

*Traditional Tribal Foods in
Early Care and Education:
Food Safety and Crediting Guide*



Introduction

About This Resource

There are several agencies that oversee food service in Washington state, and it can be challenging navigating all the requirements of sourcing and providing food to children. Food sovereignty laws preserve tribes' inherent rights to source, prepare, and consume traditional foods.

Not all tribally operated child nutrition programs operate on federally recognized tribal lands and they still must meet state and federal food sourcing and service requirements. This resource was developed in collaboration with state and local organizations and agencies, tribal early care and education providers, and traditional foods specialists to simplify the pathways to serving traditional tribal foods in early care and education programs. This resource shares ways you can source and serve traditional foods in alignment with state and federal food safety requirements and details how to credit these foods on the **Child and Adult Care Food Program (CACFP)**.

This resource is not meant to be an all-encompassing traditional foods resource, but a starting point for supporting traditional foods through state and federal systems. We hope that you will find this tool helpful!

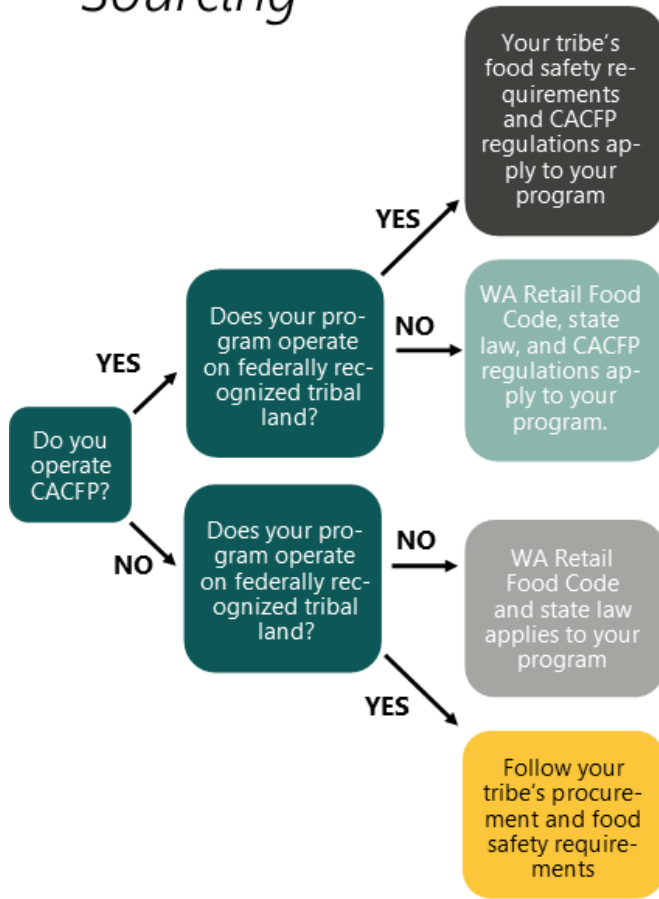
Acknowledgements

Contributors

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- [Healthy Traditional Alaskan Foods](#) resource

Traditional Foods Sourcing



Wild Caught Game Meat	Seafood	Foraged Foods*	School Garden	Donated Food
May be sourced and served according to your tribe's food safety requirements. See page 4 for a list of crediting guidelines.	May be sourced and served according to your tribe's food safety requirements. See page 4 for a list of crediting guidelines.	May be sourced and served according to your tribe's food safety requirements. See page 4 for a list of crediting guidelines.	May be sourced and served according to your tribe's food safety requirements. CACFP meal reimbursement funds may be used. See page 8 for more details.	May be sourced and served according to your tribe's food safety requirements.
Must be processed in a USDA inspected facility or donated by a licensed hunter. See page 9 for more details.	Fish must be caught by a licensed fisher and shellfish must meet all standards for molluscan shellfish in the WA Retail Food Code.	Foraged foods are allowable. See page 4 for a list of crediting guidelines and page 7 for foraging guidelines.	Allowable. There are state level requirements. CACFP meal reimbursement funds may be used. See page 8 for more details.	Allowable. See page 9 for more information.
Must be processed in a USDA inspected facility or donated by a licensed hunter. See page 9 for more details.	Fish must be caught by a licensed fisher and shellfish must meet all standards for molluscan shellfish in the WA Retail Food Code.	Foraged foods are allowable. See page 7 for foraging guidelines.	Allowable. See page 8 for state law requirements.	Allowable. See page 9 for more information.
May be sourced and served according to your tribe's food safety requirements.	May be sourced and served according to your tribe's food safety requirements.	Foraged foods are allowable. Follow your tribe's foraging guidelines.	May be sourced and served according to your tribe's food safety requirements.	May be sourced and served according to your tribe's food safety requirements.

*Please see page 7 for more information about foraged foods that are allowed under state requirements.



Traditional Foods Crediting and Food Safety Guide

Serving traditional foods in early learning programs is supported and encouraged by the Washington State Department of Health, Department of Children, Youth, and Families, and Office of Superintendent of Public Instruction (OSPI). Federal tools like the [Food Buying Guide](#) and USDA regulations don't yet provide crediting information for many of the traditional tribal foods from the Pacific Northwest. However, traditional foods may credit towards the [Child and Adult Care Food Program](#) (CACFP) and be served safely as a part of any early care and education program. Here are guidelines for some common traditional foods found in the Pacific Northwest. This is not an all-encompassing list of traditional foods, but these are the foods tribal early care providers and traditional foods experts collaborating on this project recommended we include in this list. There are more traditional foods not listed, that also credit towards the meal pattern requirements in the CACFP. We will continue to update this resource as appropriate. Talk to your program specialist at OSPI Child Nutrition Services to learn more.

Food	Crediting in CACFP
acorn	Acorn is not currently a creditable towards a meal component on the CACFP, but may still be served as an extra item or as an ingredient in recipes.
birds (grouse, pheasant, wild turkey)	1 oz cooked meat = 1 oz equivalent of meat For purchasing, use Food Buying Guide yield for "turkey, whole, fresh or frozen"
bitterroot	This would credit under the "other vegetable" sub-group, similar to rutabagas and turnip roots.
bull Kelp	Credits towards the "other vegetable" vegetable subgroup.
camas	Credits towards the "other vegetable" vegetable subgroup.
cattail	Credits towards the "other vegetable" vegetable subgroup.
clams	1 oz cooked clams = 1 oz equivalent of meat

dandelion	Dandelion greens credit toward the "dark leafy green" vegetable subgroup. Dandelion flowers credit toward the "other vegetable" subgroup.
deer/elk/moose	1 oz cooked meat = 1 oz equivalent of meat For purchasing, use Food Buying Guide yield for "Game, venison (deer)"
duck	1 oz cooked meat = 1 oz equivalent of meat
fir, hemlock & spruce tips	Credit as "other vegetable"
hazelnut	1 oz shelled hazelnuts = 1 oz meat alternate
huckleberry	Credits as fruit.
nettle	Nettle leaves credit toward the "dark leafy green" vegetable subgroup. The stems or roots credit toward the "other vegetable" subgroup. Nettle greens would credit as half the volume served if served raw. They credit at volume if served if served cooked.
salmon	1 oz cooked salmon = 1 oz equivalent of meat
seaweed	Credits towards the "other vegetable" vegetable subgroup.
soap berries	Credits as a fruit.
strawberries, wild	Credits as a fruit.
wapato	Credits towards the "other vegetable" vegetable subgroup.
wild greens	Credits towards the "dark leafy greens" vegetable subgroup.

Sourcing Traditional Foods

Purchasing from Local Farms, Fisheries, and Other Businesses

Providers may purchase food from any local farms, fisheries, or other food businesses. Purchasing local foods and foods from small businesses can support your local community financially and support community partnerships. There are limited requirements set by the USDA in the CACFP on what foods can be purchased and from whom they can be purchased. OSPI encourages and supports local food purchasing and does not have any restrictions on the food safety standards these foods must meet. It is up to your institution to meet your own food safety standards and the requirements of the [WA Retail Food Code](#) (or your tribe's food safety requirements, if your program is on federally recognized tribal land). Here are a few considerations for food safety based on the [WA Retail Food Code](#) and for CACFP programs for different types of foods.

Meat (Domestically Raised Livestock)

If your tribal organization is not located on federally recognized tribal land, muscle meat of domestically raised livestock needs to meet the following standards set in the [WA Retail Food Code](#):

- Slaughtered in a [USDA-inspected slaughter facility](#);
- Stored and handled to prevent temperature abuse and contamination during transport between slaughter and processing facilities;
- Processed by a food establishment permitted by the local health department; and
- Labeled "This product was prepared from inspected and passed meat. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly".

Meat (Wild Game Meats)

Wild game meats may be served in programs not located on federally recognized tribal land when they meet the standards for donated foods (see page 9). If your meal program does not take place on federally recognized tribal lands, wild game meats may not be purchased and used in early care and education meal programs.

Fresh Fish

If your tribal organization is not located on federally recognized tribal land, fresh fish needs to meet the following standards set in the [WA Retail Food Code](#):

- Received from a recreational or commercial fisher licensed by the Washington State Department of Fish and Wildlife;
- Received whole or minimally processed to remove the head, viscera or head and viscera; and
- Stored and handled to prevent temperature abuse and contamination during transport.

Molluscan Shellfish

While **recreationally harvested shellfish*** cannot be served, commercially sourced shellfish can! If your tribal organization is not located on federally recognized tribal land, molluscan shellfish needs to meet the following standards set in the [WA Retail Food Code](#):

- Must be obtained from sources according to the law and the requirements specified in the United States Department of Health and Human Services, Public Health Service, FDA, National Shellfish Sanitation Program Guide for the Control of Molluscan Shellfish.
- If received in interstate commerce must be from sources that are listed in the Interstate Certified Shellfish Shippers List.

[Talk to your local health department](#) for additional information and support.

Produce

You may source produce (ie. Fruit, vegetables, legumes, mushrooms, herbs, and other plant foods) from any local farm or food business that meets the food safety standards set by your early care and education program. This includes purchasing from or receiving donations from farms or community gardens, or gleaning leftover crops. You may also grow your own produce onsite or source foods from community gardens. See the "Growing Your Own Foods: School and Community Gardens" section on page 9 for more information.

For information about wild harvested foods, see the "Foraging" section below.

Recordkeeping – CACFP

The following documentation should be kept on file for three years, plus the current year:

- What foods were purchased, the date of purchase, how much was purchased, the cost of food purchased, and the farm or business name that you purchased from.

Foraging

Early care and education providers may harvest plant foods and mushrooms in the wild to serve in their meal programs. Wild harvested mushrooms to be served in programs not on federally recognized tribal lands must be:

- Harvested in Washington, Oregon, Idaho, California, Montana and British Columbia where each mushroom is individually identified in the fresh state

- An approved mushroom species listed in the [Washington Retail Food Code](#) and
- Cooked to 135 degrees F.

There are no additional restrictions on what foods may be foraged, but providers should ensure that foraged foods are:

- Harvested from areas that are unlikely to be impacted by harmful chemicals or other potential health hazards
- Washed thoroughly before preparing and serving
- Properly identified and prepared in accordance to food safety standards in the [WA Retail Food Code](#) and outline in the Traditional Foods Crediting and Food Safety Guide on page 4 (for programs not located on federally recognized tribal land)

Recordkeeping – Department of Health

Keep written documentation supplied by the mushroom identifier for any wild harvested mushrooms offered for sale or service on file for ninety days after receipt. The documentation must include: (a) The common name and Latin binomial name of the mushroom; (b) The name, original signature, business name, mailing address, e-mail and telephone number of the mushroom identifier; (c) The province, state, and county or counties where harvested; (d) The date or dates of harvest; (e) The date of donation or sale to the early care and education provider; and (f) The amount of product by weight.

Recordkeeping – CACFP

The following documentation should be kept on file for three years, plus the current year:

- What foods were foraged, the date foods were foraged, how much was harvested, and the cost of food purchased (if purchased from another forager).

Growing Your Own Foods: School and Community Gardens

Providers can grow their own foods or receive donated unprocessed produce from school and community gardens to use in their meal programs. There are no restrictions with using garden or greenhouse grown foods in the CACFP. However, early care and education programs not located on federally recognized tribal lands are still required to meet the requirements of [WAC 110-300-0148](#). Any donated produce that you receive also needs to meet these food safety requirements.

CACFP providers can use meal reimbursement dollars to support to purchase of gardening equipment as an allowable cost, as long as the garden produces food for their meal program or supports nutrition education.

Recordkeeping - CACFP

The following documentation should be kept on file for three years, plus the current year:

- What foods were grown and used in the CACFP, the date foods were harvested, how much was harvested, and the receipts for any garden supplies that were purchased with CACFP meal reimbursement dollars.

Receiving Donated Foods

Approved Donated Food Distributing Organizations (DFDOs) may receive and serve donated foods. As defined in the Washington Retail Food Code, a DFDO is “a food establishment that is a charitable nonprofit organization under Section 501(c) of the federal Internal Revenue Code that distributes food free of charge to the needy.” If an early care and education program primarily provides free meals to children and youth and they get approved to be a DFDO by their local health department, they can follow the flexibilities allowed in food service for DFDOs (see [Washington Retail Food Code](#) for details).

Receiving food donations, including donations of wild caught game meats and other traditional foods, are only allowed by approved DFDOs. This is currently the only approved method for receiving wild caught game meats for service in early care and education programs, due to the state and federal requirements for meat processing.

These restrictions for receiving food donations only apply to programs not operating on federally recognized tribal lands.

If you are interested in learning more about getting approved to operate as a DFDO and details about receiving donations, visit the [Charity Food Donations webpage](#) with the Washington State Department of Health or contact your local health department.

Recordkeeping - CACFP

The following documentation should be kept on file for three years, plus the current year:

- What foods were donated and used in the CACFP, the date foods were received, and how much was received.

Making Menu Substitutions

Guidance for the CACFP

Making menu substitutions is allowable in the CACFP. For example, if you originally planned to serve grapes on your menu at snack, but wild strawberries are in season and you wanted to substitute wild strawberries for the grapes on the menu, this is what you need to do:

- Cross out grapes on your posted and/or documented menu and write in “wild strawberries”.
- Document where the wild strawberries were sourced, when they were harvested or received, and how many were harvested or received.

Usually menu substitutions are unexpected. It’s okay to make last minute adjustments to the menu. Just make sure that whatever substitution you make still meets the meal pattern for CACFP and that you document the change you made as soon as possible.

Traditional Foods Resources

Local Farms and Food Businesses

- [WSDA Farm and Food Business Directory](#)

Other Resources

- [Healthy Traditional Alaskan Foods](#)