



Otoe-Missouria Tribe of Indians



Implementing the Title VI Requirements in Menu Planning

NATIONAL TITLE VI CONFERENCE, MINNEAPOLIS MN, AUGUST 15, 2019
JEAN L. LLOYD, MS CONSULTANT (JLLOYD095@GMAIL.COM)

JOYCE ROBINSON-WRIGHT, CONSULTANT (JWRIGHT89@GMAIL.COM)



Introductions

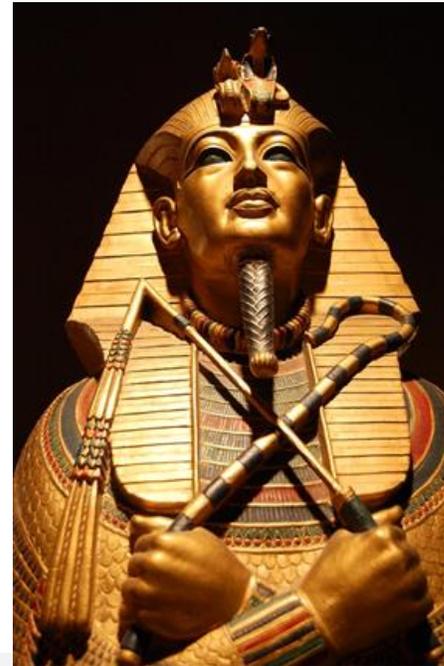
Jean Lloyd

Title VI Consultant



Joyce Robinson-Wright

Title VI Consultant





Session Overview

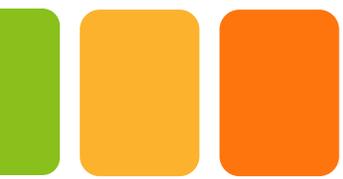
- Introductory Questions
- Older Americans Act Nutrition Program
- Menu Planning
- Food Production & Service
- Traditional Foods
- Questions
- Resources





Questions

- Why do we care about menus?
- Who plans your menus...does a dietitian approve? If there is no dietitian, how do you get approval?
- How do you produce your meals?
- What do elders want? How do you know if elders like the meal?
- Can you make meals taste better? Are the salt shakers on the table?
- Does your tribe use traditional foods in your meals?
- Do menu costs influence what you serve?



Why Do We Care About Menus?



Nutrition: An Integral Part of Health

Necessity:

- Need adequate nutrition to:
 - Maintain physical & mental functioning
 - Promote health & functionality
 - Reduce risk of chronic disease
 - Help treat & manage chronic disease
 - Remain home in the community
 - Cultural preservation

Purposes of Older Americans Act Nutrition Program Sections 330, 601

- Reduce hunger & food insecurity
- Promote socialization
- Promote health and well-being
- Delay adverse health conditions



National Title VI Needs Assessment Indicates High Rates of High Blood Pressure, Obesity and Diabetes in Elders

Chronic Condition Related Nutrition	Aggregate Title VI Tribal Data (age 55+) %	National US Data (age 55+) %
High Blood Pressure	56.5	55.2
Obesity	43.3	24.6
Diabetes	39.3	18.0
Overweight	34.8	37.3
Osteoporosis	9.6	4.6
Stroke	7.5	6.3

National Title VI Needs Assessment Data, Cycle VI, University of North Dakota, nrcnaa.org
Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System Survey Data. Atlanta GA. DHHS.



26% of Title VI Elders Rate Their Health as Excellent or Very Good compared to 43% in the General US Population

Question	Responses	Aggregate Tribal Data (55+) %	National US Data (55+) %
Would you say your health is general is excellent, very good, good, fair or poor?	Excellent	6.0	13.8
	Very Good	19.9	29.2
	Good	39.7	32
	Fair	26.8	16.8
	Poor	7.6	7.8



National Needs Assessment Indicates High Rates of Disability Due to Chronic Disease in Title VI Elders

70.6% of Title VI participants are not disabled

29.4% of Title VI participants are disabled

For those who are disabled, the primary cause is **chronic disease**

Disability Cause	Aggregate Title VI Tribal Data (age 55+) %	National US Data (age 55+) %
From chronic disease	58.6	Not available
From accident/injury	30.8	Not available
From military service	6.6	
From birth	4.0	Not available

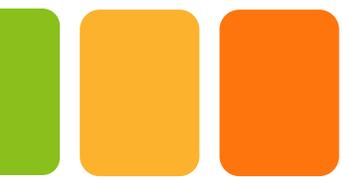
National Needs Assessment Indicates Other Concerns that Influence Title VI Elders Eating Behaviors

Question		Aggregate Tribal Data (55+) %	National US Data (55+) %
Dental Care			
	Seen dentist/hygienist	56.7	65.5
	Need no dental work	33.6	59.0
	Tooth/mouth problems-hard to eat	9.5	Not available
Mental Health/depression	Felt down hearted & blue-none of the time	41.0	65.8
	Eat alone most of the time	18.4	Not available

Good Nutrition is Essential to Reduce Risk/Manage/Treat Chronic Conditions and Reduce Frailty



- High blood pressure
- Obesity
- Diabetes
- Overweight
- Osteoporosis
- Stroke
- Poor quality diets are related to increased frailty



Older Americans Act

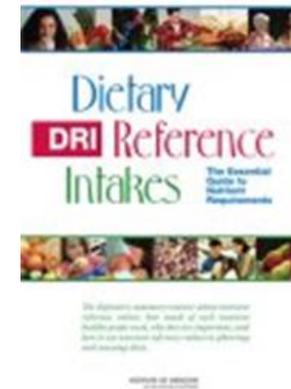
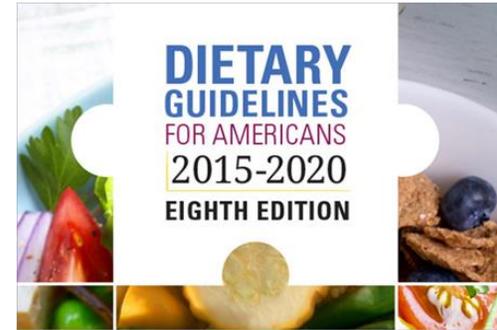
Nutrition Program Meal

Requirements

Older Americans Act Nutrition Requirements

Sections 339, 601, 602, 614

- Meals are to meet:
 - 2015-2020 Dietary Guidelines for Americans (DGAs)
 - Dietary Reference Intakes
 - Food Safety Code
 - Appealing to program participants
 - If practical, meet special dietary needs
 - Meet traditional food needs of Native people



Elders Need Healthy Food and Adequate Nutrients

- Foods are conventional items that we eat
- Experts recommend that we eat foods from 5 different groups
 - Vegetables
 - Fruits
 - Grains
 - Protein foods
 - Dairy or dairy alternate foods
- Nutrients are in food
- To live we need
 - Energy or calories
 - Carbohydrate/fiber
 - Protein
 - Fat
 - Vitamins (15)
 - Minerals (14)
 - Fluid/water



Title VI Requirements Sec. 601, 602, 614



Caribou Stew



Hominy Stew



Roast Pork &
Potatoes
Glazed Carrots, Roll

Nutrition services **comparable to Title III** (Section 601)

“...provided in a manner that preserves and restores their respective dignity, self-respect, and **cultural identities**” (Section 602)

Nutrition services provided to be “**substantially in compliance with the requirements for Title III**” (Section 614)

Title VI Requirements Sec. 601, 602, 614



The application will “contain assurances that the tribal organization will coordinate services provided under this part with services provided under title III in the same geographical area.” (Section 614)

“...the Assistant Secretary shall provide maximum flexibility to an applicant that seeks to take into account subsistence needs, local customs, and other characteristics that are appropriate to the unique cultural, regional, and geographic needs of the Indian populations to be served.” (Section 614)



Title VI and Title III Requirements

- If your Tribe receives only Title VI funds, you are required to meet the requirements of Title VI, using the guidelines that are provided in the Title VI Manual on the Older Indians website (<https://olderindians.acl.gov/>) and reporting and fiscal instructions from the ACL
- If your Tribe receives Title III funds from your State Unit on Aging (SUA), you need to meet the Title VI requirements **PLUS** the programmatic, fiscal and menu requirements of the State
- If your Tribe receives Title III funds, the SUA may tell you
 - What to spend Title III funds on, such as Congregate or Home-delivered meals, or transportation, chore, etc.
 - Who to serve with the Title III funds, non-Indians who come to the Title VI site and expect service



Menu Planning

Common Menu Pattern Form



Food	Monday	Tuesday	Wednesday	Thursday	Friday
Protein/meat					
Grain #1, may substitute for starchy veg					
Grain #2					
Vegetable #1 Starchy					
Vegetable #2 Non-Starchy					
Fruit					
Milk/ Alternate					
Dessert Optional					
Beverage					

Joyce Asks



- Do we have to use this menu pattern?
- Do we have to serve 2 vegetables?
- Do we have to serve fruit everyday?
- Do we have to serve milk?

What Should We Focus on in Planning Menus?

- DGAs Focus on:

- Food variety
- Nutrient density or nutrients/calorie
- Serving size

- DGAs Limit calories from

- Added sugars
- Saturated or solid fats
- Salt

Calico Beans



Sunflower Seed Bread



Squash



Tomatoes



Salmon, Brown Rice
Spinach, Corn



What is Food Variety?

- **Variety=diverse assortment of food**
- Consume a variety of lean protein sources such as fish, poultry, game
- Consume a variety of whole grains
- 1 starchy vegetable such as squash or potatoes & 1 non-starchy like tomatoes or peppers or green beans or broccoli or spinach
- Consume different colorful vegetables and fruits



What is Nutrient Density?

- Nutrient density=food & drink with little added sugars, solid fat, refined starch, but plenty of vitamins & minerals/calorie
- Orange juice but not orange drink or fruit punch (added sugar)
- Baked, grilled, stewed, steamed, boiled vegetables, not fried
- Baked, braised, grilled, stewed chicken or fish, not fried (added fat)
- Fresh berries, not blueberry pie (added refined starch, sugar and saturated fat) with ice cream (added sugar, saturated fat)



Orange
Juice



Baked squash



Baked salmon



Mixed Berries

Are Portion Size and Serving Size the Same?

- Portion size=

Amount of food served at an eating occasion



- Serving size=

A serving size is a standard amount of food served like an ounce or cup or the number of crackers, often listed on food labels

What would be the serving size for the dessert at the left?

Are these the right serving sizes for Thanksgiving turkey dinner?



Portions Today & 20 Years Ago



610 calories (6.9 oz)

+



590 calories

+



220 calories (20 oz)

=

1420 calories

Today



210 calories (2.4 oz)

+



333 calories

+



85 calories (6.5 oz)

=

628 calories

20 Years Ago

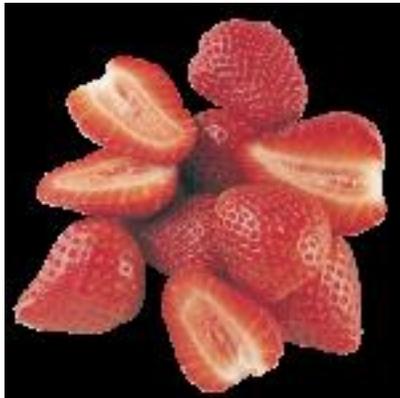
**792 calories
more today**

Serving Sizes Used in the Title VI Program

Food	Servings	Examples
Protein/meat foods	1 oz/ 3 to 4 oz/meal daily	3 oz meat/poultry/fish; 1 egg=1 oz protein; 1 T peanut butter=1 oz protein; or ½ oz nuts/seeds=1 oz protein
Grain, whole grain/bread	1-2/meal daily	1 slice bread, 1 small piece cornbread, 1 small 6" tortilla, 1 roll, ½ c rice/pasta
Vegetables	2/meal daily	½ c cooked or raw; 1 c leafy greens; serve 1 starchy, 1 non-starchy
Beans/legumes	1 or more/week	½ c; ¼ c=1 oz meat
Fruit	1 daily	1 small raw; ½ c canned/frozen; ½ c juice, ¼ c dried
Milk/alternate	1 daily	1 c fluid, 1 c yogurt, 1.5 oz natural cheese, 2 oz processed cheese
Nuts/seeds		½ oz
Oils	1	Fat is liquid at room temperature, 1 T such as olive oil on vegetables, 1-2 T salad dressing



Joyce Asks: Are These the Right Serving Sizes for a Title VI Meal?



Traditional Native Recipes www.aihd.ku.edu/recipes/index.html
(American Indian Health & Diet Project)



What are Added Sugars, Saturated Fats & Sodium?

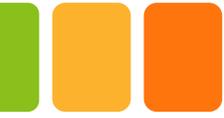
Food Item	Examples
Added sugars	Table sugar, brown sugar, syrup, corn syrup, jam, sweetened drinks like soda, energy drinks, fruit punch, sweet tea, desserts like cookies, cake, pie, ice cream, donuts, candy
Saturated fat	Fats that are solid at room temperature, butter, lard, fat on meat/poultry, many solid (not soft) margarines, coconut oil
Sodium	Salt, table salt, sea salt, found in processed foods such as bread, macaroni & cheese, pizza; canned vegetable and meat products; canned soup; processed meats like ham, sausage, lunch meat; processed dairy like cheese; mixed dishes; desserts; chips, snack foods

Why are these items important?

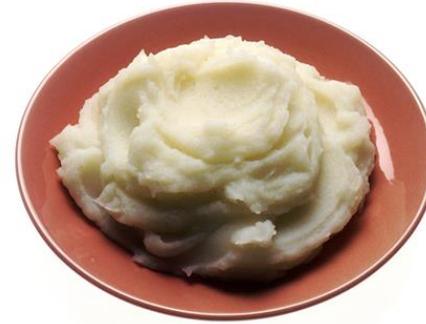


Joyce Asks: Which of these Foods Contain Added Sugars?





Joyce Asks: Which of These Foods Contain Saturated Fats?





Joyce Asks: Which of the Foods in Column 1 and Which of the Foods in Column 2 are Higher in Sodium?



4 oz tomato juice



1 small piece of cornbread



1/2 cup raw carrots



1 slice whole wheat bread



1/2 cup canned green beans



1/2 cup brown rice

The Answer Is:



4 oz tomato
juice
not low-sodium
308 mg sodium;
low-sodium
12 mg sodium



1 small piece of
cornbread
428 mg sodium



½ cup raw
carrots
42 mg sodium



1 slice whole wheat
bread
146 mg sodium



½ cup canned
green beans, not
low sodium
181 mg; low sodium
17 mg sodium



½ cup brown
rice
4 mg sodium

Add Potassium to Meals

- Potassium is found in fruits, vegetables, like beans, greens, milk, fish, meat
- Potassium helps blunt the adverse effect of sodium on blood pressure
- Consume at least 5 servings of fruits and vegetables a day, preferably 7 (women) to 10 (men)

Chicken, Brown
Rice, Green
Vegetables, Red Peppers



Banana



Purple Sweet Potatoes



Non-fat Milk



Bronco Beans





Why is it important to emphasize fruits, vegetables and low-fat dairy in the meal?

- Higher fruit and vegetable intake is related to:
 - Better weight management (43% of elders are obese)
 - Better control of high blood pressure (56% of elders had high blood pressure)
 - Better diabetes management (39% of elders had diabetes)
 - Lower rates of heart disease and cancer
- Higher consumption of lower fat dairy is related to:
 - Lower rates of osteoporosis (10% of elders had osteoporosis)
 - Better management of high blood pressure (56% of elders had high blood pressure)



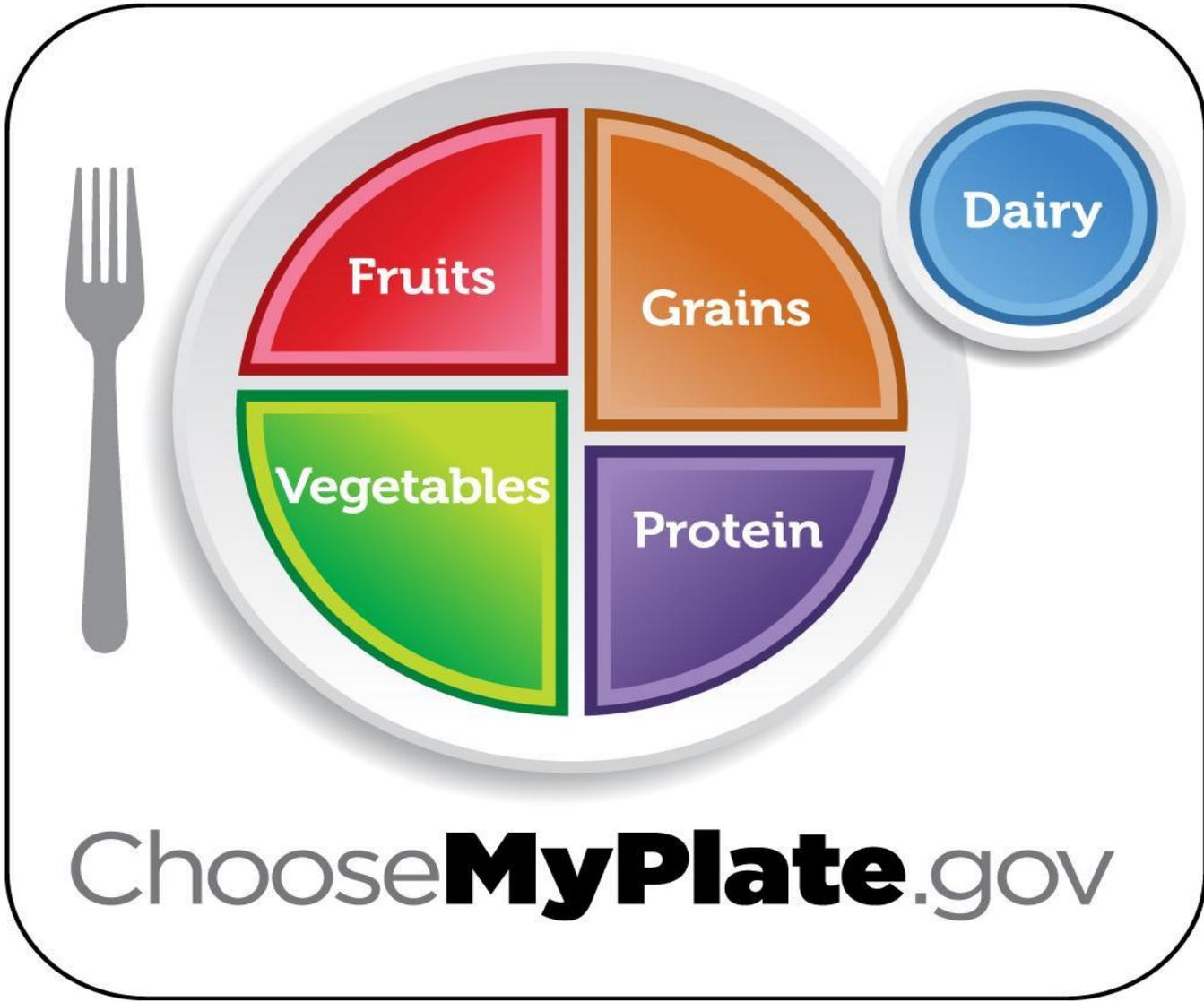
Why is it important to emphasize fruits, vegetables and low-fat dairy in the meal?

- Nationally, participants in Title VI programs stated that they:
 - Had a condition that changed the kind or amount of food they ate (23 %)
 - Ate few fruits/vegetables or milk products (26.3%)
 - Ate fewer than 2 meals/day (16.3%)
- This program may provide one of the few healthy meals they get in a day



Vegetables, Fish, Dairy, Fruit are High In Potassium

Include these foods in the menu	Include these foods in the menu
Potatoes, white, sweet, purple	Tuna
Canned tomato products, paste, juice, no added salt	Snapper
Beans, cooked, refried	Milk, non-fat, evaporated
Yogurt	Banana
Salmon	Dried fruit like prunes, apricots
Orange juice	Trout
Cooked greens	Pork
Acorn squash	Halibut



My Native Plate - Indian Health Service

MY NATIVE PLATE

Fruit

Water

**Grain/
Starch**

Vegetables

Protein

Use your plate as a guide to help you eat in a healthy way!

1. Fill half of your plate with vegetables.
2. Fill the other half of your plate with a grain/starch and a protein.
3. Add a side of fruit.

Pictured here:

- Mixed berries
- Cooked spinach
- Baked squash with peppers and herbs
- Steamed wild rice
- Baked deer meat with sage
- Water

Take a picture with your cell phone. Look at the picture later as a reminder!

Remember:

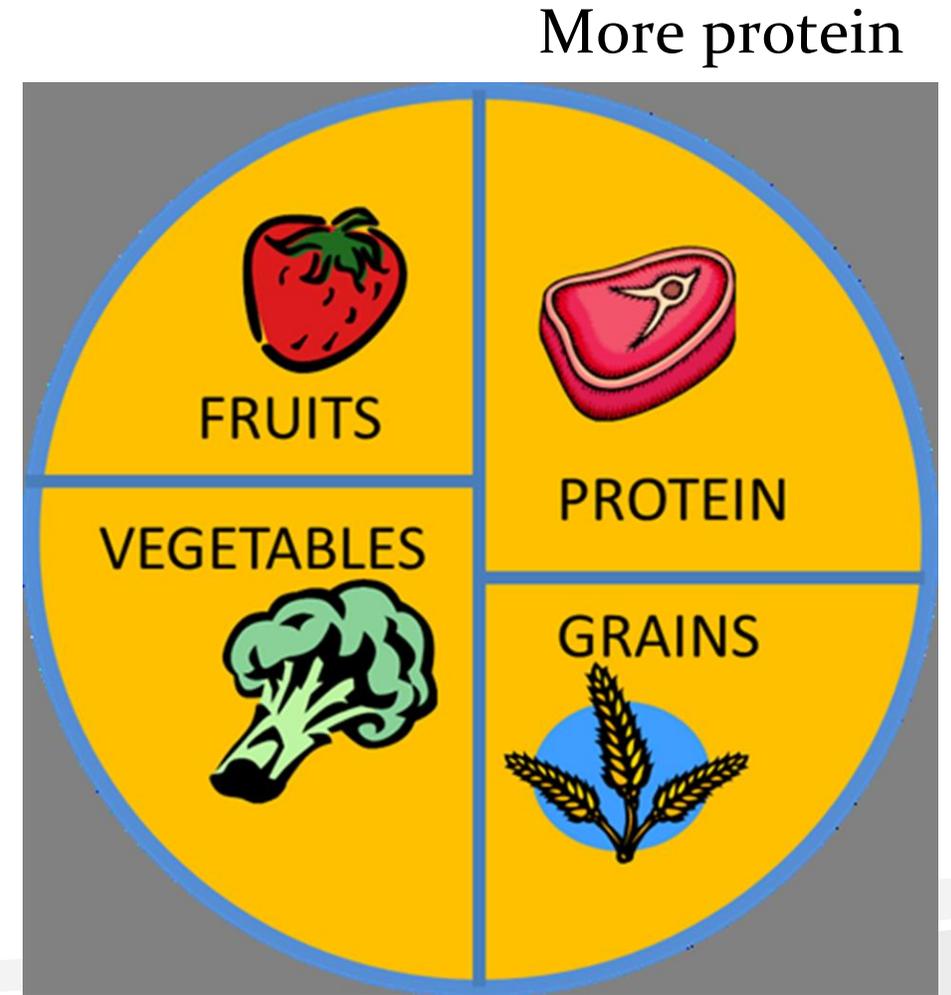
- Stay active
- Drink water
- Use a 9-inch plate

Notes:

Produced by:
Indian Health Service, Division of
Diabetes Treatment and Prevention.
07/2018

Fill in the Traditional Plate!

- Bread Group
 - Bannock
 - Wild Rice
 - Corn
- Meat Group
 - Big game
 - Game birds
 - Eggs
 - Nuts/Beans
 - Fish/Seafood
- Fruits and Vegetables
 - Shoots
 - Roots
 - Greens
 - Berries
 - Tree fruits
 - Squash
- Dairy
 - Breast milk
 - Fish & game bones
 - Greens & roots



Do You Use Elders Input?

- Menu committees
- Product sampling
- Taste panels
- Food preference surveys
- Satisfaction focus groups
- Comment cards



Preferences are Influenced By:

- Culture, traditions
- Religion, holidays, celebrations
- Family
- Region of the country
- Health, foods they can chew
- Age, generational cohort
- Gender

Muktuk



Venison Stew



Pemmican



Principles of Menu Planning

Is the meal appealing?

- Enhance **taste**
- Strive for **balance**
- Emphasize **variety**
- Add **contrast**: texture & temperature
- Think about **color**
- Consider eye **appeal**

Roasted carrots, red onions, peppers



Roast elk with purple, red potatoes, Carrots, onion, celery, peppers





Steps in Planning Healthy Meals

- **Allow** a block of **time**, gather recipes & resources
- Determine length of **menu cycle**
- Identify **main dish, side dishes**
- **Visualize** what each meal will look like
- Think about **variety, day to day, week to week**
- Plan menus that can be made **safely** with **available staff, equipment, space & time**
- Use readily available food
- Use traditional foods
- **Do not plan** for second helpings



Steps in Planning Healthy Meals

- Think about preferences
- Think about participants wants/needs
- Think about the selecting healthy foods, variety
- Think about traditional foods
- Think about food safety, equipment, staff time
- Think about food cost
- Get approval by dietitian

Do not expect that everyone will like everything that you serve

People can refuse an item

We all have individual tastes

Start with the Protein

Food	Monday	Wednesday	Thursday	Friday
Protein food	Baked fish with pine nut crust 3-4 oz	Roast duck 3-4 oz	Roast venison 3-4 oz	Mixed bean soup 1.5 c
Grain #1				
Grain #2				
Vegetable #1 Starchy				
Vegetable #2 Non-Starchy				
Fruit				
Milk/ Alternate				
Dessert Optional				
Beverage				

Make sure you don't repeat any protein in a week (pork chop suey, pork chops, pulled pork sandwiches) AND try to keep one day meatless!

Next Do the Grains

Food	Monday	Wednesday	Thursday	Friday
Protein food	Baked fish with pine nut crust 3-4 oz	Roast duck 3-4 oz	Roast venison 3-4 oz	Mixed bean soup 1,5 c
Grain #1	White dinner roll	Brown and wild rice 1 c	Whole wheat roll	Grilled cheese quesadilla
Grain #2	Not needed, using a starchy vegetable	Not needed—gave a whole c of rice!	Not needed, using a starchy vegetable	Whole wheat tortilla-1 large
Vegetable #1 May be Starchy	Mashed sweet potatoes, ½ c		Baked potato, 1 small with ½ oz shredded cheese	
Vegetable #2 Non-Starchy				
Fruit				
Milk/ Alternate				
Dessert Optional				
Beverage				



Joyce Asks



- Why do we trade off bread and starchy vegetables?
- Do bread and potatoes have the same nutrients?

Then do the Vegetables - Keep them colorful

Food	Monday	Wednesday	Thursday	Friday
Protein food	Baked fish with pine nut crust 3-4 oz	Roast duck 3-4 oz	Roast venison 3-4 oz	Mixed bean soup 1.5 c
Grain #1	White Dinner Roll	Brown and wild Rice 1 c	Whole Wheat Roll	Grilled cheese quesadilla
Grain #2	Not needed, using a starchy vegetable	Not needed—gave a whole c of rice!	Not needed, using a starchy vegetable	Whole wheat tortilla-1 large, 12"
Vegetable #1 May be Starchy	Mashed sweet potatoes, ½ c	Winter squash ½ c	Baked potato, 1 small with ½ oz shredded cheese	Pepper/tomato salsa ¼ c, 2 slices avocado
Vegetable #2	Spinach ½ c/ strawberry salad	Tossed green salad with tomatoes 1 c	Broccoli with sweet red peppers ½ c	5 carrot sticks or ½ c carrots
Fruit				
Milk/ Alternate				
Dessert Optional				
Beverage				

Now do fruit & dessert

Food	Monday	Wednesday	Thursday	Friday
Protein food	Baked fish with pine nut crust 3-4 oz	Roast duck 3-4 oz	Roast venison 3-4 oz	Mixed bean soup 1.5 c
Grain #1	White dinner roll	Brown and wild rice 1 c	Whole wheat roll	Grilled cheese quesadilla
Grain #2	Not needed, using a starchy vegetable	Not needed—gave a whole cup of rice!	Not needed, using a starchy vegetable	Whole wheat tortilla-1 large
Vegetable #1 May be Starchy	Mashed sweet potatoes, ½ c	Winter squash ½ c	Baked potato, 1 small with ½ oz shredded cheese	Pepper/tomato salsa ¼ c 2 slices avocado
Vegetable #2	Spinach ½ c/ strawberry salad	Tossed salad with tomatoes 1 c	Broccoli with sweet red peppers ½ c	5 carrot sticks or ½ c carrots
Fruit	¼ c strawberries on salad	Apple slices or apple sauce ½ c	Mixed berries 1/2 c	Watermelon ½ c
Milk/ Alternate				
Dessert Optional	Blueberry crisp 1/2c			
Beverage				

Don't Forget the Milk (or substitute) & Other Beverages

Food	Monday	Wednesday	Thursday	Friday
Protein food	Baked fish with pine nut crust 3-4 oz	Roast duck 3-4 oz	Roast venison 3-4 oz	Mixed bean soup 1.5 c
Grain #1	White dinner roll	Brown and wild rice 1 c	Whole wheat roll	Grilled cheese quesadilla
Grain #2	Not needed, using a starchy vegetable	Not needed—gave a whole cup of rice!	Not needed, using a starchy vegetable	Whole wheat tortillas-1 large
Vegetable #1 May be Starchy	Mashed sweet potatoes, ½ c	Winter squash ½ c	Baked potato with shredded cheese, ½ oz, 1 small	Pepper/tomato salsa ¼ cup 2 slices avocado
Vegetable #2	Spinach ½ c/ strawberry salad	Tossed salad with tomatoes 1 c	Broccoli with sweet red peppers ½ c	5 carrot sticks or ½ c carrots
Fruit	Strawberries 1/4 c on salad	Apple slices or apple sauce, ½ c	Mixed berries 1/2 c	Watermelon ½ c
Milk/ Alternate	1 c 1% milk	Orange juice, fortified with Ca/D ½ c or milk, 1%, 1 c	Vanilla yogurt, 6 oz., + ½ oz cheese on potato	Cheese from quesadilla (1½ oz)
Dessert Optional	Blueberry crisp 1/2c			
Beverage	Indian tea	Coffee/tea	Coffee/tea	Coffee/tea



Evaluate Meals For:

Appeal

- Taste
- Balance
- Variety
- Contrast: temperature, texture
- Color
- Eye appeal
- Cooking methods
- Preferences, culture

Nutrient Content-Healthy Food Selections

- Serving size
- Fruits & vegetables
- Lean protein
- Whole grains
- Low-fat dairy
- Lower fat content & preparation
- Lower sodium foods
- Lower added sugars



Joyce Asks: Is This a Healthy Meal?

Onion, squash, cheese enchilada topped with salsa and peppers , bowl of beans & corn



Fry Bread



Iced tea



Canned Fruit Cocktail



1% Milk



Traditional Native Recipes

www.aihd.ku.edu/ecipes/index.html

(American Indian Health & Diet Project)



Joyce Asks: Is This a Healthy Meal?

Cheese omelet w/
peppers, onions,
spinach

2 sl. whole wheat
bread

½ c baked brkfst
potatoes

1 banana

1 square butter

1 container jelly

8 oz 1% milk

8 oz coffee/tea

2 hot dogs

2 buns

Catsup, onion
mustard,
pickle
relish

French fries

Salad bar

Fruit

3 oz roast beef
brisket

½ c cooked potatoes

½ c cooked cabbage

2 squares butter

1 c ice cream

2 vanilla wafers

8 oz coffee/tea



Plan

- 1 meat/potatoes meal/week
- 1 casserole/combined meal/week
- 1 soup/sandwich/salad meal/week
- At least 1 poultry meal/week
- At least 2 fish meals/month
- 2 colorful vegetables/meal
- No more than 1 to 2 high sodium meals/month
- Dessert: 2-3 fruit/week; 1 pudding/jello/week; 1 baked item per week



Do Not

- Serve fried foods often
- Serve high sodium meals often
- Serve 2 starchy vegetables in 1 meal
- Repeat vegetables/meats, etc. in 1 week
- Serve high calorie desserts daily
- Over portion meals
- Use salt in cooking



Food Production & Service

Why do We Care about Food Safety?

- Food and Drug Administration (FDA) indicates major reasons for foodborne illness are:
 - Improper holding temperatures
 - Inadequate cooking
 - Contaminated equipment
 - Food from unsafe sources
 - Poor personal hygiene



Food Must be Prepared Safely

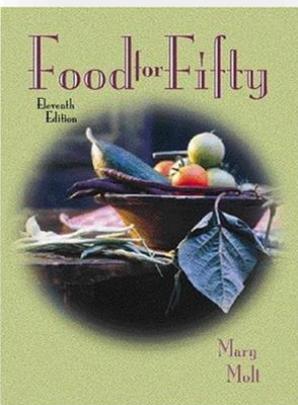
- We talked about the menu but thinking about safety is critical when we plan a menu
- Oven space
- Refrigeration space
- Lots of hand work
- Utensils
- Production order
 - Do not begin with the main course—Why?
 - Begin in the sanitized kitchen with the foods which would not be heated again—fruit, salad, Jell-O
 - Prep the veggies
 - Do the main course!





Recipes Help Control Costs, Assure Consistency Keep Food Safe

- Cooks need to have recipes to prepare the meals
 - Makes foods the same every time, consistency
 - Standardizes the amount and servings available
 - Helps you to know what to order from your purchasing company
 - Helps control costs
 - If the usual cook is ill, the substitute will know what to do
- Make sure you have a recipe for each menu item—look on-line for examples
- Use an existing book like Food for Fifty
- Download for free!
- <http://www.survivorlibrary.com/library/food-for-fifty.pdf> 11th edition
- <http://www.pdfdocuments.com/food-for-fifty-13th-edition.pdf>





Production – Manage by Menu

- Use quantity recipes
- Follow recipes closely. Adding a “little more” can increase cost and change nutrient content
- Watch for signs of waste, including over production, lazy produce preparation, and improper storage
- Ensure ½ the plate is vegetables/fruits, use whole grains, low-fat dairy, low-fat proteins
- Use measuring spoons & cups for accurate food measurement and scoops and ladles for accurate food portion service
- Use appropriate containers for portions and food safety





Joyce Asks:



Do I have to serve every food item?

What if people don't like the vegetable, like broccoli or spinach?

Can I serve more meat, rather than vegetables?

What if people want seconds, I usually plan so people can have seconds.



The Menu Can Help Manage Food Service

- Serve attractive, appetizing meals, we eat with our eyes first
- Use appropriate serving utensils, manages costs, decreases waste
- Watch that servings are measured, too much is not good for diabetes, heart disease and weight management
- People can refuse food, we don't all eat the same
- Keep track of food waste, use different feedback mechanisms
- Revise menus, check food quality when purchasing, check recipes



Tips to Contain Costs

- Use cycle menus
- Follow the menu
- Limit substitutions
- Keep track of inventory
- Store foods properly
- Order from a food vendor, if possible
- Check what is delivered, check quantity/quality
- Shop no more than once a week
- Follow recipes
- Use appropriate serving utensils
- Don't give extra portions
- Keep track of participation, so you can plan
- Keep track of likes/dislikes, revise menus
- Keep track of waste
- Keep track of food & labor costs
- Use NSIP funding for meat, milk, other US produced food

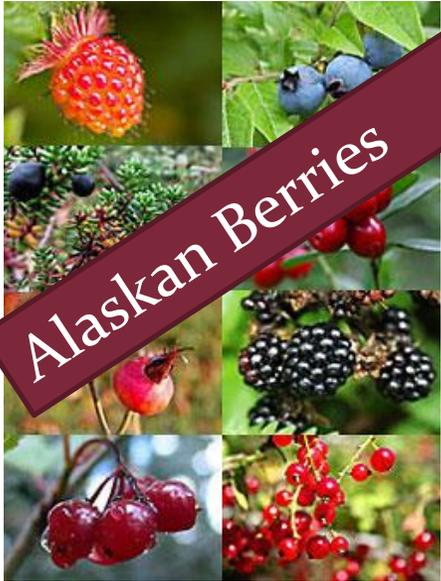


Traditional Foods

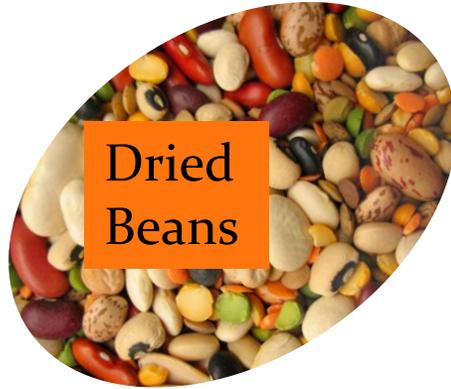


Traditional Foods

American Indian/Alaska Native/Native Hawaiians



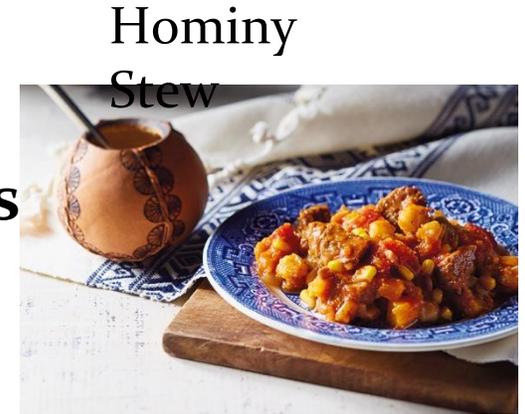
Alaskan Berries



Dried Beans



Blue Corn Bread



Hominy Stew



Squash



Whole Corn Tortillas



Game Bird soup



Hawaiian Fruits



Corn



Acorn Bread



Hawaiian Poi

Traditional Foods are a Way of Life

American Indian/Alaska Native/ Native Hawaiians

Importance

- Cultural identity
- Dignity
- Quality of life
- Link to the land
- Spiritual connection/ceremonies
- Preservation of traditions
- Community connection



Regardless of Tradition, Native American foods are

- Low in sodium
- Low in unhealthy saturated fat
- Low in simple carbohydrates
- Low in added sugars
- High in potassium
- Higher or moderate in good fat
- High in complex carbohydrates
- High in fiber



AND THEY TASTE GOOD!!!!



Include Traditional Foods in Program Menus

- Must be used safely
- Prepare non-traditional foods in traditional ways
- Stay away from convenience, processed foods
- Increase use of vegetables, fruits, whole grains to make the content closer to what people ate in times past
- Consult with tribal environmental health authorities
- Consult with state environmental health authorities



Joyce Asks: Is this Food Healthy?





Joyce Asks: Is this Food Healthy?





Joyce Asks: Is this Food or Dish Healthy?



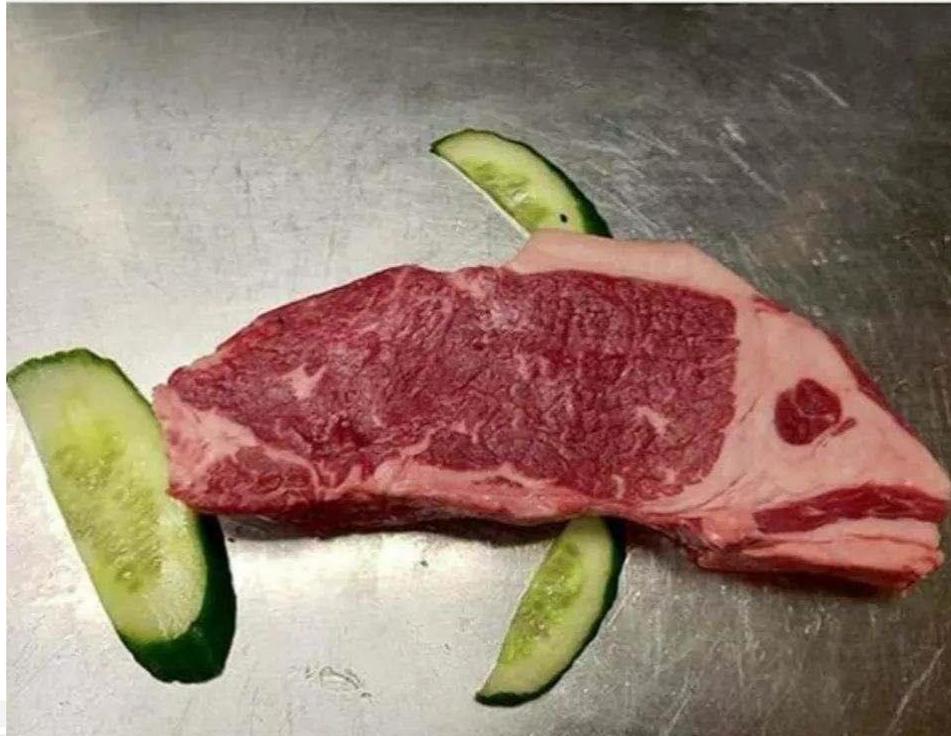
Summary

- Talk with the elders, get their ideas
- Meet the requirements of the Older Americans Act
- Serve healthy, safe food that tastes good and looks appealing
- Serve traditional food
- Use staff skills, kitchen equipment & tools, and space effectively
- Control costs



Cynthia LaCounte's Idea of a Healthy Meal

The doctor said I need to eat more fish. . .





Questions & Thanks

Jean Lloyd, M.S.

Title VI Consultant

jlloyd095@gmail.com



Joyce Robinson-Wright

Title VI Consultant

jwright89@gmail.com





Resources



Resources

- Department of Health and Human Services
 - <http://health.gov/dietaryguidelines/>
- United States Department of Agriculture - nutrition
 - www.cnpp.usda.gov/dietaryguidelines.htm
 - <https://fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes>
 - www.ChooseMyPlate.gov
 - www.ChooseMYPlate.gov/guidelines/index.html
 - <http://www.choosemyplate.gov/10-tips-nutrition-education-series>
 - <http://www.choosemyplate.gov/food-safety>
 - <https://ndb.nal.usda.gov/>



Resources-Food Ordering & Buying

- United States Department of Agriculture - nutrition
 - <https://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>
 - <https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>



Resources

- Food and Drug Administration
 - <https://www.fda.gov/Food/GuidanceRegulation/RetailFoodProtection/FoodCode/ucm595139.htm>
- Centers for Disease Control and Prevention
 - <https://www.cdc.gov/>
 - <https://www.cdc.gov/chronicdisease/tribal/index.htm>



Resources

- Indian Health Services
 - <https://www.ihs.gov/>
 - <https://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=resourcesPrintableMaterials>
 - https://www.ihs.gov/diabetes/includes/themes/responsive2017/display_objects/documents/printmat/IHS_MyNativePlate_Letter_BW.pdf



Resources

- Administration for Community Living – Older Indians <https://olderindians.acl.gov/>
 - Nutrition resource links
<https://olderindians.acl.gov/links#nutrition>
 - Title VI manual <https://olderindians.acl.gov/manuals-and-toolkits>
- National Resource Center on Nutrition and Aging <http://nutritionandaging.org/>
 - <http://nutritionandaging.org/native-foods/>



Health & Human Services Recipe Websites

- Healthy Recipes
http://www.cdc.gov/healthyweight/healthy_eating/recipes.html
- Keep the Beat: Heart Healthy Recipes
<http://www.nhlbi.nih.gov/health/resources/heart/ktb-recipe-book>
- Recipe books from the National Heart Lung Blood Institute
http://www.nhlbi.nih.gov/health/educational/lose_wt/eat/recipes.htm
- Recipe books from National Heart Lung Blood Institute
<https://healthyeating.nhlbi.nih.gov/>
- Listing of recipes from the Departments of Health and Human Services and Agriculture
<http://www.nutrition.gov/shopping-cooking-meal-planning/recipes>



United States Department of Agriculture Recipe Websites

- Recipe Finder <http://healthymeals.nal.usda.gov/recipes>
- What's Cooking? USDA Mixing Bowl, recipes, cookbooks, menus <http://www.choosemyplate.gov/recipes-cookbooks-and-menus>
- Recipes for tribes using USDA commodity foods http://www.fns.usda.gov/fdd/recipes/hhp/fdpi-recipe-cookbk_river1.pdf
- Listing of recipes from the Departments of Health and Human Services and Agriculture <http://www.nutrition.gov/shopping-cooking-meal-planning/recipes>
- Quantity Standardized Recipes from USDA <https://www.fns.usda.gov/usda-standardized-recipe>



Health Organization Recipe Websites

- American Diabetes Association, food, fitness, recipes, healthy cooking, <http://www.diabetes.org>
- American Heart Association, recipes, healthy cooking, physical activity <http://www.heart.org/>



Food for Fifty

- Quantity Cookbook
 - Explains how to expand recipes
 - Explains ordering
 - Explains pan size, etc.

- Download for free
 - <http://www.survivorlibrary.com/library/food-for-fifty.pdf> 11th edition
 - <http://www.pdfdocuments.com/food-for-fifty-13th-edition.pdf>



Traditional Foods Sites

- American Indian Health-Recipes
<http://americanindianhealth.nlm.nih.gov/eating.html>
- iGrow South Dakota State University <http://igrow.org/community-development/local-foods/native-american-gardens/>
- Tribal Connections
www.tribalconnections.org/health_news/native_roots/april2004p3.html
- Traditional Native Recipes www.aihd.ku.edu/recipes/index.html(American Indian Health & Diet Project)
- A list of recipes from Indian Country Today utilizing traditional native foods <http://indiancountrytodaymedianetwork.com/department/native-recipes>
- Intertribal Bison Cooperative <http://itbcbuffalo.com/view/recipes>