Incorporating Traditional Foods in Child Nutrition Program Menus

April 20, 2016

USDA | THE FARM to SCHOOL PROGRAM

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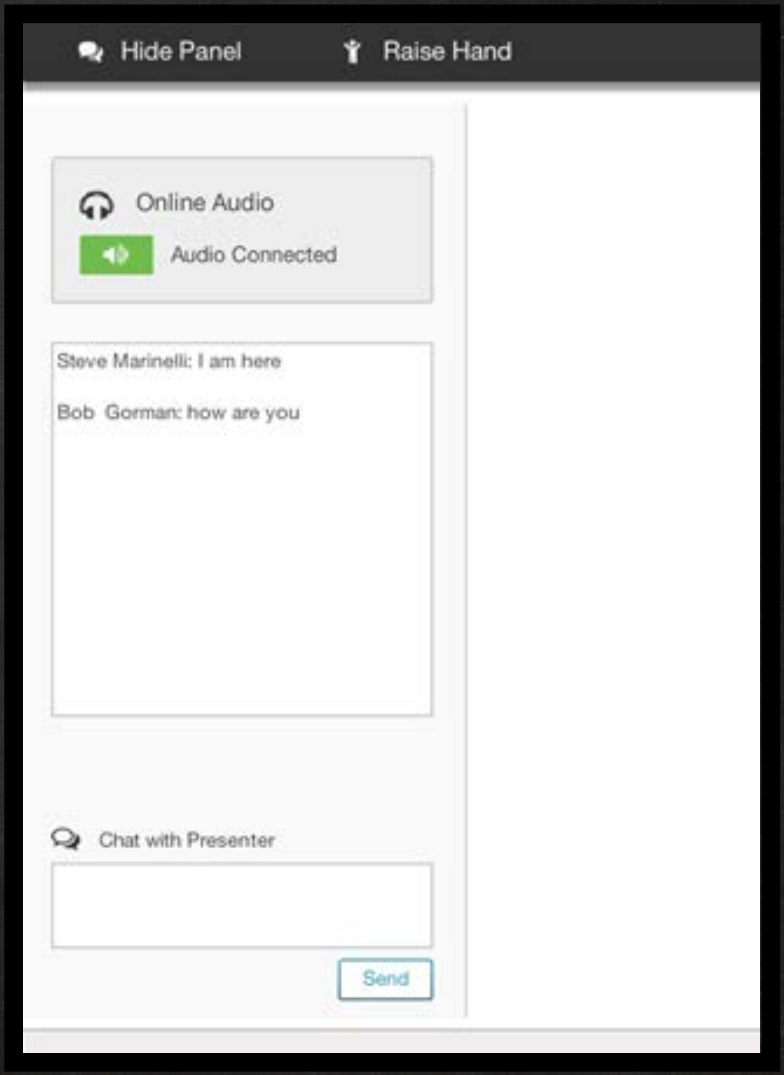


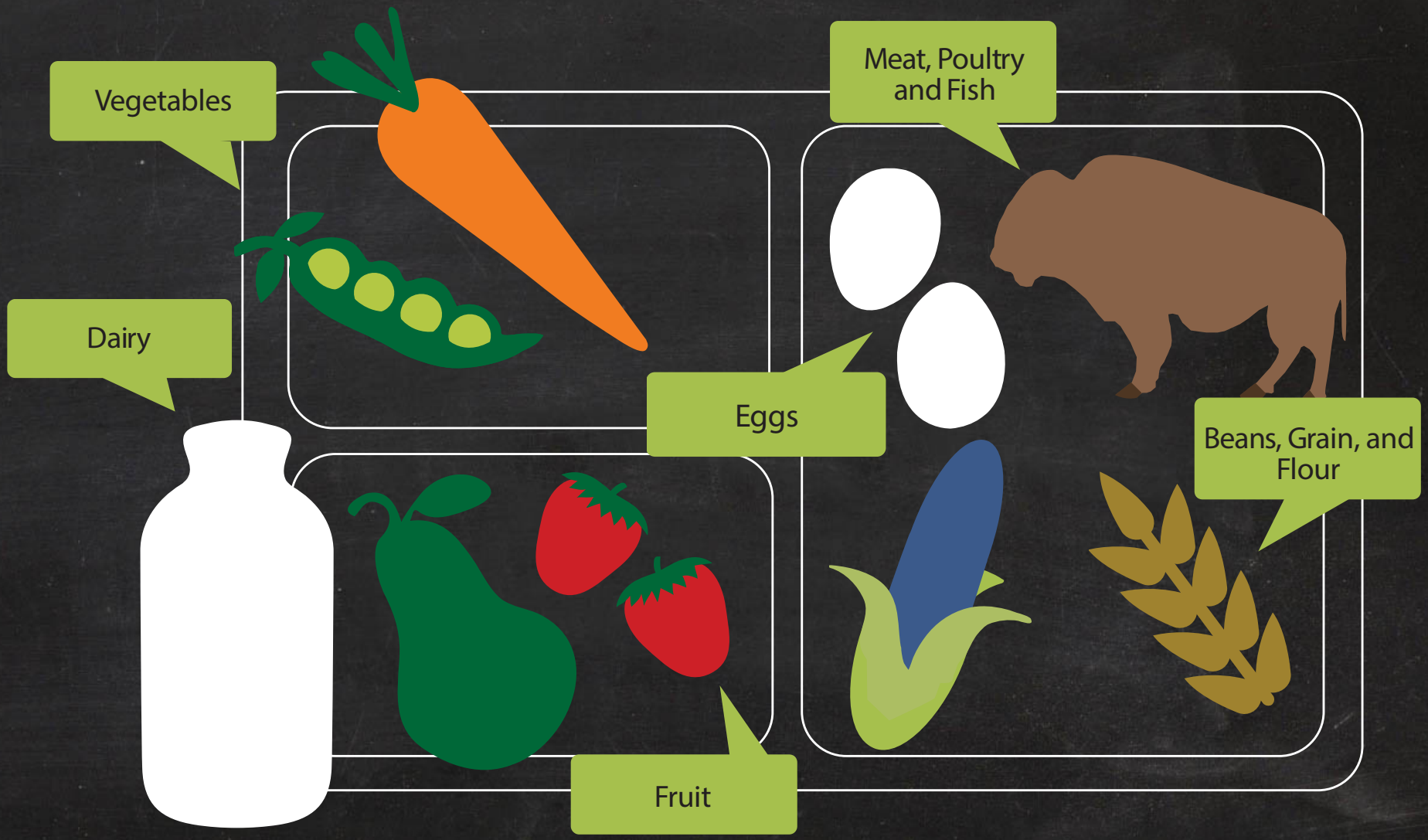
"New" Policy Memos

I. ***Child Nutrition Programs and Traditional Foods (TA 01-2015)*** This memo clarifies that not only are **traditional foods allowed to be served in CNPs, but also that FNS encourages traditional foods to be included in CNPs**. In addition, this document outlines how several traditional foods can contribute to a reimbursable meal and emphasizes that the Food Buying Guide is an important tool, but not an all-inclusive handbook of all foods that can be served in schools.

II. ***Service of Traditional Foods in Public Facilities (SP42-2015, CACFP 19-2015, SFSP 21-2015)*** Section 4033 of the Agricultural Act of 2014 directs USDA and the Food and Drug Administration (FDA) to allow the donation of traditional foods to public facilities that primarily serve Indians. This memo clarifies that CNPs operated and public and nonprofit facilities that primarily serve Indians, including those operated by Indian tribes and tribal organizations, **may accept and serve donated, unprocessed traditional foods.**

III. **Procuring Local Meat, Poultry, Game, and Eggs for Child Nutrition Programs** This memo outlines the inspection requirements for a variety of protein products. **Livestock must be slaughtered at a USDA or state inspected facility to be served in CNPs**. It is recommended that poultry be slaughtered at a USDA or state inspected facility to be served in CNPs, though there are a few exemptions from inspection and schools could purchase from producers operating under an exemption. Egg products (liquid, frozen, dried) must be USDA inspected. Shell eggs do not need to be pasteurized. Likely, most relevant to tribal communities, the memo clarifies that wild and domesticated game must be voluntarily inspected at a USDA or state inspected facility to be served in CNPs.

What Types of Products?



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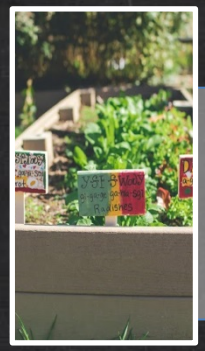
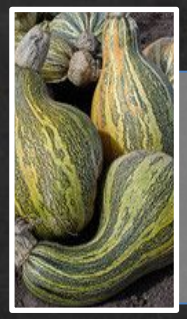
Best Practice Techniques for Substitutions

Using traditional ingredients and recipes



Growing traditional food and using traditional language



Substitutions by meal component

Traditional Ingredients

Traditional Recipes

Growing Traditional Food

Using Traditional Language and Recipes at Sch

Applesauce

Ingredients:

- Several pounds of local apples
- Your favorite local honey
- Cinnamon
- Nutmeg

Directions:

Cut apples into small pieces and place in a large pot with a little bit of water. Simmer for 20-30 minutes until soft.

Mash with a potato masher until you reach the desired consistency.

Sweeten as desired with local honey, and season with cinnamon and nutmeg to taste.

Developed by the Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.

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Sources: www.nrdc.org, www.GrowingMindz.org

Monday, February 15	Tuesday, February 16	Wednesday, February 17	Thursday, February 18	Friday, February 19
Alternate Breakfast Menu Variety of breakfast breads, bars, muffins and cereals **Alternate Lunch Menu** **PB&J Sandwiches with Low-fat Yogurt** Mon, Wed & Fri **Ham & Cheese Sandwich** Tuesday & Thursdays **Pizza or Salad Bar** Monday-Thursday	**Breakfast** Pancakes & Bacon **Breakfast for Lunch** Biscuits Gravy Sausage Patty Potato Wedges Cherry Tomatoes Fresh Pears	**Breakfast** Cinnamon Roll Yogurt Banana **Lunch** Chicken Rotini Pasta Steamed Broccoli Carrot Sticks Breadstick Fruit	**Breakfast** Cheesy Eggs, Sausage, Potatoes and Toast **Lunch** Hamburger/ Cheeseburger Tator Tots Green Peas Shvng-ta	**Breakfast** Breakfast Pizza Orange Wedges **Lunch** BBQ Sandwich Local Apple Cabbage Slaw Baked Beans French Fries Peaches
Monday, February 22	**Tuesday, February 23**	**Wednesday, February 24**	**Thursday, February 25**	**Friday, February 26**
Breakfast Chicken Biscuit **Lunch** Toasted Cheese Sandwich Chicken Noodle Soup Garden Salad French Fries	**Breakfast** Waffles & Sausage **Lunch** Beef Enchiladas Tortilla Chips w/ Salsa Pinto Beans Corn Shvng-ta	**Breakfast** Breakfast Bar Yogurt Banana **Lunch** Spaghetti w/ meat sauce Breadstick Broccoli w/cheese sauce Garden Salad Grapes	**Breakfast** Ham, Egg and Cheese Croissant **Lunch** Hotdog w/ Chili Baked Beans Potato Wedges Pears	**Breakfast** Biscuits and Gravy **Lunch** Asian Chicken w/ Rice Eggroll California Veggies Green Peas Mandarin Oranges
Monday, February 29				
Breakfast Sausage Biscuit **Lunch** Cheese Dippers w/ Marinara & Breadstick Garden Salad Carrots w/dip Fruit				

What's Local This Month?

Romaine Lettuce
Shvng-ta
&
Cabbage

Everyday:
Fresh sometimes **local produce** and low-fat milk options.
All students receive one free breakfast and lunch daily.
Adult meal prices will be charged a la carte.
Faculty Staff Members will receive a high school portion size for all food items.
Due to unforeseen circumstances, menu may change without notice.
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Protein Substitutions - Beans

- Beans, such as the brown or white Tepary beans served in school cafeterias on the Tohono O'odham Nation can be substituted as a meat/meat alternate.

Protein Substitutions - Meat

- Bison or Venison –
  - » Can easily be substituted in CNP Standardized Recipes that call for meat, such as Chile, Burritos, Stroganoff
  - » Can be used in Traditional Recipes, such as Venison Acorn Stew,
  - » The yield for Venison or Bison are very similar to beef, and are included in the Food Buying Guide
    - http://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs

Protein Substitutions - Fish

- Fish – Salmon, Cod, Trout and other fish are important traditional foods, and are successfully substituted in many kid-friendly recipes such as fish tacos, or Teriaki Salmon, breaded fish stick

Grain Substitutions

- Intact grains or flours made from amaranth, barley, and quinoa are healthy substitutes for any other grain in a grain salad or baked good.
- Wild Rice can be substituted for other rice options, and can be served sprouted, puffed, or as a flour
- Blue Cornmeal can be served in the traditional mush, or used in other recipes

Fruit Substitutions

- Including, but not limited to…
  - » Blueberries, huckleberries, concord grapes, pineapple
  - » Fruits are always popular with children
  - » Can be served fresh or as part of recipe
- The Fresh Fruit and Vegetable Program is a great way to provide new fruits to students, and provide related education

Vegetable Substitutions

- Navajo Corn and Squash Soup – popular recipe among students at STAR schools
- Varieties of indigenous squash, pumpkin, and tomatoes can be substituted for their domestic counterparts in recipes (red/orange vegetable)
- Native Whole Blue or White Corn can be used in place of other corn in recipes (starchy vegetable)
- Beans, peppers, corn, and potatoes ar
- In Hawaii – Taro can be substituted for the potatos (starchy vegetable)

Traditional Foods that Enhance Flavor

Traditional Foods & School Meals in Alaska

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LET'S EAT MORE of ALASKA'S TRADITIONAL FOODS!

You can donate hunted & gathered foods to food service programs.

Help keep Alaskans healthy by eating our local foods!

HOW TO DONATE:

- **Meats:** whole, quartered, or roasts
- **Fish:** gutted with or without heads
- **Plants:** whole, fresh or frozen

DONATE THESE:

- Most wild game meat
- Fish
- Seafood *(excluding molluscan shellfish)*
- Marine mammals
- Plants, including fiddlehead and sourdock
- Berries
- Mushrooms

NOT THESE:

- Fox, polar bear, bear, and walrus meat
- Seal oil or whale oil, with or without meat
- Fermented game meat *(beaver tail, whale flipper, seal flipper, and muktuk)*
- Canned foods or vacuum sealed foods
- Smoked or dried seafood products, unless those products are prepared in a seafood processing facility permitted under 18 AAC 34
- Fermented seafood products *(salmon eggs, fish heads, and other)*
- Molluscan shellfish

Image provided by Dr. Gary Kobayashi

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Alaska Food Policy Council

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ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

Alaska DEC

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UAA National Resource Center

UAA Department of Health Sciences

UAA Institute for Circumpolar Health Studies

ALASKA CNILD NUTRITION PROGRAMS

LET'S EAT MORE of ALASKA'S TRADITIONAL FOODS!

ACCEPTING DONATIONS:

- **Meats:** whole, quartered, or roasts
- **Fish:** gutted and gilled, with or without heads
- **Plants:** whole, fresh or frozen

The hunter/fisher and food service program must confirm that:

- The animal was not diseased
- The food was butchered, dressed, transported, and stored to prevent contamination, undesirable microbial growth, or deterioration
- The food will not cause a significant health hazard or potential for human illness

When donating game meat, a transfer of possession form is required from the Alaska Department of Fish and Game http://www.adfg.alaska.gov/static/regulations/wildliferegulations/pdfs/transfer.pdf.

If you have questions about the safety of donated game/fish/seafood, contact Fish and Game or the Department of Environmental Conservation.

PREPARATION

- Donated meat, fish, berries, and plants can be further prepared on site to incorporate into existing recipes, such as grinding moose to make spaghetti or cutting caribou into smaller pieces for a stew
- Donated meats can be prepared using the same equipment and area as other raw meats such as beef or poultry
- Wild mushrooms must be identified with the common and usual name of the mushroom and the statement "Wild mushrooms; not an inspected product" when served

FOOD STORAGE

- Vacuum packaging and quickly freezing received donations on site is permitted
- Including the provider's name, date, and food name on the food label is recommended
- Label donated seafood and game meat with the name of the food and date
- Store donated foods separately from other food using a separate compartment, container, or shelf in the freezer or refrigerator

PROCESSING

- Process donated meats similar to other raw meats or poultry
- Conduct any further preparation or processing of the food at a different time or in a different space at the food service from the preparation or processing of other food to prevent cross-contamination
- Clean and sanitize food-contact surfaces of equipment and utensils after processing the food, just as you would with poultry
- If the facility wishes to process foods such as seal oil or canning, the facility can apply for a variance through the Alaska Department of Environmental Conservation http://dec.alaska.gov/eh/fss/forms/food/VarianceRequest.pdf

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ALASKA CNILD NUTRITION PROGRAMS

Definition of Traditional Food

2014 Farm Bill Definition

TRADITIONAL FOOD.—

(A) IN GENERAL.—The term ‘‘traditional food’’ means food that has traditionally been prepared and consumed by an Indian tribe.

(B) INCLUSIONS.—The term ‘‘traditional food’’ includes—

- (i) wild game meat;
- (ii) fish;
- (iii) seafood;
- (iv) marine mammals;
- (v) plants; and
- (vi) berries

Alaska Food Code

18 AAC 31.205. Traditional wild game meat, seafood, plants, and other food donated to an institution or a nonprofit program.

"Except for food prohibited under 18 AAC 31.210, traditional wild game meat, seafood, plants, and other food may be donated to a food service of an institution or a nonprofit program, including a residential child care facility with a license from the Department of Health and Social Services as required by AS 47.32 and 7 AAC 50, a school lunch program, or a senior meal program…."

Donated Traditional Foods Prohibited by the Alaska Food Code

- Prohibited
  - » meat: fox, bear, walrus
  - » seal oil or whale oil, with or without meat
  - » fermented game meat, such as beaver tail, whale flipper, seal flipper, and fermented muktuk, or fermented seafood products, such as salmon eggs or fish
  - » molluscan shellfish from unapproved sources
  - » home processed foods: canned, smoked/dried meats or seafood, vacuumed packaged foods

Other Barriers to Traditional Foods

- Farm Bill 4033(c)

"The Secretary and the Commissioner shall allow the donation to and serving of traditional food through food service programs at public facilities and nonprofit facilities, including facilities operated by Indian tribes and facilities operated by tribal organizations, that primarily serve Indians if the operator of the food service program"

- Alaska Fish & Game

  Limitations on donations to commercial licensure only

Perception of Barriers

School Food Service Staff

1. Supply
2. Student Preference
3. Federal & State Regulations
4. Cost
5. Kitchen Equipment & Recipes

Not School Food Service Staff

1. State and Federal Regulations
2. Supply
3. Cost
4. Kitchen Equipment
5. Student Preference & Recipes

Discrepancies

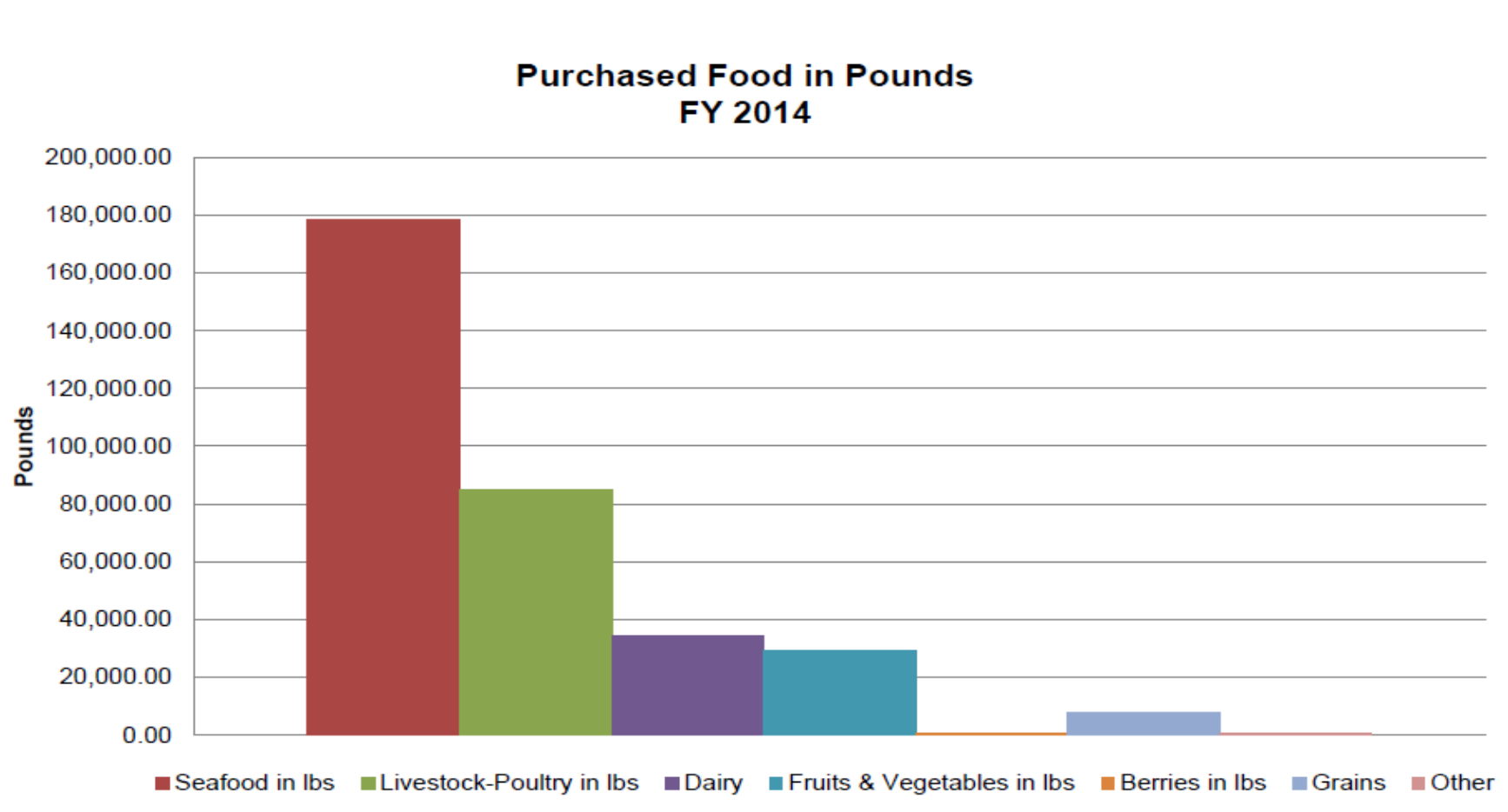
- Districts that do provide traditional foods:
  - » Supply was the #1 barrier listed for people who responded that their school or district DID serve traditional foods at school. (N=34)
- Districts that do not (or unsure) if they serve traditional food:
  - » State and Federal Regulations was the #1 barrier listed for people who responded that their school or district DID NOT (N=67)

Fish for Kids

Local Foods Grant

- Alaska grown or harvested
  - » Seafood
  - » Livestock
  - » Grants
  - » Fruits
  - » Vegetables
  - » Transportation
- Lapsed funding each year
- 6.6% of the funds spent on transportation

Expenditures



Make It Local

Recipes for Alaska's Children

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Partnerships

Baked Halibut

"Fishy fun in my mouth."

Meat/ Meat Alternate

Baked Halibut

Helpful Notes

Be creative and make your own mix of herbs and spices.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Halibut, raw, boneless, skinless fillets	5 lb 13 oz	17 lbs 9 oz
Lemon juice (optional)	1 Tbsp	3 Tbsp + 1 tsp
Salt	3/4 tsp	2 1/4 tsp
Onion powder	3/4 tsp	2 1/4 tsp
Garlic powder	1/3 tsp	1 tsp
Thyme, dried, ground	1/4 tsp	3/4 tsp
Coriander, dried, ground (optional)	1/3 tsp	1 tsp
Black pepper	1/4 tsp	3/4 tsp

Serving Size: 2 1/2 oz cooked
Credit As: 2 oz M/MA

DIRECTIONS

1. Cut fillets into 3 oz portions if desired, or leave whole and portion after baking.
2. Spray sheet pan with pan release spray and place halibut onto pan.
3. Sprinkle halibut with lemon juice if using.
4. Mix together spices and sprinkle evenly over fish.
5. Bake:
   Conventional oven: 350°F for 20–25 minutes
   Convection oven: 325°F for 16–20 minutes
   CCP: Heat to 145°F or higher for at least 15 seconds.

Nutrition Facts

Serving Size (108g)
Calories 108
Calories from Fat 15

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 1.7g	3%	**Total Carbohydrate** 0g	0%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 0g	
Cholesterol 50mg	17%	**Protein** 20g	40%
Sodium 140mg	6%		
Vitamin A 2%			

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Serving Size: 1 cake (2/3 cup)
Credit As: 2 oz M/MA and 1/8 cup other vegetables

Nutrition Facts

Serving Size (96g)
Calories 120
Calories from Fat 30

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 3g	**5%**	**Total Carbohydrate** 12g	**4%**
Saturated Fat 0.5g	**3%**	Dietary Fiber 1g	**4%**
Trans Fat 0g		Sugars 1g	
Cholesterol 45mg	**15%**	**Protein** 11g	**22%**
Sodium 200mg	**8%**		

Vitamin A 2% • Vitamin C 10% • Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Reindeer Ratatouille

Meat/ Meat Alternate

Vegetable

"Best thing I've ever tasted."

Bristol Bay School Menu

April 2016

Monday	Tuesday	Wednesday	Friday
18 **Breakfast** Whole Grain Blueberry Waffles Fresh Fruit **Lunch** Chicken Nuggets Whole Grain Roll Fruit and Vegetable Bar	19 **Breakfast** Egg and Cheese on a Whole Grain Roll Applesauce Cup **Lunch** Chicken Enchilada Bake Refried Beans Corn Diced Pears	20 **Breakfast** Mixed Berry Yog Parfait with Granola Fresh Fruit **Lunch** Fresh Baked Che or Pepperoni Pi Fruit and Vegeta Bar	**Breakfast** Whole Grain Breakfast Bar pplesauce Cup **Lunch** eriyaki Salmon ied Brown Rice or Jamwich it and Vegetable Bar
25 **Breakfast** Whole Grain Pancakes Fresh Fruit **Lunch** Chicken Filet on a Whole Grain Bun Fruit and Vegetable Bar	26 **Breakfast** Whole Grain Biscuit with Egg Applesauce Cup **Lunch** Beef and Cheese Tacos Zesty Potato Wedges Black Beans Mixed Fruit	27 **Breakfast** Assorted Yogu Whole Grain Blueberry Sc Fresh Fruit **Lunch** Chicken Parmesan Fresh Baked Bread Fruit and Vegetable Bar	**Breakfast** Whole Grain reakfast Pastry pplesauce Cup **Lunch** Wild Alaksa Pollock Fish Tacos or Jamwich Fruit and Vegetable Bar

22

Breakfast
Whole Grain
Breakfast Bar
Applesauce Cup

Lunch
Teriyaki Salmon
Fried Brown Rice
or Jamwich
Fruit and Vegetable
Bar

Fresh Fruit

Lunch
Tangerine Chicken
Brown Rice
Steamed Broccoli
Carrots
Tropical Mixed Fruit

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BREAKFAST 4 FrenchToast/Sausage/ Fruit/Milk **LUNCH** Pigs in a Blanket/Green Beans/ F&V Bar/ Milk	**BREAKFAST** 5 Egg, Sausage and Cheese Muffin/ Fruit and Milk **LUNCH** Soft Beef Taco/Rice/ Corn/ F&V Bar/ Milk	**BREAKFAST** 6 Bagel and Cream Cheese/Yogurt / Fruit & Milk **LUNCH** Pizza/Tossed Salad Dessert F&V Bar/ Milk	**BREAKFAST** 7 Biscuits and Gravy Fruit and Milk **LUNCH** CR Salmon Fish Sticks/ Rice/ Scandinavian Veggies/ F&V Bar/ Milk	**BREAKFAST** 8 Hot or Cold Cereal/ Yogurt/Juice/Milk **LUNCH** Chicken Burger Ranch Jo Jo's F&V Bar/ Milk
BREAKFAST 11 Waffles/ Sausage/fruit and milk **LUNCH** Chicken Tenders/Rice/ Green Beans/ F&V Bar/ Milk	**BREAKFAST** 12 Cheese omelet/ toast fruit and milk **LUNCH** Turkey and Gravy on Noodles/ Broccoli/ F&V Bar/ Milk	**BREAKFAST** 13 Cinnamon Roll/ Yogurt / Fruit & Milk **LUNCH** Pizza/Tossed Salad Dessert F&V Bar/ Milk	**BREAKFAST** 14 Biscuits and Gravy/ Fruit and Milk **LUNCH** Alaskan BBQ Pork Sandwich/Corn on the Cob/ F&V Bar/ Milk	15 
BREAKFAST 18 Waffles/ Sausage/Fruit and Milk **LUNCH** Teriyaki Chicken /Rice/ Stir fry Veg/ F&V Bar/ Milk	**BREAKFAST** 19 Pancakes and Sausage/ Fruit and Milk **LUNCH** Grilled Cheese/ Tomato Soup/ F&V Bar/ Milk	**BREAKFAST** 20 Bagel & Cream Cheese/Yogurt / Fruit & Milk **LUNCH** Pizza/Tossed Salad Dessert F&V Bar/ Milk	**BREAKFAST** 21 Biscuits and Gravy Fruit and Milk **LUNCH** Spaghetti and Meatballs/ F&V Bar/ Milk	**BREAKFAST** 22 Hot or Cold CerealYogurt/Juice/Milk **LUNCH** Hamburger/ Ranch Jo Jo's F&V Bar/ Milk
BREAKFAST 25 FrenchToast/Sausage/ Fruit/Milk **LUNCH** Chili and cheese Nacho's/ Green Beans/ F&V Bar/ Milk	**BREAKFAST** 26 Scrambled Eggs/ Hash browns/toast/ fruit and Milk **LUNCH** Alaskan Pork Stew/ Corn Bread/ F&V Bar/ Milk	**BREAKFAST** 27 Cinnamon Roll/ Yogurt / Fruit & Milk **LUNCH** Pizza/Tossed Salad Dessert F&V Bar/ Milk	**BREAKFAST** 28 Biscuits and Gravy Fruit and Milk **LUNCH** Baked Halibut/Rice Green beans F&V Bar/ Milk	**BREAKFAST** 29 Hot or Cold Cereal/ Yogurt/Fruit/Juice and Milk **LUNCH** Chicken Burger/ Ranch JoJo's/ F&V bar/ Milk

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Dillingham City Schools

Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Ravioli Green Beans, Fruit Hot Roll, Milk	2 CHICKEN NUGGETS WILD RICE GREEN BEANS, FRUIT WHEAT CRACKER, MILK	3 Chicken Ala King, Steamed Rice Carrots, Chilled Fruit Hot Roll, Milk	4 BAKED SALMON SCALLOPED POTATOE MIXED VEGETABLES FRUIT, ROLL, MILK
6	7 FRENCH BREAD PIZZA CORN, FRUIT STRING CHEESE MILK	8 PORK EGG ROLLS STEAMED RICE CARROTS, FRUIT MILK	9 CURRIED BEEF W/ RICE GREEN BEANS CHILLED FRUIT HOT ROLL, MILK	10 COOK'S CHOICE	11 NO SCHOOL INSERVICE
13	14 HOT DOG ON A BUN GREEN BEANS CHILLED FRUIT MILK, COOKIES	15 CHILI WITH MEAT CARROTS CHILLED FRUIT CRACKERS, MILK	16 BAKED HALIBUT WILD RICE MIXED VEG. FRUIT HOT ROLL, MILK	17 BEEF PATTIES/GRAVY MASHED POTATOES BROCOLLI, FRUIT HOT ROLL, MILK	18 SALMON CHOWDER BABY CARROTS CHILLED FRUIT CRACKERS, MILK
20	21 POPCORN CHICKEN AU GRATIN POTATOES MIXED VEG., FRUIT HOT ROLL, MILK	22 MAC AND CHEESE GREEN PEAS FRUIT, HOT ROLL MILK	23 MEAT WITH GRAVY STEAMED RICE CARROTS, FRUIT HOT ROLL, MILK	24 COOK'S CHOICE	25 Salmon Wraps Baby Carrots Chilled Fruit Milk
27	28 Corn Dogs Green Beans Chilled Fruit Milk	29 COOK'S CHOICE	30 Grilled Cheese Sandwich Chicken Noodle Soup Celery Sticks w/Ranch Milk	31 Beef Goulosh Broccoli, Chilled Fruit Hot Roll, Milk	

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Food Facts

Nutritional Specifications of Traditional Foods

Beach Asparagus

Nutrition Facts
Serving Size 1 cup (raw)

Amount Per Serving
Calories 15

	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 2mg	1%
Sodium 23mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	2%

*Percent Daily Values are based on a 2,000 calorie diet.

Black Cod

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving
Calories 89 Calories from Fat 16

	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 77mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	40%

*Percent Daily Values are based on a 2,000 calorie diet.

Blueberry

Nutrition Facts
Serving Size 1 cup (raw)

Amount Per Serving
Calories 88 Calories from Fat 11

	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 9mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 2g	4%

*Percent Daily Values are based on a 2,000 calorie diet.

Caribou

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving
Calories 142 Calories from Fat 26

	% Daily Values*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 93mg	31%
Sodium 51mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 25g	50%

*Percent Daily Values are based on a 2,000 calorie diet.

Cloudberry

Nutrition Facts
Serving Size 1 cup (raw)

Amount Per Serving
Calories 76 Calories from Fat 14

	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 15g	4%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	8%

*Percent Daily Values are based on a 2,000 calorie diet.

Cod

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving
Calories 89 Calories from Fat 16

	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 77mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	40%

*Percent Daily Values are based on a 2,000 calorie diet.

Crab

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving
Calories 82 Calories from Fat 11

	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 911mg	38%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	32%

*Percent Daily Values are based on a 2,000 calorie diet.

Crowberry

Nutrition Facts
Serving Size 1 cup (raw)

Amount Per Serving
Calories 75 Calories from Fat 18

	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 4mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 1g	2%

*Percent Daily Values are based on a 2,000 calorie diet.

Deer

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving
Calories 134 Calories from Fat 26

	% Daily Values*
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 46mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 26g	52%

*Percent Daily Values are based on a 2,000 calorie diet.

Duck

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving	
Calories 105	Calories from Fat 34
	% Daily Values*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 48mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	34%

*Percent Daily Values are based on a 2,000 calorie diet

Flounder

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving	
Calories 100	Calories from Fat 9
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 58mg	19%
Sodium 89mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	42%

*Percent Daily Values are based on a 2,000 calorie diet

Halibut

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving	
Calories 96	Calories from Fat 19
	% Daily Values*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 64mg	21%
Sodium 73mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	38%

*Percent Daily Values are based on a 2,000 calorie diet

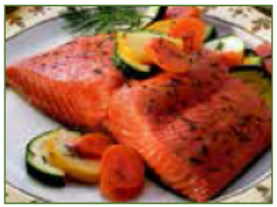
Seaweed

Nutrition Facts
Serving Size 1 cup (dried)

Amount Per Serving	
Calories 40	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 145mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 4g	8%

*Percent Daily Values are based on a 2,000 calorie diet

King/Chinook Salmon



Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving	
Calories 155	Calories from Fat 62
	% Daily Values*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 48mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	44%

*Percent Daily Values are based on a 2,000 calorie diet

Coho/Silver Salmon

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving	
Calories 123	Calories from Fat 37
	% Daily Values*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 49mg	16%
Sodium 49mg	2%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	38%

*Percent Daily Values are based on a 2,000 calorie diet

Sockeye/Red Salmon

Nutrition Facts
Serving Size 3 ounce (canned)

Amount Per Serving	
Calories 137	Calories from Fat 33
	% Daily Values*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 59mg	20%
Sodium 332mg	14%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	46%

*Percent Daily Values are based on a 2,000 calorie diet

Pink/Humpy Salmon

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving	
Calories 127	Calories from Fat 28
	% Daily Values*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 57mg	19%
Sodium 73mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	44%

*Percent Daily Values are based on a 2,000 calorie diet

Shrimp

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving	
Calories 84	Calories from Fat 11
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 166mg	55%
Sodium 190mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	36%

*Percent Daily Values are based on a 2,000 calorie diet

Trout

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving	
Calories 128	Calories from Fat 35
	% Daily Values*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 59mg	20%
Sodium 48mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	38%

*Percent Daily Values are based on a 2,000 calorie diet

Whitefish

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving	
Calories 114	Calories from Fat 45
	% Daily Values*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 51mg	17%
Sodium 43mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	32%

*Percent Daily Values are based on a 2,000 calorie diet

Thank You!
Questions?

USDA | THE FARM to SCHOOL PROGRAM

Upcoming Webinar:
Engaging Students: May 4, 3:00 PM EST

Incorporating nutrition education related to traditional food items into cultural activities such as ceremonial songs and storytelling helps students to identify food as part of Native American heritage.

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