Menu Planning for Title VI Nutrition Programs

Jean Lloyd, M.S., Consultant
Tulsa, OK Title VI Cluster Training, June 15, 2018
Session Overview

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

• Why do we care about menus? Why not just serve anything cheap?
• Who plans your menus...does a dietitian approve?
• How do you produce your meals?
• How do you know participants 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 you receive Title III funds or coordinate with Title III?
• Do menu costs influence what you serve?
Older Americans Act
Nutrition Program
Nutrition: An Integral Part of Health

Necessity:
- Need adequate nutrition for:
  - Health
  - Functionality
  - Ability to remain home in the community

Purposes of Older Americans Act Nutrition Program Sections 330, 601, 614
- Reduce hunger & food insecurity
- Promote socialization
- Promote health and well-being
- Delay adverse health conditions
Older Americans Act Nutrition Requirements
Sections 339, 601, 602, 614

- Meals are to meet:
  - 2015-2020 Dietary Guidelines for Americans
  - Dietary Reference Intakes
  - Food Safety Code
  - Appealing to program participants
  - If practical, meet special dietary needs
Title VI Requirements

• 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)

• 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 Administration for Community Living’s (ACL) website 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 and fiscal reporting and menu requirements of the State.
Dietary Guidelines for Americans (DGAs) 2015-2020

- Published by the Secretaries of Health & Human Services and Department of Agriculture, every 5 years, the DGAs 2015-2020 are evidence-based statements about how to eat to maintain health and reduce the risk of chronic disease.
- They are not designed for disease treatment, such as diabetes.
- DGAs form the basis for federal food, nutrition and health programs and policies, including menu planning and nutrition education for the Title VI program.
Key elements of the DGAs

• Follow a healthy eating pattern across the lifespan
• Focus on food variety, nutrient density, and portions
• Limit calories from added sugars and saturated fats and reduce sodium or salt
• Shift to healthier food and beverage choices
• Support healthy eating patterns for all
Dietary Reference Intakes

- Established by the Food and Nutrition Board of the National Academy of Medicine of the National Academy of Sciences and provides reference values for:
  - Vitamins and Minerals
  - Energy, total calories
  - Carbohydrates and Fats
  - Protein
  - Fiber
  - Water, electrolytes

- For older adults
  - Ages 51-70, men & women
  - Age 70+, men & women
2017 Food Code Is the Basis for Tribal Food Code

• Adopted by most States, Territories & Tribes

• Published by the Food & Drug Administration and U.S. Public Health Service of Department of Health & Human Services, https://www.fda.gov/food/guidanceregulation/retailfoodprotection/foodcode/ucm595139.htm

• Used by many Indian Health Service sanitarians & Tribal environmental health departments; some

  Some Tribes post the food code on the Tribal website
2017 Food Code Recognizes that Older American Act Nutrition Programs Serve People at Risk of Foodborne Disease

- Populations that are “highly susceptible” to food borne disease include:
  - Older adults
  - Individuals obtaining food at a facility such as child or adult day care, hospital, nursing home or nutritional or socialization services such as a senior center
Menu Planning
### Common Menu Pattern Form, Develop One or Ask for One

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How Do We Plan Menus to Meet the Requirements and Still be Appealing?

• Focus on:
  – Food variety
  – Nutrient density or nutrients/calorie
  – Serving size

• Limit calories from
  – Added sugars
  – Saturated or solid fats
  – And reduce salt

Elk Roast
Sunflower Seed Bread
Squash
Tomatoes
Salmon, Brown Rice Spinach
What are Food Variety, Nutrient Density?

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

- **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, 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)
Portions Today & 20 Years Ago

Today

610 calories (6.9 oz) + 590 calories + 220 calories (20 oz) = 1420 calories

20 Years Ago

210 calories (2.4 oz) + 333 calories + 85 calories (6.5 oz) = 628 calories

792 calories more today
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?
### Serving Sizes Used in the Title VI Program

<table>
<thead>
<tr>
<th>Food</th>
<th>Servings</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein foods</td>
<td>1 oz/ 3-4 oz/meal</td>
<td>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</td>
</tr>
<tr>
<td>Grain</td>
<td>2/meal</td>
<td>1 slice bread, 1 small piece cornbread, 1 small tortilla, 1 roll, ½ c rice/pasta</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2/meal</td>
<td>½ c cooked or raw; 1 c leafy greens; serve 1 starchy, 1 non-starchy</td>
</tr>
<tr>
<td>Beans/legumes</td>
<td>1 or more/week</td>
<td>½ c; ¼ c=1 oz meat</td>
</tr>
<tr>
<td>Fruit</td>
<td>1</td>
<td>1 small raw; ½ c canned/frozen; ½ c juice, ¼ c dried</td>
</tr>
<tr>
<td>Milk/alternate</td>
<td>1</td>
<td>1 c fluid, 1 c yogurt, 1.5 oz natural cheese, 2 oz processed cheese</td>
</tr>
<tr>
<td>Nuts/seeds</td>
<td></td>
<td>½ oz</td>
</tr>
<tr>
<td>Oils</td>
<td>1</td>
<td>Fat is liquid at room temperature, 1 T such as olive oil on vegetables, 1-2 T salad dressing</td>
</tr>
</tbody>
</table>
Title VI Meal – Are These the Right Serving Sizes?

Traditional Native Recipes
www.aihd.ku.edu/recipes/index.html
(American Indian Health & Diet Project)
## What are Added Sugars, Saturated Fats & Sodium?

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Added sugars</td>
<td>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</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>Fats that are solid at room temperature, butter, lard, fat on meat/poultry, many solid (not soft)margarines, coconut oil</td>
</tr>
<tr>
<td>Sodium</td>
<td>Salt, table salt, sea salt, found in processed foods such as bread, macaroni &amp; 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</td>
</tr>
</tbody>
</table>

Why are these items important?
Which of these Foods Contain Added Sugars?
Which of these Foods Contain Saturated Fats?
Which Foods are Higher in Salt?

- 2, 1 oz slices deli ham
- 2 oz canned tuna
- 2 oz pork chop, baked
- ½ cup chocolate pudding
- 2, 1 oz slices American cheese
- ½ cup cottage cheese with pineapple
Which Foods are Higher in Salt?

- 2 1 oz slices deli ham, 246 mg sodium
- 2 oz canned tuna, drained, 236 mg sodium
- 3 oz pork chop, baked, 47 mg sodium
- ½ cup chocolate pudding made with 2% milk, 131 mg sodium
- 2 1 oz slices American cheese, 936 mg sodium
- ½ cup cottage cheese with pineapple, 389 mg sodium
Add Potassium to Meals

- Potassium is found in fruits, vegetables, 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

Seafood Stew
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%

- Higher fruit and vegetable intake is related to:
  - Better weight management (Title VI - 43% obese), better control of high blood pressure (Title VI - 56%) and diabetes (Title VI - 39%), and lower rates of heart disease and cancer

- Higher consumption of lower fat dairy is related to:
  - Lower rates of osteoporosis (Title VI - 10%)
  - Better management of high blood pressure (Title VI - 56%)

National Title VI Needs Assessment Data, University of North Dakota
Vegetables, Fish, Dairy, Fruit are High In Potassium; Potassium is related to Managing High Blood Pressure and Heart Disease

<table>
<thead>
<tr>
<th>Include these foods in the menu</th>
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<tr>
<td>Potatoes, white &amp; sweet</td>
<td>Tuna</td>
</tr>
<tr>
<td>Canned tomato products, paste, juice</td>
<td>Snapper</td>
</tr>
<tr>
<td>Beans, cooked, refried</td>
<td>Milk, non-fat, evaporated</td>
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<td>Yogurt</td>
<td>Banana</td>
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<tr>
<td>Salmon</td>
<td>Dried fruit like prunes, apricots</td>
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<tr>
<td>Orange juice</td>
<td>Trout</td>
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<tr>
<td>Cooked greens</td>
<td>Pork</td>
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<tr>
<td>Acorn squash</td>
<td>Halibut</td>
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My Native Plate  Indian Health Service

MY NATIVE PLATE
An Easy Way to Help Your Family Know How Much to Eat

Helping your family eat in a healthier way is \textit{EASY}!

\textbf{Remember these 3 steps:}
1. Use a whole plate or a half plate of a larger plate.
2. Divide into groups:
   - \( \frac{1}{4} \) plate to fruits
   - \( \frac{1}{4} \) plate to vegetables
   - \( \frac{1}{4} \) plate to grains or starch
   - \( \frac{1}{4} \) plate to meat, fish, or poultry
3. Stick to no higher than \( \frac{1}{4} \) and \( \frac{1}{2} \) for fruits

\textbf{Pictured Here:}
- Cantaloupe, raspberries, and kiwi
- Baked squash and peppers
- Baked white and brown rice
- Baked rice with garlic
- Imitation crab, roll, and rice rolls

\textbf{Printed Placemats:}
Large, colorful printed placemats will be available by calling the \textit{Indian Health Service} at \( (800) \text{ 226-2277} \) or subscribing to the \textit{Indian Country Chronicle}. There is no charge for placemats or shipping.

\textbf{Reminder:}
1. Use a whole plate or a half plate of a larger plate.
2. Divide into groups.
3. Stick to no higher than \( \frac{1}{4} \) and \( \frac{1}{2} \) for fruits.

\textbf{Proportion:}
- \( \frac{1}{4} \) of the plate for fruits
- \( \frac{1}{4} \) of the plate for vegetables
- \( \frac{1}{4} \) of the plate for grains or starch
- \( \frac{1}{4} \) of the plate for meat, fish, or poultry

\textbf{Size:}
- \( 9'' \) diameter
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

**More protein**

**Less grain**
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Principles of Menu Planning

Aesthetic appeal:

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

- Culture, traditions
- Religion, holidays, celebrations
- Family
- Region of the country
- Health
- Age, generational cohort
- Gender
- What do Elders want?
Use Customer Input

- Menu committees
- Product sampling
- Taste panels
- Food preference surveys
- Satisfaction focus groups
- “Secret diner”
- Comment cards
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 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 nutritional content
- Think about preferences
- Think about participants needs
- Think about selecting healthy foods, variety
- 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
# Common Menu Pattern Form, Develop One or Ask for One

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Let’s Evaluate

Aesthetic Appeal
• Taste
• Balance
• Variety
• Contrast: temperature, texture
• Color
• Eye appeal
• Cooking methods
• Preferences

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
<table>
<thead>
<tr>
<th>Is This Healthy</th>
<th>Appetizing</th>
</tr>
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<tbody>
<tr>
<td>1 c chili (ground venison, beans, tomatoes, peppers, onions) topped with 1 oz cheese</td>
<td>4 oz baked salmon</td>
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<tr>
<td>1 small square of cornbread</td>
<td>1 c brown rice</td>
</tr>
<tr>
<td>½ c coleslaw</td>
<td>½ c spinach</td>
</tr>
<tr>
<td>½ c watermelon</td>
<td>½ c tomato, cucumber, onion salad</td>
</tr>
<tr>
<td>8 oz 1% milk</td>
<td>1 small wheat roll</td>
</tr>
<tr>
<td>8 oz coffee/tea</td>
<td>1 large square cherry cobbler</td>
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<tr>
<td></td>
<td>8 oz coffee/tea</td>
</tr>
<tr>
<td>1 bacon-cheese burger</td>
<td>1 bun</td>
</tr>
<tr>
<td>condiments (3 pks ketchup, 1 pk mustard, 1 pk mayonnaise)</td>
<td>french fries</td>
</tr>
<tr>
<td>baked beans</td>
<td>vanilla pudding</td>
</tr>
<tr>
<td>8 oz coffee/tea</td>
<td>8 oz coffee/tea</td>
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Is This a Healthy Meal?

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

**Do 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
- 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
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 heated again—fruit, salad, Jell-O
  - Prep the vegies
  - Do the main course!
Why do We Care about Food Safety?

• Following food safety rules helps make sure we don’t make people sick; we serve people at risk for food borne illness

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

• The DGAs address food safety too.
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!


The Menu Dictates Purchasing

• Use your menu to determine the products, quantity, and quality needed
• Do not purchase more than you can store or use before it will spoil
• Do not purchase extras that will be enticing to add to the recipe
• Take advantage of sales & seasonal items
• Check your invoices to determine if what you ordered was what you received
• Refuse foods that are not high quality
• Read labels for nutrient content, buy lower sodium, fat and added sugar products.
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
The Menu Can Help Manage Food Service

- Serve attractive, appetizing meals, we eat with our eyes first
- Use appropriate serving utensils
- Watch that servings are measured, too much is not good for diabetes, heart disease and weight management
- Servings that are too large increase cost and waste
- People can refuse food items, 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
Traditional Foods
Traditional Foods
American Indian/Alaska Native

- King Salmon Soup
- Fiddlehead Ferns
- Dried Beans
- Squash
- Corn
- Sunflower Seed Bread
- Acorn Bread
- Caribou Stew
- Seafood Stew
- Elk Roast
- Alaskan Berries
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 or Modern Alternatives

- **Traditional**
  - Venison
  - Fiddlehead ferns
  - Wild rice
  - Wild greens
  - Salmon berries

- **Modern alternative**
  - Round steak
  - Asparagus
  - Brown rice
  - Spinach, kale, collards
  - Raspberries
Program Menus
Include Traditional Foods

• Can be added, but 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
Is this Food or Dish Healthy?
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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
Summary

• Keep accurate records
• Use each other as resources
• Use the web for resources
• Enjoy serving food that is appealing, safe, and nutritious
• Help keep elders healthy and in the community
• Questions???
Resources
Resources

• Department of Health and Human Services
  – http://health.gov/dietaryguidelines/

• United States Department of Agriculture - nutrition
  – www.cnpp.usda.gov/dietaryguidelines
  – www.ChooseMYPlate.gov/guidelines/index
  – 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
Resources

• Indian Health Services
  – https://www.ihs.gov/
  – https://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=resourcesPrintableMaterials

• Centers for Disease Control and Prevention
  – https://www.cdc.gov/
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

• Recipe books from the National Heart Lung Blood Institute
  http://www.nhlbi.nih.gov/health/educational/lose_wt/eat/recipes

• 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/fdpir-cookbk_river1
• Listing of recipes from the Departments of Healthy 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](http://www.diabetes.org)

• American Heart Association, recipes, healthy cooking, physical activity [http://www.heart.org/](http://www.heart.org/)
Traditional Foods Sites

- American Indian Health-Recipes
  http://americanindianhealth.nlm.nih.gov/eating

- 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

- 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
Questions & Thanks

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