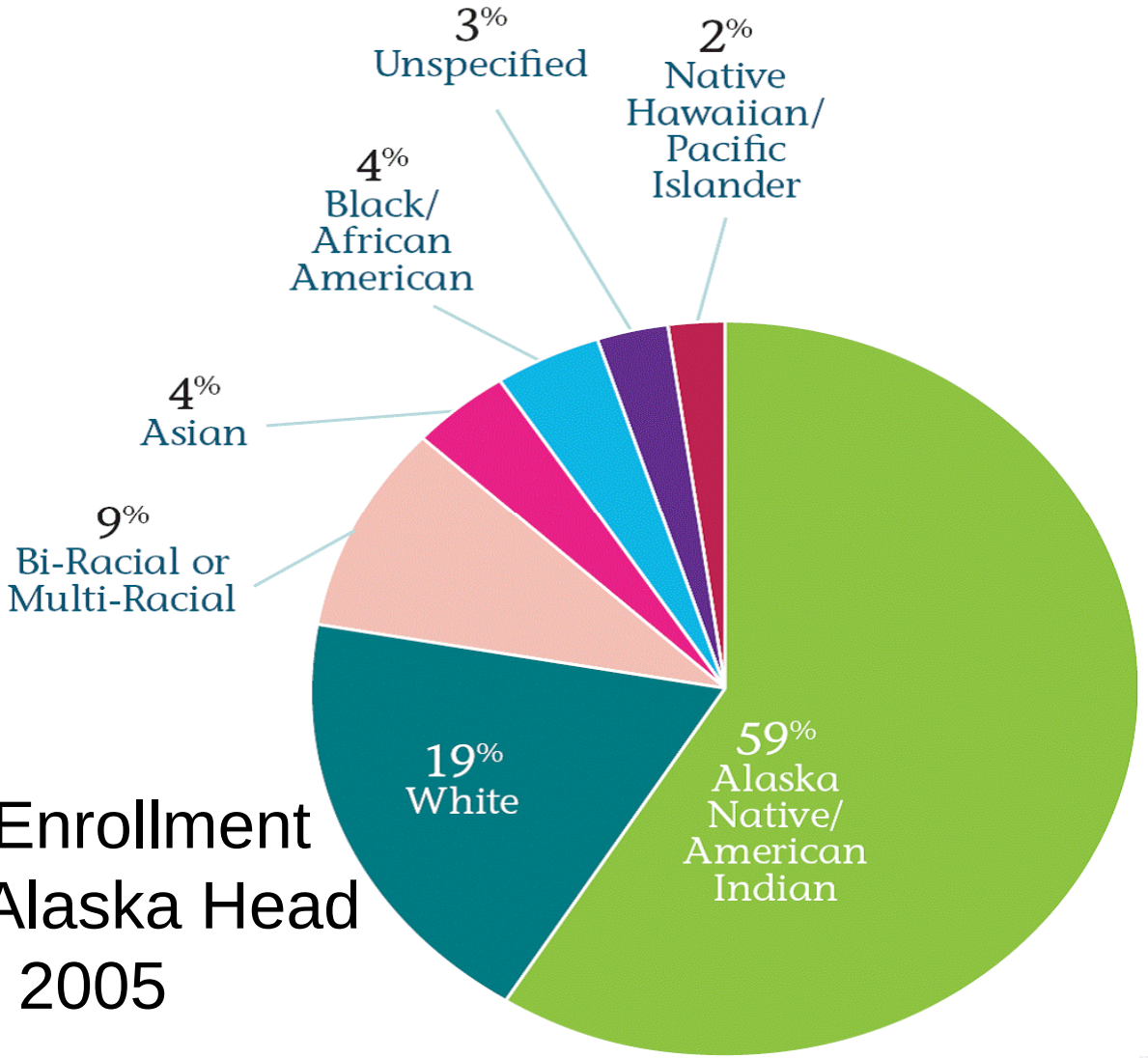
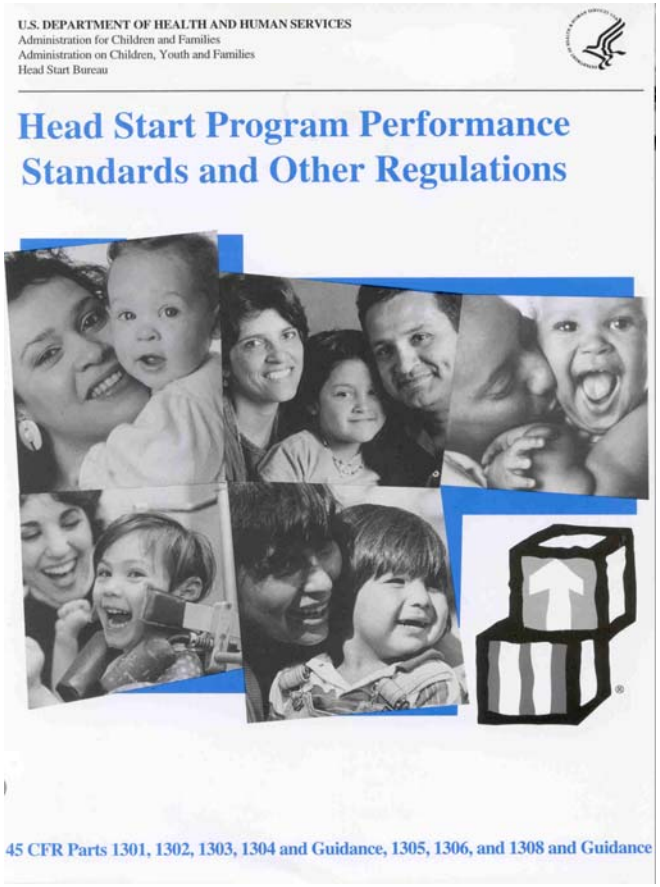


Figure 8a: Total Enrollment by Ethnicity in Alaska Head Start Programs 2005



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

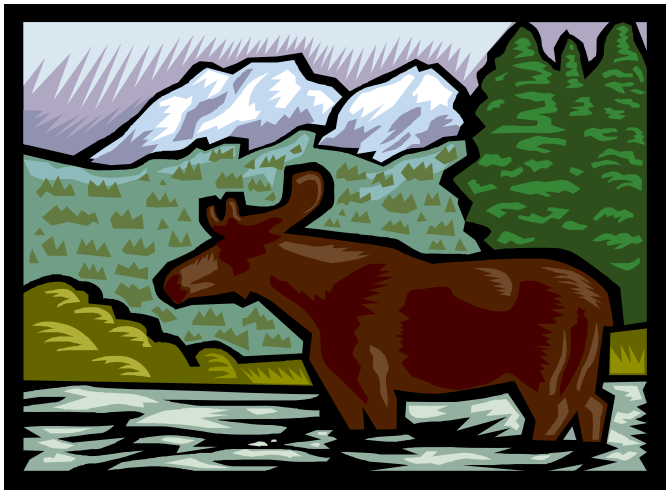
Frank Murkowski
Governor

Kurt Fredriksson
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

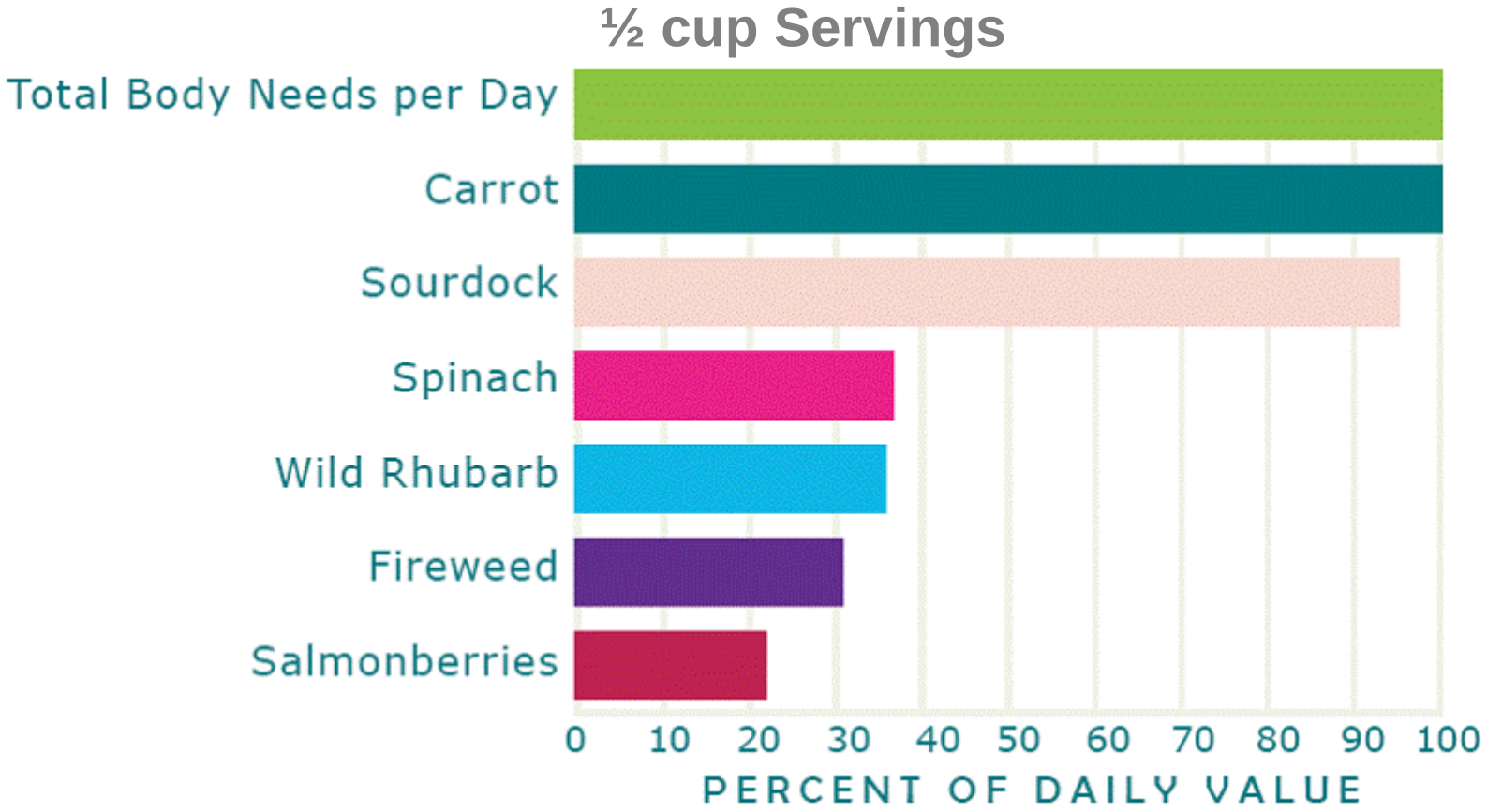
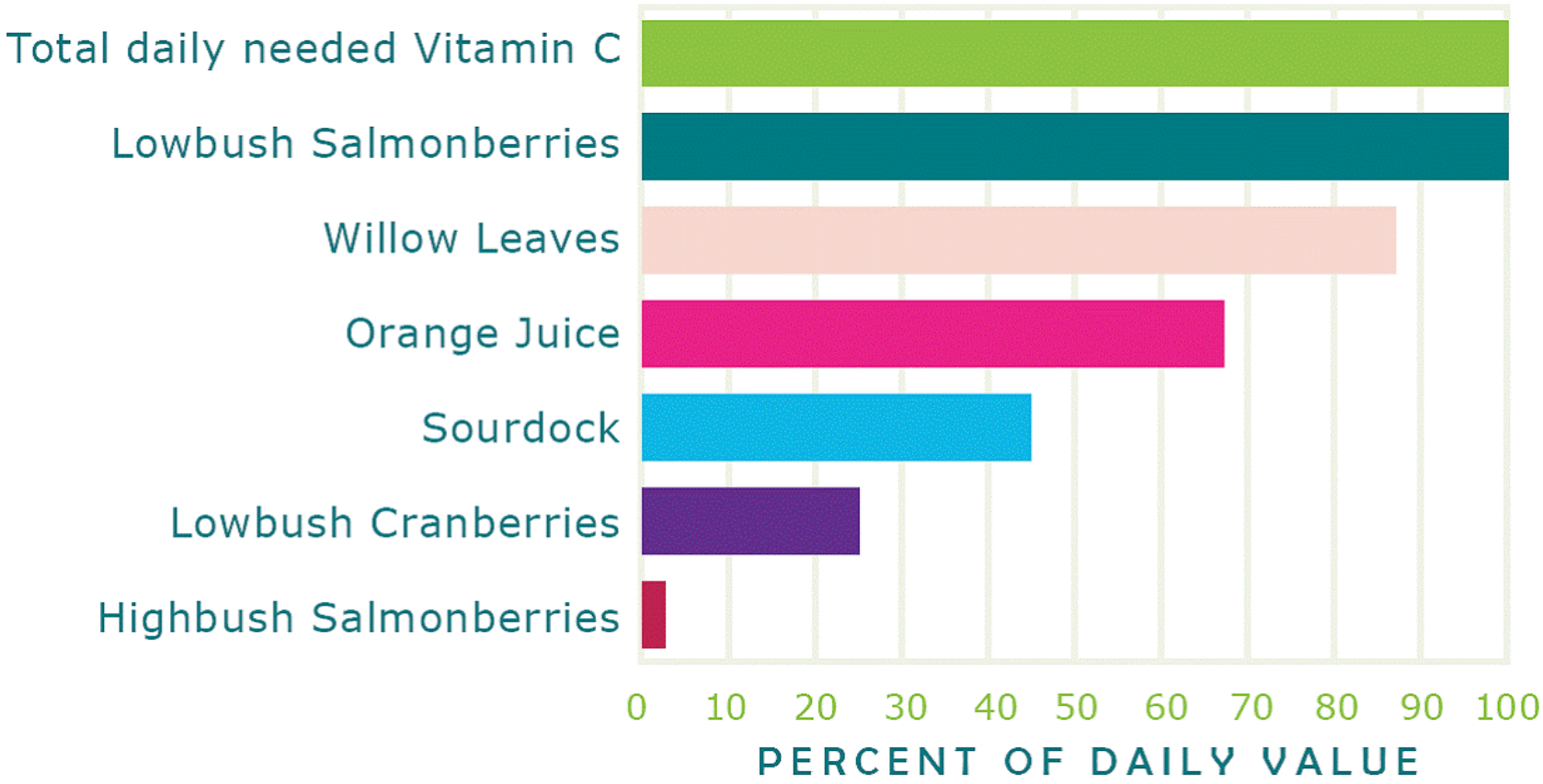
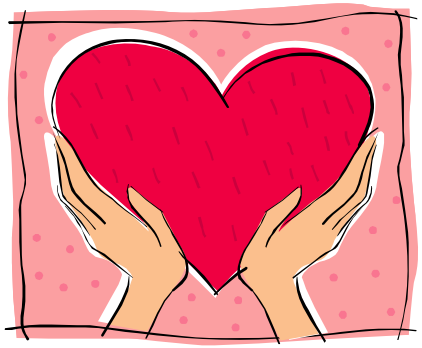


Figure 8c: Vitamin C in Selected Raw Foods

½ cup Servings

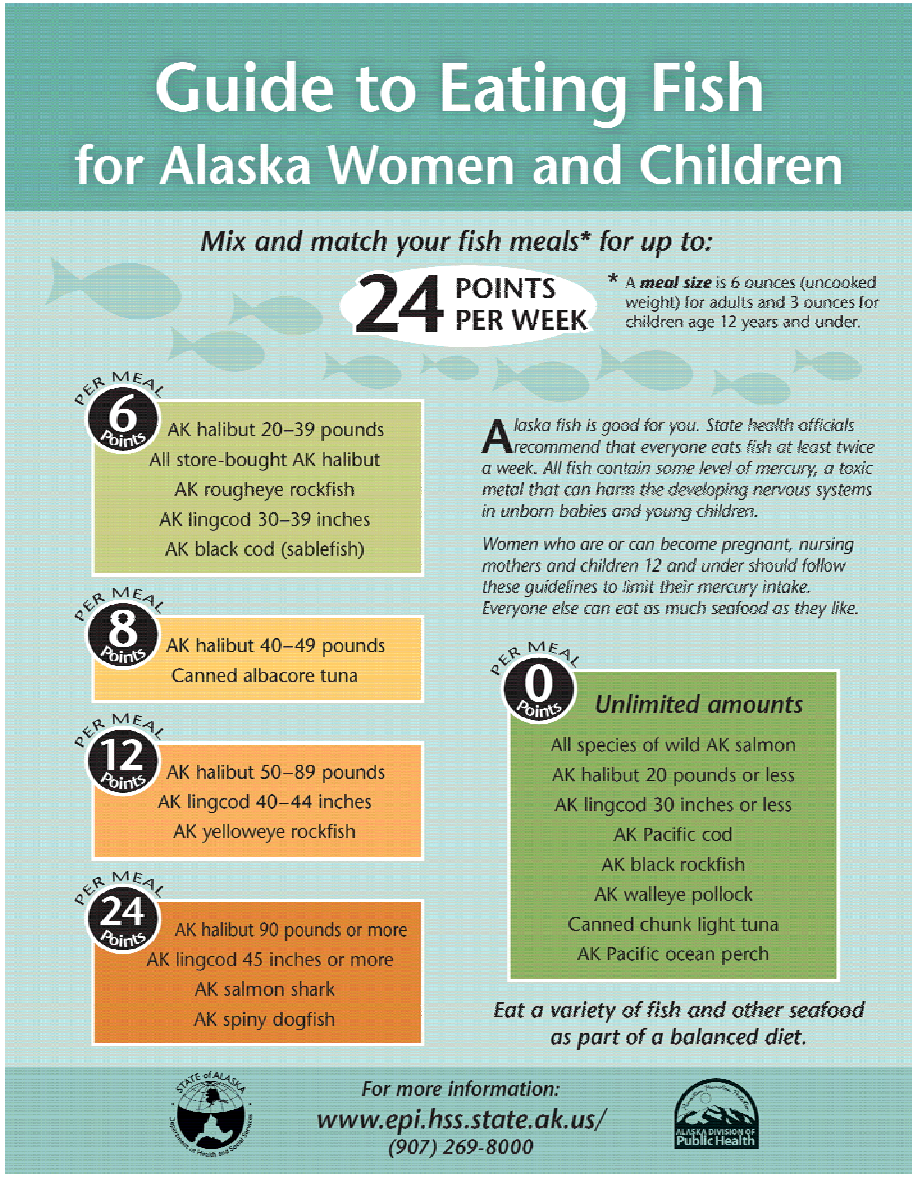


Health Benefits of Traditional Diet



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.

Health Benefits of Traditional Diet

- **Traditional game meats**
  - Low in cholesterol and saturated fat
  - Saturated fat is linked to heart disease
  - High in iron

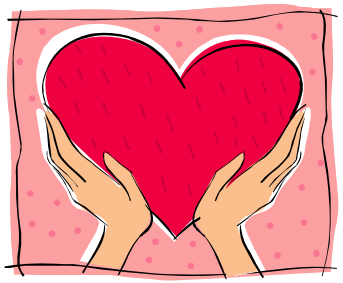
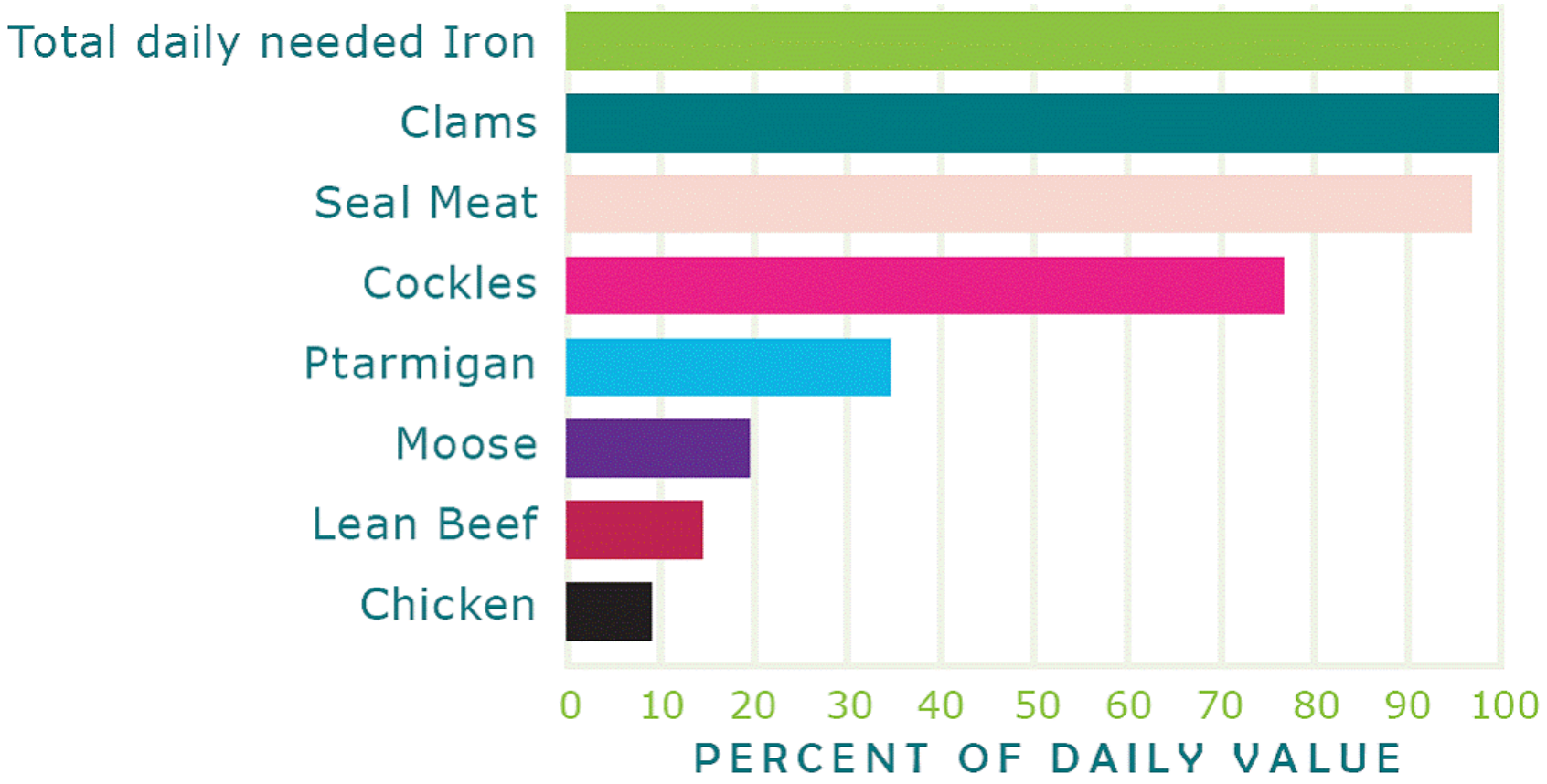


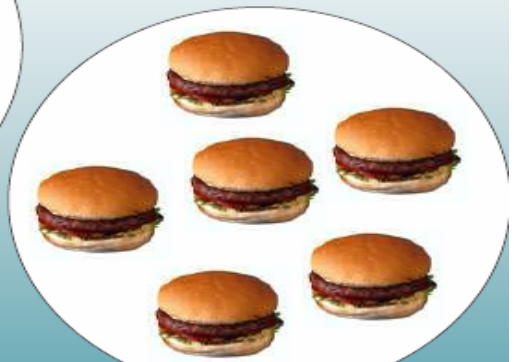
Figure 8d: Iron Selected Meat

3 ounces portion



6 Ounces

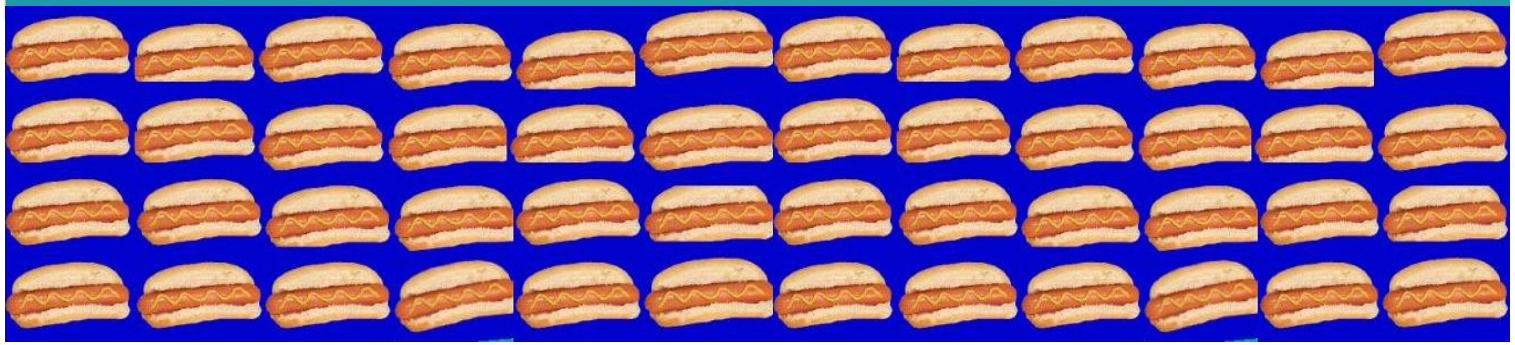
3 ounces

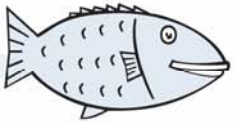


18 ounces

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**

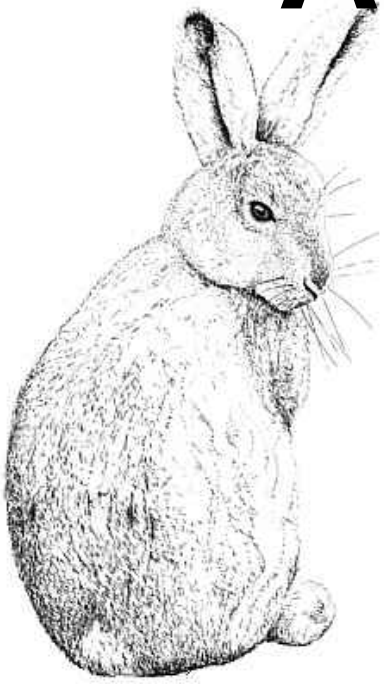
Community Meeting

To increase interest and knowledge about donating traditional foods to Head Start!

Physical Activity and Nutrition
for Alaska's Kids

Presentations

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

Harvest

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

Figure 8e:

Label for Donated Caribou

Prevent Cross-Contamination

- Keep donated foods separate by space and time

- Clean and sanitize prior to and following processing

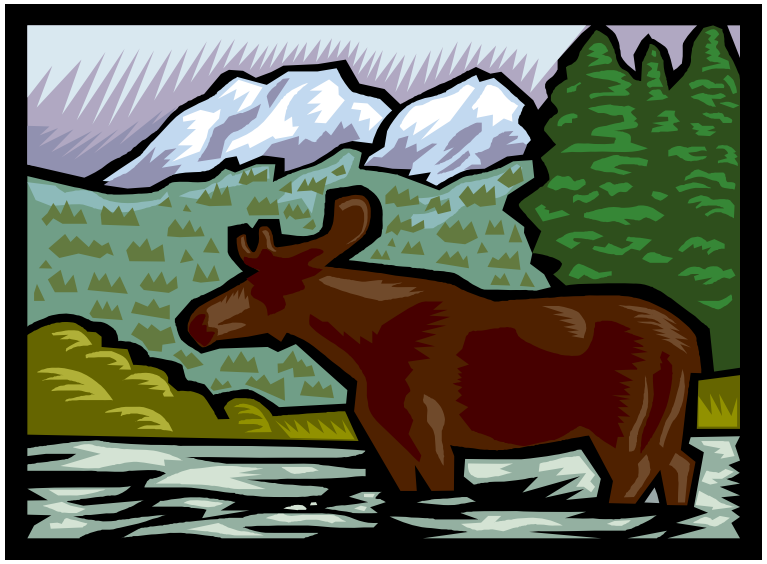
Cooking Game Meat

- 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 cook books
- 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