



Alaska SNAP-Ed Program

SELECTED CULTURAL NUTRITION & PHYSICAL ACTIVITY
RESOURCE GUIDE

State of Alaska

Department of Health and Social Services

Division of Public Assistance

Family Nutrition Programs



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INTRODUCTION

The Alaska SNAP-Ed Program Selected Cultural Nutrition and Physical Activity Resource Guide is a tool for SNAP-Ed Implementing Agencies that draws on Alaska Native, Asian, and Latino cultures.

This guide includes various recipes, translated and culturally adapted informational materials, videos, and physical activities that are designed to be culturally relevant to some of the various communities served by SNAP-Ed.

Many of the Alaska local plant resources referenced here can be used with any group of SNAP-Ed participants to teach about local nutritious foods. In addition, while the Alaska Native traditional physical activities draw from Alaska Native cultures, they can be used with children of any racial or ethnic background.

The purpose of this guide is to provide SNAP-Ed Implementing Agencies with information and resources on culturally relevant foods and physical activities that can be incorporated into SNAP-Ed program activities in order to better serve their participants and target audiences. SNAP-Ed services have the greatest impact on participants when they are relevant to the cultures they live within, such as the foods they eat and languages they speak.

Translated materials can also be used as Indirect Education for populations that have limited English proficiency.

Implementing Agencies are encouraged to share new resources and information that they find for serving various cultural groups in order to continually improve and expand this guide to better meet the needs of individuals served through the SNAP-Ed program.

ALASKA NATIVE SNAP-ED RESOURCES

The following section provides resources for Alaska Native traditional foods and physical activities that can be incorporated into SNAP-Ed program activities. This section is organized by nutritional resources and those pertaining to physical activity.

ALASKA NATIVE NUTRITION RESOURCES

Alaska Native nutrition resources includes:

- » *Video series*
- » *Books*
- » *Miscellaneous resources*

VIDEO SERIES

FRESH 49

CREATOR: Rob Kinneen, instructor from Store Outside Your Door video series

DESCRIPTION: Seven videos demonstrating preparation of Alaskan dishes, including plants as well as fish and meats including chicken, reindeer, salmon, and rockfish. Videos are 3-6 minutes in length.

REFERENCE: <https://www.youtube.com/user/fresh49com/videos>

MY ARCTIC LIFE

CREATOR: Nasugraq Rainey Hopson

DESCRIPTION: A new video series by an Inupiaq woman from Anaktuvuk Pass that provides information on Arctic plant uses, including food preparation.

REFERENCE: https://www.youtube.com/channel/UC84K8C2hVTJBUmaVF58A_aA

STORE OUTSIDE YOUR DOOR

CREATOR: Alaska Native Tribal Health Consortium

DESCRIPTION: 50 videos with demonstrations of harvest and preparation Alaska Native dishes, teas, etc. from a variety of tribes and communities throughout the state. Videos are 4-8 minutes in length.

REFERENCE: <https://www.youtube.com/user/ANTHCStoreOutside/videos>

TUNDRA TO TABLE

- CREATOR:** Alaska DHSS Family Nutrition Program
- DESCRIPTION:** Five videos of traditional recipes using sourdock, salmonberries, and fireweed. Videos cover harvest and preparation of foods. Each video is 3-4 minutes long.
- REFERENCE:** <https://www.youtube.com/playlist?list=PLM4Od3HF5F4VR0gbc2SnbF1c6Y1st0P4e>

BOOKS

ALASKA'S WILD PLANTS: A GUIDE TO ALASKA'S EDIBLE HARVEST

- CREATOR:** Janice J. Schofield (author)
- DESCRIPTION:** Guidebook detailing plants and their habitats, as well as instructions for gathering. Includes nutritional information as well as medicinal and culinary uses and recipes.
- REFERENCE:** Available through several public libraries in Alaska, including the University of Fairbanks Library and the University of Alaska Anchorage/Alaska Pacific University Consortium Library. Also available for purchase online through vendors like Amazon.

EALLU; INDIGENOUS YOUTH, ARCTIC CHANGE & FOOD CULTURE

- CREATOR:** Arctic Council
- DESCRIPTION:** Details the abundance and diversity of Arctic foods, with recipes and background information, as well as photographs depicting food harvest, preparation, and consumption and related cultural practices. Expands beyond Alaska to the entire Arctic region. PDF-downloadable.
- REFERENCE:** <https://oaarchive.arctic-council.org/handle/11374/1926>

FOODS WE ALASKANS ENJOY: SECOND EDITION

- CREATOR:** Alaska Native Tribal Health Consortium
- DESCRIPTION:** An Alaska traditional foods recipe book featuring a variety of fish-, meat-, and plant-based dishes.
- REFERENCE:** Contact ANTHC if you are interested in accessing this book.

NELLIE'S RECIPES

- CREATOR:** Alaska Native Tribal Health Consortium
- DESCRIPTION:** Cookbook of 16 Alaska Native traditional recipes for fish, meat, and plant-based dishes with images and nutrition facts. Originally created for use in assisted living centers.
- REFERENCE:** http://dhss.alaska.gov/dsds/Documents/rural/Nellies_Recipes.pdf

PLANTS THAT WE EAT

- CREATOR:** Anore Jones, author
- DESCRIPTION:** 'Plants That We Eat: Nauriat Nigiñaqtaut - From the traditional wisdom of the Iñupiat Elders of Northwest Alaska' is a guidebook on Alaska edible plants with photos and descriptions. Includes appendix identifying toxic plants. All SNAP-Ed grantees have received a copy of this book.
- REFERENCE:** <https://www.alaska.edu/uapress/browse/detail/index.xml?id=394>

TRADITIONAL FOOD GUIDE FOR THE ALASKA NATIVE PEOPLE

- CREATOR:** Alaska Native Tribal Health Consortium
- DESCRIPTION:** Comprehensive book of Alaska Native traditional foods. Includes plant descriptions, nutritional information, preparation instructions, and cultural information.
- REFERENCE:** <https://www.worldcat.org/title/traditional-food-guide-for-the-alaska-native-people/oclc/911434892#borrow>

This book is available to rent out through the Alaska State Library in Juneau, Anchorage School District Library, Alaska Resource Library and Information Services in Anchorage, and the UAA/APU Consortium Library. Used copies may be available for purchase through Amazon.com.

MISCELLANEOUS

FOOD DATA CENTRAL

- CREATOR:** U.S. Department of Agriculture
- DESCRIPTION:** A Nutrition Databank that provides nutritional information on a multitude of foods, including Alaska traditional Foods.
- REFERENCE:** <https://fdc.nal.usda.gov/>

INUIT FOOD SECURITY & FOOD SOVERIGNTY PROJECT

CREATOR: Inuit Circumpolar Council - Alaska

DESCRIPTION: A variety of reports on the status of Inuit food security and sovereignty, and information about the project being conducted by ICC Alaska, including the conceptual framework.

REFERENCE: <https://iccalaska.org/media-and-reports/inuit-food-security-project/>

QAQAMIIGUXĪ HEAD START TRADITIONAL FOODS PRESCHOOL CURRICULUM

CREATOR: Aleutian Pribilof Islands Association

DESCRIPTION: Preschool curriculum specific to the Aleutian Pribilof Islands Region. Includes six sections: marine mammals, fish, birds, caribou/reindeer, plants, tidal foods. Materials include posters, nutrition information and activities such as coloring pages and songs, recipes, and family letters.

REFERENCE: <https://www.apiai.org/services/education/head-start/qaqamiigux-head-start-traditional-foods-preschool-curriculum/>

TRADITIONAL FOOD RECIPES

CREATOR: Southcentral Foundation

DESCRIPTION: Fourteen recipes for fish and moose meat as well as spruce tips, fiddleheads, and berries. Includes recipe directions and nutritional information. Printable recipe sheets for hand-out.

REFERENCE: <https://www.southcentralfoundation.com/services/health-education-and-wellness/vnpcc-wellness-center/vnpcc-recipes/recipes-traditional-foods/>

TUNDRA PLANT HANDOUTS

CREATOR: Alaska DHSS Family Nutrition Program

DESCRIPTION: Seven handouts of Alaska edible plants, with Iñupiat name translation. Each handout includes nutrition information, harvest and preparation information, activities, and traditional knowledge.

REFERENCE:

All handouts <http://dhss.alaska.gov/dpa/Pages/nutri/snap-ed.aspx>

Blueberry/Curaq <http://dhss.alaska.gov/dpa/Documents/dpa/programs/Nutrition/Family-Nutriton/Sheet-Blueberry.pdf>

Cranberry/ Kikmiññaq	http://dhss.alaska.gov/dpa/Documents/dpa/programs/Nutrition/Family-Nutriton/Sheet-Cranberries.pdf
Fiddle Heads/ Cetuguar	http://dhss.alaska.gov/dpa/Documents/dpa/programs/Nutrition/Family-Nutriton/Sheet-Fiddlehead.pdf
Fireweed/ Ciilaaq	http://dhss.alaska.gov/dpa/Documents/dpa/programs/Nutrition/Family-Nutriton/Sheet-Fireweed.pdf
Wild Rhubarb/ Angukaq	http://dhss.alaska.gov/dpa/Documents/dpa/programs/Nutrition/Family-Nutriton/Sheet-Rhubarb.pdf
Salmonberries/ Naunrat	http://dhss.alaska.gov/dpa/Documents/dpa/programs/Nutrition/Family-Nutriton/Sheet-Salmonberries.pdf
Sourdock/ Quagciq	http://dhss.alaska.gov/dpa/Documents/dpa/programs/Nutrition/Family-Nutriton/Sheet-SourDock.pdf

ALASKA NATIVE PHYSICAL ACTIVITY RESOURCES

ALASKA NATIVE GAMES LIST

- CREATOR:** Alaska Native Knowledge Network
- DESCRIPTION:** Descriptions and instructions of 33 games featured in Native Youth Olympics, World Eskimo Indian Olympics, and Arctic Winter Games. Many games require little to no equipment
- REFERENCE:** <http://www.ankn.uaf.edu/Curriculum/NativeGames/games.html>

ALAKSA NATIVE GAMES IN SCHOOLS

- CREATOR:** Alaska Native Knowledge Network
- DESCRIPTION:** Seventeen suggestions for incorporating Alaska Native games into elementary school settings.
- REFERENCE:** <http://www.ankn.uaf.edu/Curriculum/NativeGames/games-school.html>

ALASKA NATIVE GAMES RESOURCE GUIDE

- CREATOR:** Alaska Native Knowledge Network
- DESCRIPTION:** Includes instructions, including materials and number of players, for five traditional games for Athabaskans, Inupiaq, Yupik, Tlingit, Aleut, Eyak, and Haida tribes.
- REFERENCE:** <http://www.ankn.uaf.edu/Curriculum/NativeGames/resource.html>

ASIAN SNAP-ED RESOURCES

This section provides a variety of resources for working with Asian and Asian American communities.

Asian Language SNAP-Ed resources include:

- » *Asian recipes*
- » *Guidance for working with Asian American participants*
- » *Asian language translated materials*

ASIAN RECIPES

ASIAN RECIPE COOKBOOK

- CREATOR:** California Dept of Public Health, Nutrition Education & Childhood Obesity Prevention
- DESCRIPTION:** Cookbook with six Asian recipes for fish and meat dishes with vegetables. Versions available in English, Hmong, Cantonese, and Vietnamese.
- REFERENCE:** <https://snaped.fns.usda.gov/library/materials/asian-recipe-cookbook-0>

ASIAN & PACIFIC ISLANDER RECIPE CATALOG

- CREATOR:** CalFresh, California's SNAP Program.
- DESCRIPTION:** Online catalog of 84 Asian and Pacific Islander recipes for snacks, full meals, and beverages. Includes nutritional information.
- REFERENCE:** <https://eatfresh.org/recipe/filter-cuisine/asian-pacific-islander-10006/filter-cuisine/asian-392>

GUIDANCE FOR WORKING WITH ASIAN COMMUNITIES

ASIAN AMERICAN CALFRESH HEALTHY LIVING IMPLEMENTATION GUIDE

- CREATOR:** California Dept of Public Health, Nutrition Education & Childhood Obesity Prevention
- DESCRIPTION:** Provides information, recommendations, and best practices, on cultural responsiveness in working with Asian American communities based on survey data from participants in Los Angeles County.
- REFERENCE:** http://publichealth.lacounty.gov/nut/Media/Assess-Program-Impact/LA_County_DPH_Asian_American_Calfresh_Healthy_Living_Implementation_Guide.pdf

ASIAN LANGUAGE TRANSLATED MATERIALS

CHOOSE MYPLATE TOP 10 TIP SHEET

CREATOR: USDA SNAP-Ed

DESCRIPTION: MyPlate informational materials translated to Hmong, Cantonese, and Vietnamese. Includes an interactive webpage for participants to access PDFs, videos, and worksheets such as meal planning. PDFs and worksheets are also printable for hand-outs.

Topics covered include: consuming whole grains, eating healthy meals, role-modeling healthy eating, limiting sweets and sodium, beverage choices, and being active.

REFERENCE: <https://snaped.fns.usda.gov/library/materials/choose-myplate-tip-sheets-hmong-chinese-vietnamese>

HEALTHY EATING ACTIVE LIVING TOOLKIT

CREATOR: California Dept of Public Health, Nutrition Education & Childhood Obesity Prevention

DESCRIPTION: MyPlate-based toolkit for increasing fruit and vegetable consumption and physical activity among adult participants. Each section includes Hmong- and Cantonese-translated activity sheets and informational handouts that can be used for Indirect Education. English and Spanish versions also available.

REFERENCE: <https://snaped.fns.usda.gov/library/materials/healthy-eating-active-living-toolkit>

RETHINK YOUR DRINK FLYER (HMONG LANGUAGE ONLY)

CREATOR: California Dept of Public Health, Nutrition Education & Childhood Obesity Prevention

DESCRIPTION: 'Rethink Your Drink: How Much Sugar is in Your Drink?' poster translated to Hmong. English and Spanish versions also available.

REFERENCE: <https://snaped.fns.usda.gov/library/materials/ryd-how-much-sugar-your-drink>

LATINO/SPANISH SNAP-ED RESOURCES

This section includes a variety of resources that are culturally adapted and translated to Spanish for Latino communities.

Spanish Language SNAP-Ed resources include:

- » *Latino recipes*
- » *Spanish language translated materials*

LATINO RECIPES

FOOD HERO RECIPES

CREATOR: Oregon State University Extension Service

DESCRIPTION: Online recipe catalog of over 150 recipes for snacks, full meals, and beverages translated to Spanish. Includes filter options for short prep time, limited ingredients, cooking method, etc.

REFERENCE: <https://www.foodhero.org/es/node/657>

LATINO RECIPE CATALOG

CREATOR: CalFresh, California's SNAP Program

DESCRIPTION: Online catalog of 79 Latino recipes for snacks, full meals, and beverages. Includes preparation and cooking instructions, materials needed, and nutritional information.

REFERENCE: <https://eatfresh.org/recipe/filter-cuisine/latino-4>

SPANISH LANGUAGE TRANSLATED MATERIALS

HEALTHY EATING ACTIVE LIVING TOOLKIT

CREATOR: California Dept of Public Health, Nutrition Education & Childhood Obesity Prevention

DESCRIPTION: MyPlate-based toolkit for increasing fruit and vegetable consumption and physical activity among adult participants. Each section includes Spanish-translated activity sheets and informational handouts that can be used for Indirect Education. English, Hmong, and Chinese versions also available.

REFERENCE: <https://snaped.fns.usda.gov/library/materials/healthy-eating-active-living-toolkit>

HOW TO USE FRUITS & VEGGIES TO HELP MANAGE YOUR WEIGHT

- CREATOR:** Centers for Disease Control and Prevention (CDC)
- DESCRIPTION:** Short informational brochure translated into Spanish about healthy nutrition and tips for healthy eating including snacks and meals.
- REFERENCE:** https://www.cdc.gov/healthyweight/spanish/downloads/Spanish_FruitVeg_ManageWeight.pdf

MOVE YOUR WAY - PHYSICAL ACTIVITY

- CREATOR:** U.S. Department of Health and Human Services
- DESCRIPTION:** Translated fact sheets promoting and providing information on physical activity and its benefits. Includes factsheets for adults, parents, and kids.
- REFERENCE:**
- Adult fact sheet https://health.gov/sites/default/files/2019-11/PAG_MYW_Adult_FS%20sp.pdf
- Parent fact sheet https://health.gov/sites/default/files/2019-11/PAG_MYW_Parents_FS%20sp.pdf
- Kids fact sheet https://health.gov/sites/default/files/2019-11/PAG_MYW_Kids_FS%20sp.pdf

RETHINK YOUR DRINK FLYER

- CREATOR:** California Dept of Public Health, Nutrition Education & Childhood Obesity Prevention
- DESCRIPTION:** 'Rethink Your Drink: How Much Sugar is in Your Drink?' poster translated to Spanish. English and Hmong versions also available.
- REFERENCE:** <https://snaped.fns.usda.gov/library/materials/ryd-how-much-sugar-your-drink>