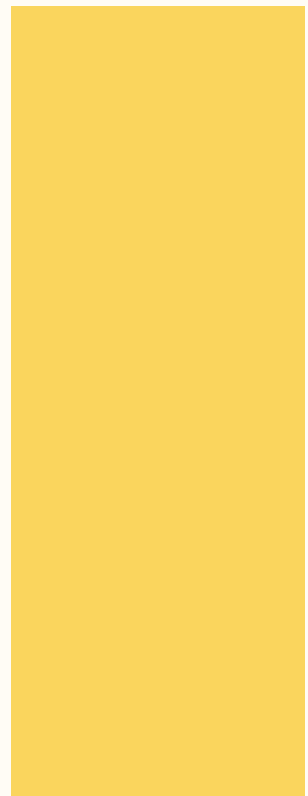




Embracing Culture with WIC: Discovering Nutritious WIC Approved Cultural Foods



Ashley Carter, MS, RD, LDN

Jasmine Westbrook-Figaro, MS, RD/LDN, CDCES

Directors of EatWell Exchange

Disclosures

Ashley and Jasmine of EatWell Exchange do not have any no conflict of interest to disclose.

Meet the Founders



**ASHLEY CARTER,
MS, RD, LDN**

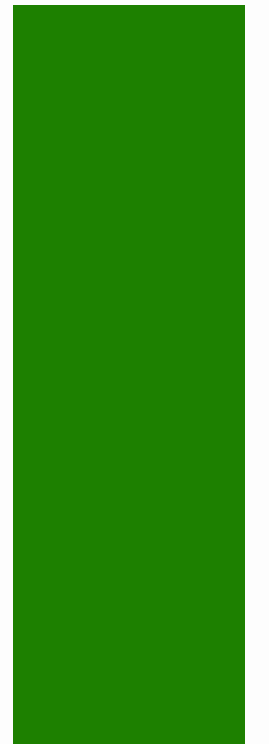
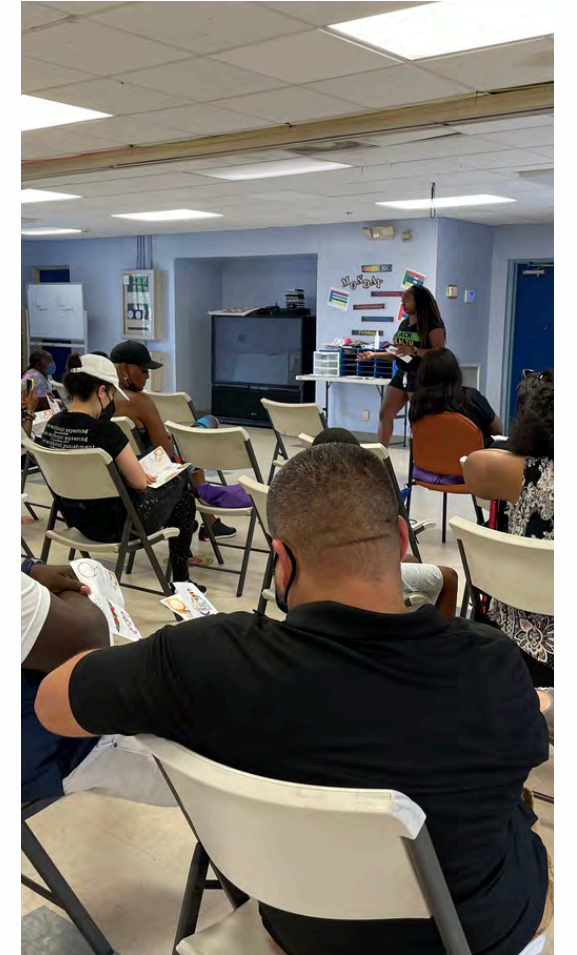


**JASMINE
WESTBROOKS-FIGARO,
MS, RD/LDN, CDCES**

- Registered Dietitians & best friends
- Nutrition education with a focus on culture
- Over 20 years in the food and nutrition field
- Residing in Miami, FL & Raleigh, NC
- Great dance partners
- Love to travel & try different foods
- Taught over 40,450 people
- Create sustainable change in lower socioeconomic communities

Brought Together by WIC

- We met as nutrition educators at the WIC program in Tampa
- Both applying to the dietetic internship at the time
- Population: Mexican, Haitian, and Black American at the sites
- The nutrition staff was not familiar with foods from these cultures
- Clients did not relate to recommendations



Our Programs

FOOD ACCESS



- Partnerships with food pantries and fridges
- Gardening classes
- Free Farmers Market

NUTRITION EDUCATION



- Interactive classes in the community
- Teach healthcare professionals & chefs
- Nutrition Resources

CULINARY PROGRAMS



- Culinary academies
- Cooking Demos
- Prevent diabetes culinary program
- Prenatal Program



LEARNING OBJECTIVES

We will discuss...




- Social and environmental barriers and influences
- Food deserts and their relations to malnutrition and obesity
- The impact of culture and ethnicity on food choices
- How to use and recommend cultural foods on the WIC program
- Cultural and racial diversity in the field of nutrition
- A linguistic approach for communicating with diverse clients
- Discuss changes we can make today towards a better tomorrow



Activity

Circle of Trust

Let's Talk about Bias

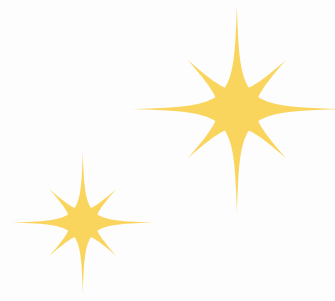
	RESPONSIBILITY
 BIAS	Consists of attitudes, behaviors, and actions that are prejudiced in favor of or against one person or group compared to another.
 IMPLICIT BIAS	A form of bias that occurs automatically and unintentionally, and nevertheless affects judgments, decisions, and behaviors.
 AFFINITY BIAS	An unconscious bias is where one prefers another individual because they share similar attributes.

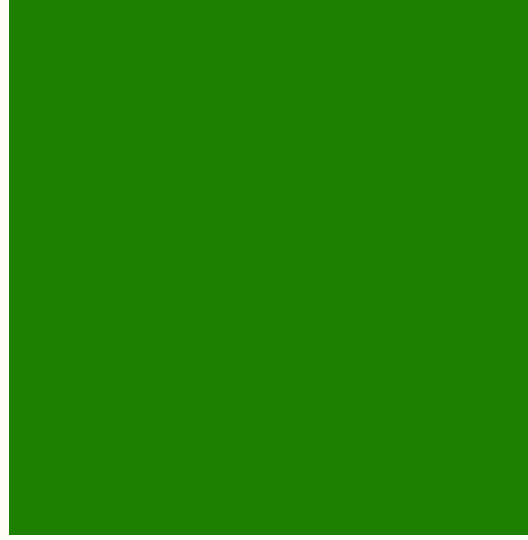
Did you Know?

Our implicit bias can impact the care you provide:

- Shorter interaction time during visits
- More patients have difficulty remembering the content of the interaction
- Less patient-centered and supportive communication
- Impacts recommendations and treatment modalities offered

Everyone holds implicit bias. It is the result of what we are immersed in from day to day





Welcome to WIC

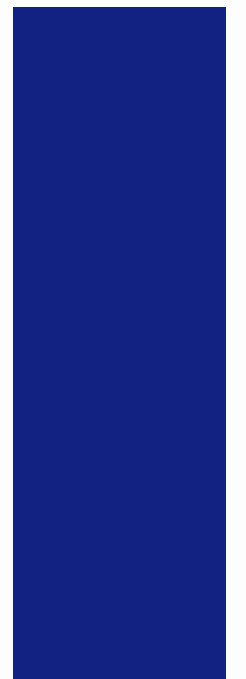
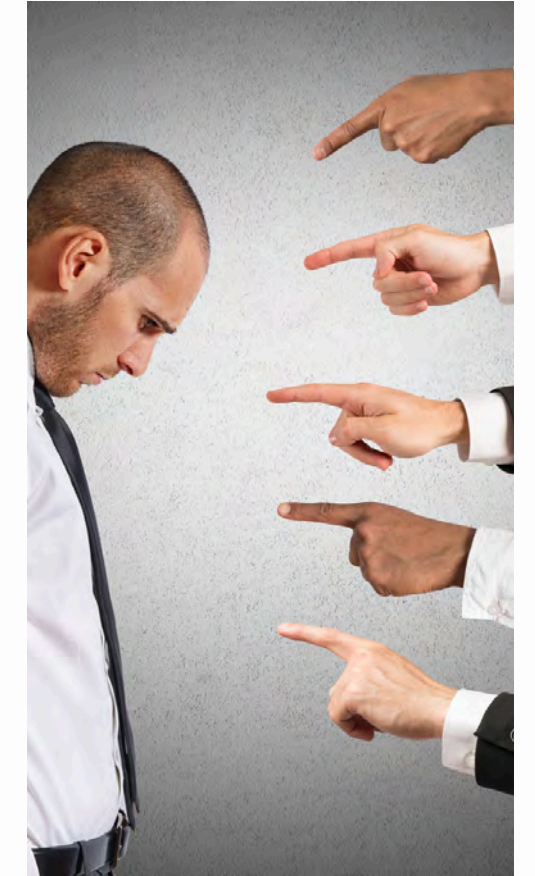
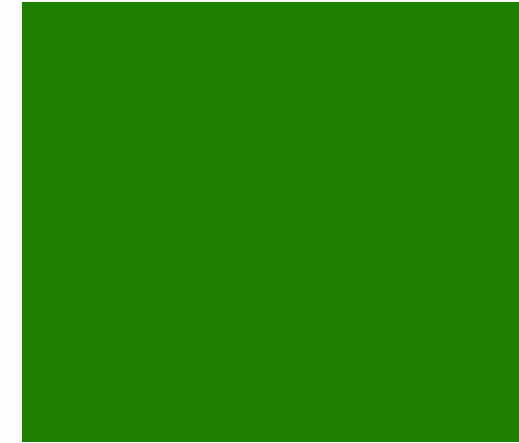


Meet Whitney



Ways to manage Unconscious Bias

- Become aware of biases and address them
- Promote diversity in the workplace
- Interview panels, hiring from the community, and creating an inclusive environment.
- Provide education and training
- Allow anonymous feedback from staff and clients



3 Influences To Food Selection



Access to Food



Knowledge of Food



Health Professionals



Let's Talk About **Access**

Social and Environmental Influences

- How far do you have to go for a healthy meal?
- Do you have more fast food restaurants as opposed to grocery stores?
- Do they have a safe path to walk/exercise?
- Does their family support a healthier lifestyle?
- What have they been taught about their health/weight?
- How do you feel about your cultural foods?



Food deserts, apartheids & swamps

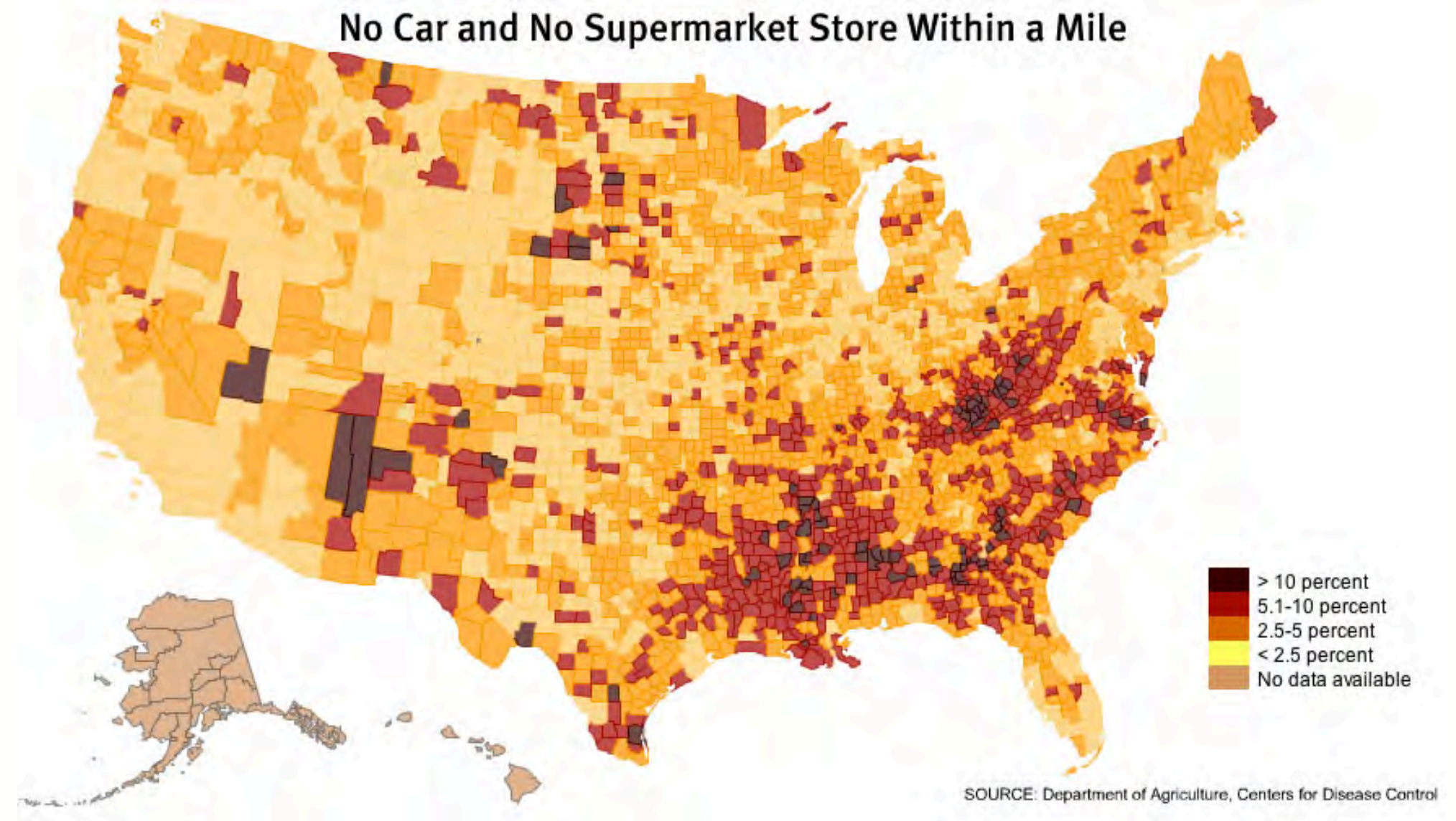
- Lack of access to adequate food resources
- 10 miles or more away from nutrient-rich food, in rural areas
- Lacking healthy options but increased availability of fast food, corner store, and liquor stores increase health risk
- Higher rates of diabetes, obesity, and cardiovascular disease
- Why do food deserts exist?



Food deserts, malnutrition, and obesity

“Where you live is a better
indicator of your health
than your genetic code”

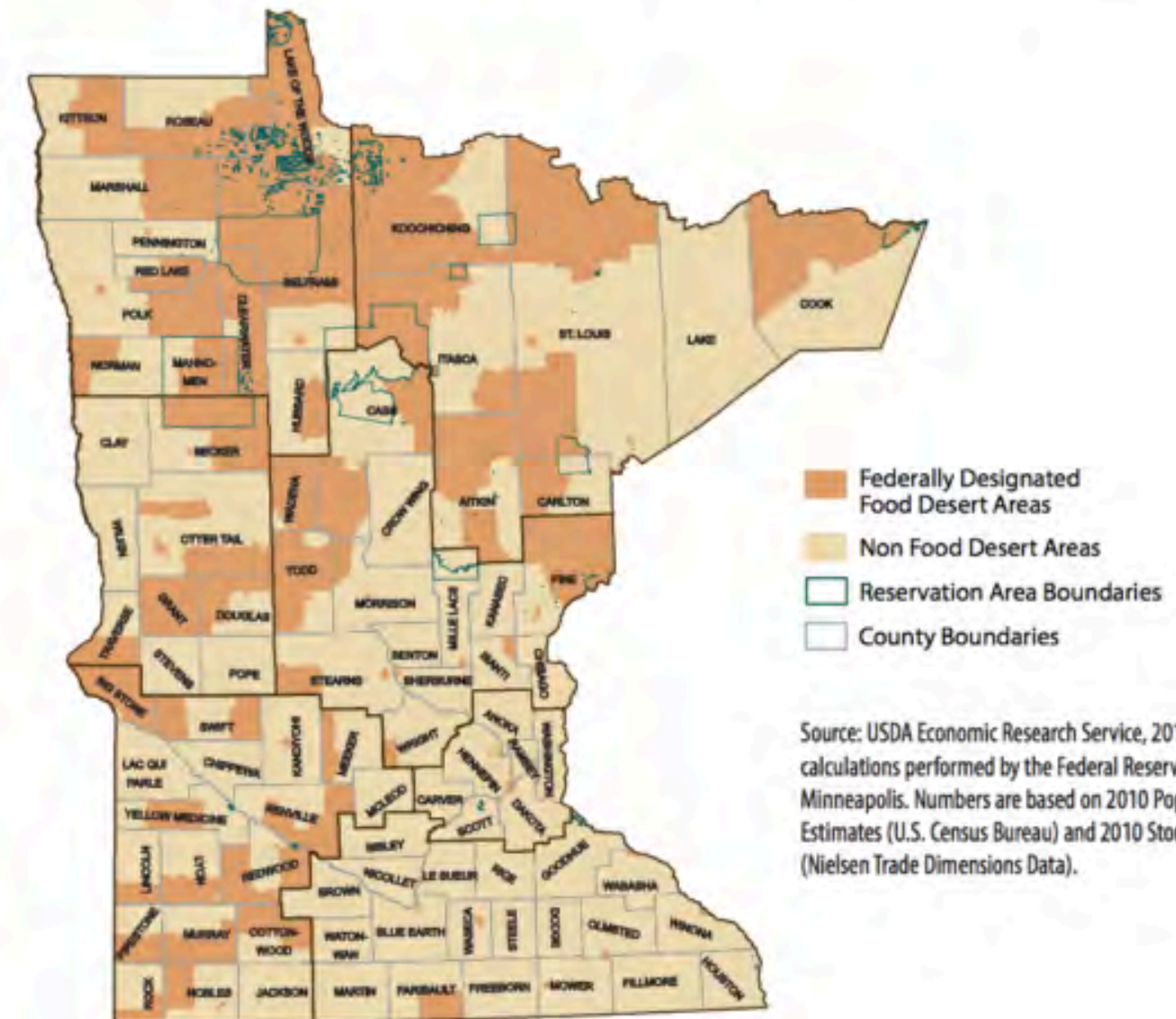
– Harvard School of Public Health



Food Deserts in Minnesota

- Minnesota ranks 7th in the nation for lacking access to healthy foods
- 235,000 Minnesotans live more than 10 miles from a large grocery store or supermarket
- 49 percent of Minnesotans report that not having a store nearby that sells healthy food directly impacts what they eat

Federally Designated Food Desert Areas in Minnesota

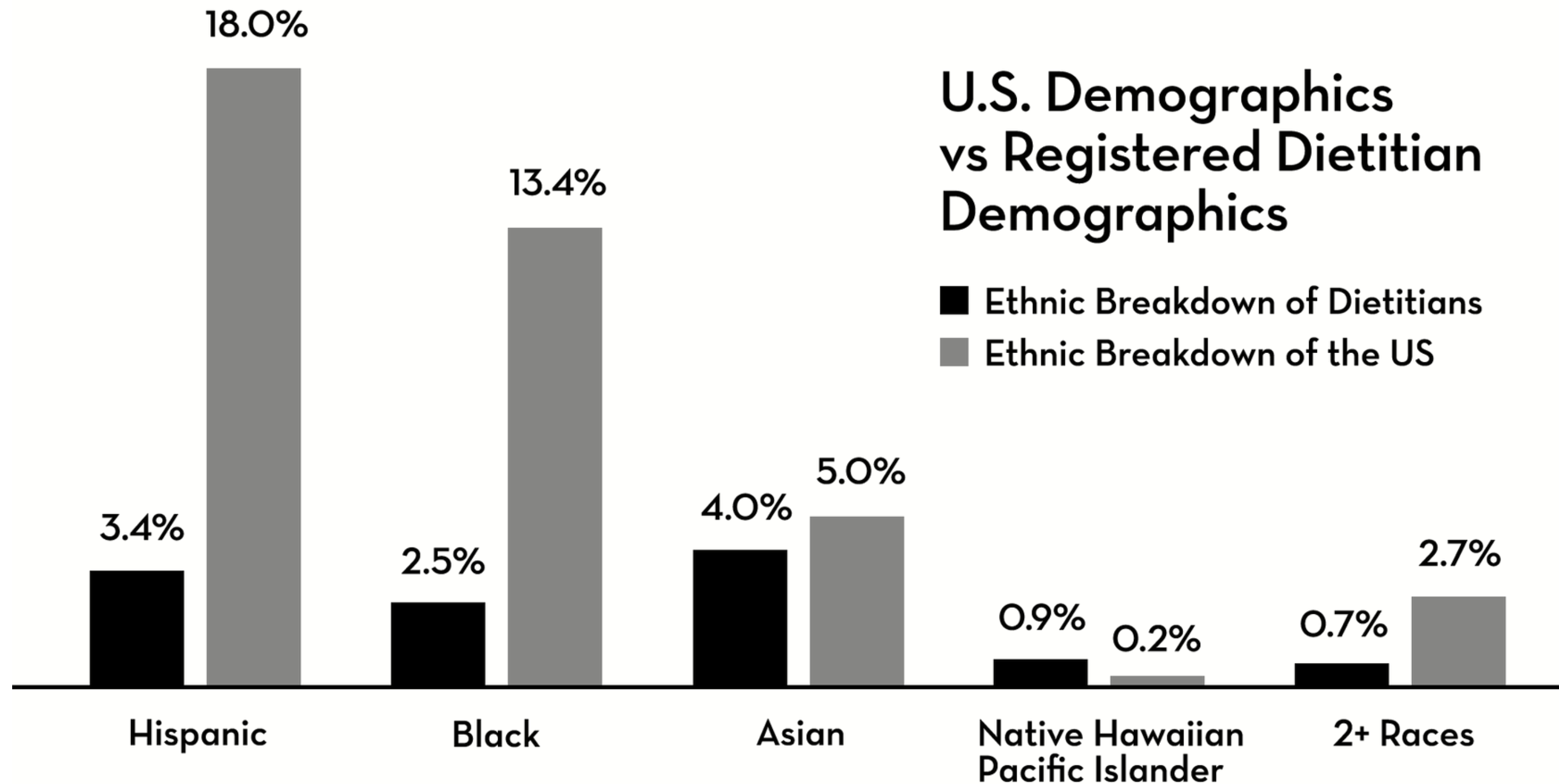


MEPartnership.org. 2018

AS HEALTHCARE PROFESSIONALS

WE ALL HAVE A ROLE.....

Here's What the Stats Say



AFRICAN AMERICANS AND HISPANICS ARE NOT WELL REPRESENTED BUT HAVE HIGHER RATES OF DIABETES, CANCER, HEART DISEASE AND OBESITY

Your role within the WIC program

- Learn about the cultures you serve
- Do more listening than speaking with clients
- Consider the need for storage when preparing different foods
- Consider healthy convenient options
- Guide each family on a “start where you and your family are” approach
- Provide quick references to recipes
- **Organizational:** Require culturally focused training

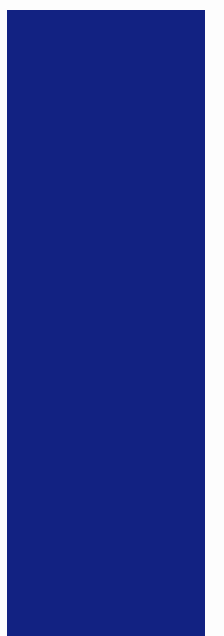




We want to know...
What's Your
Favorite Food?

What does your favorite food remind you of?

- What we eat, the way we eat it, and who we eat it with are all a part of who we are as a person
- What is wrong with our foods?
- What is positive about our foods?
- Ask yourself "why" you want to replace a food item and if it is necessary



Cooking with WIC foods!

You can make your favorite rice dish

Featured WIC Items

- Brown rice
- Lentils/Beans
 - Dry or Canned
- Vegetables
 - (Fresh, Canned or Frozen)



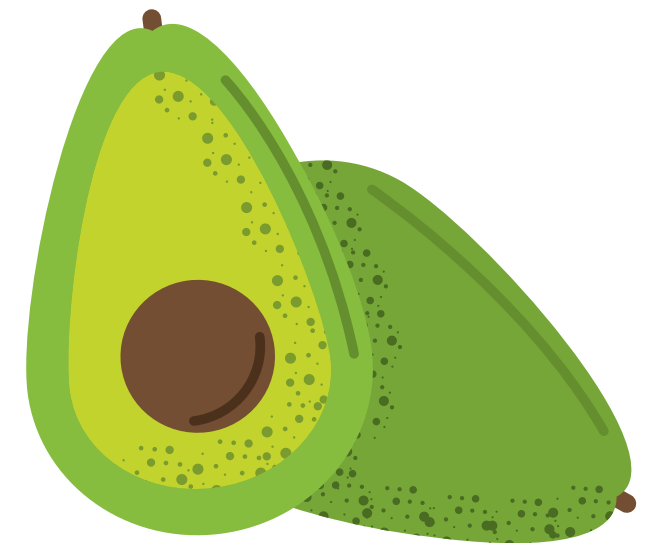
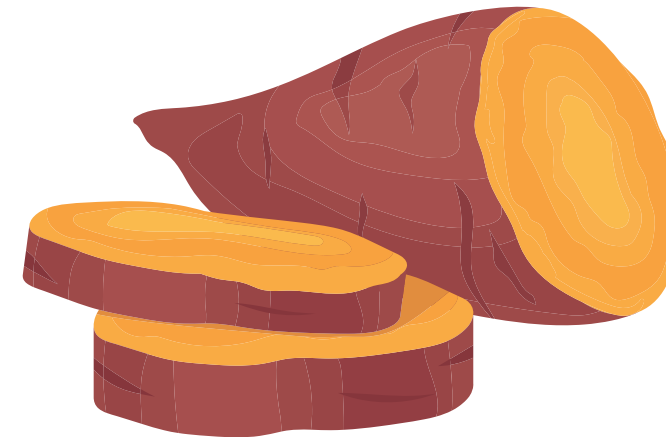
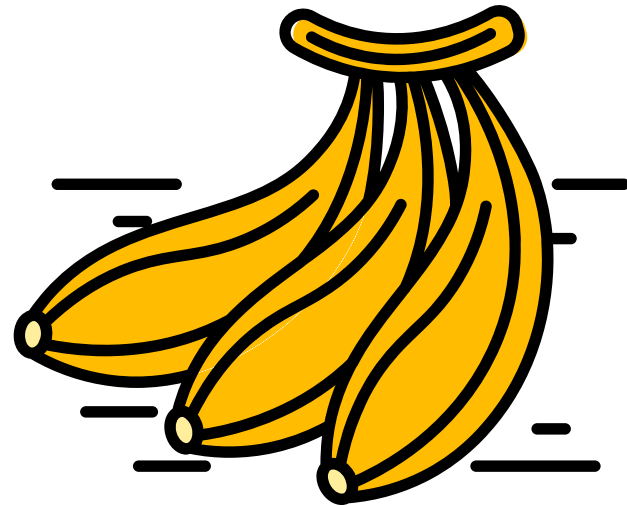


Let's Talk About
Knowledge
About Food

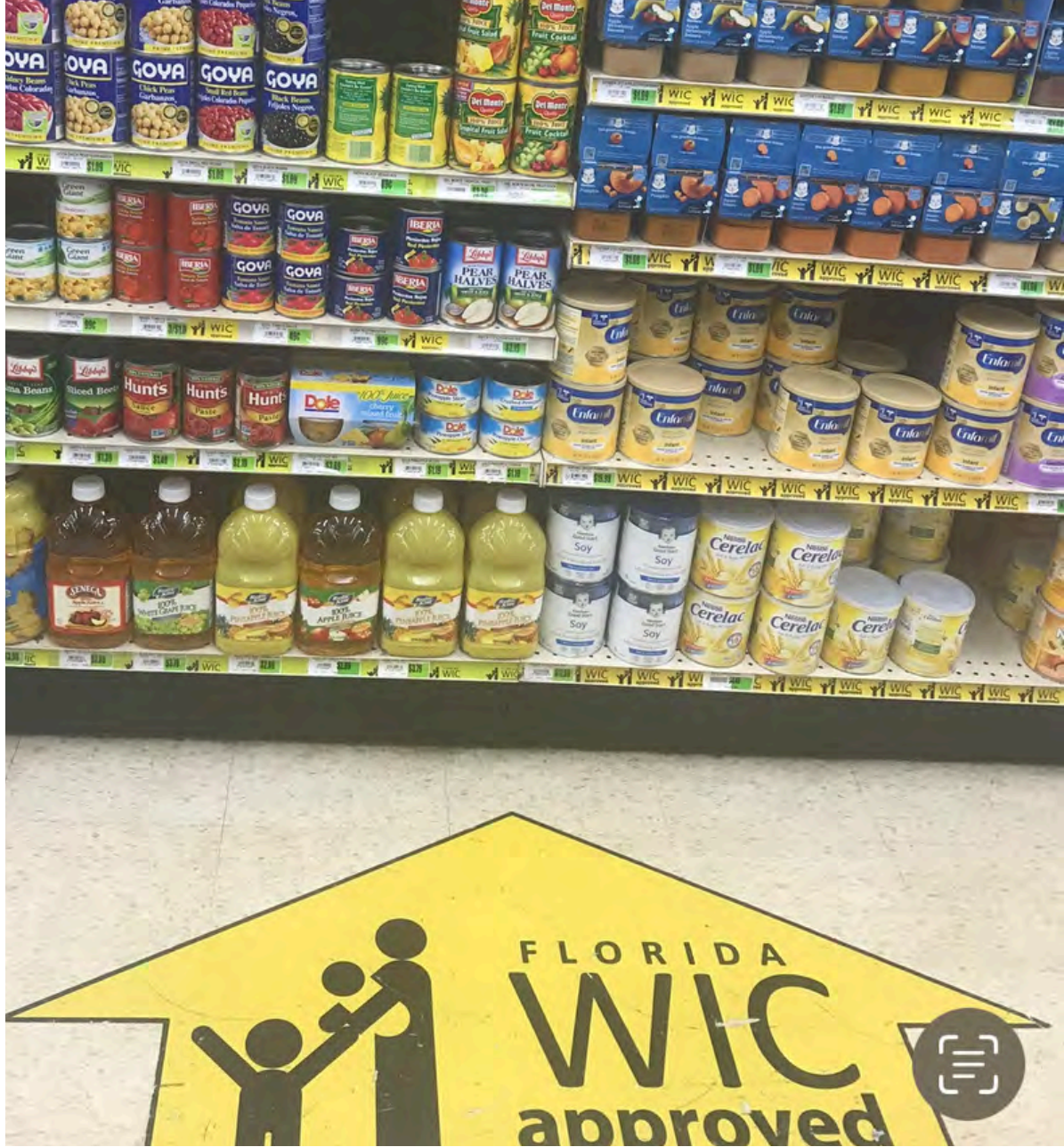
Cultural Foods on the WIC Program

Have you ever went shopping for WIC foods?

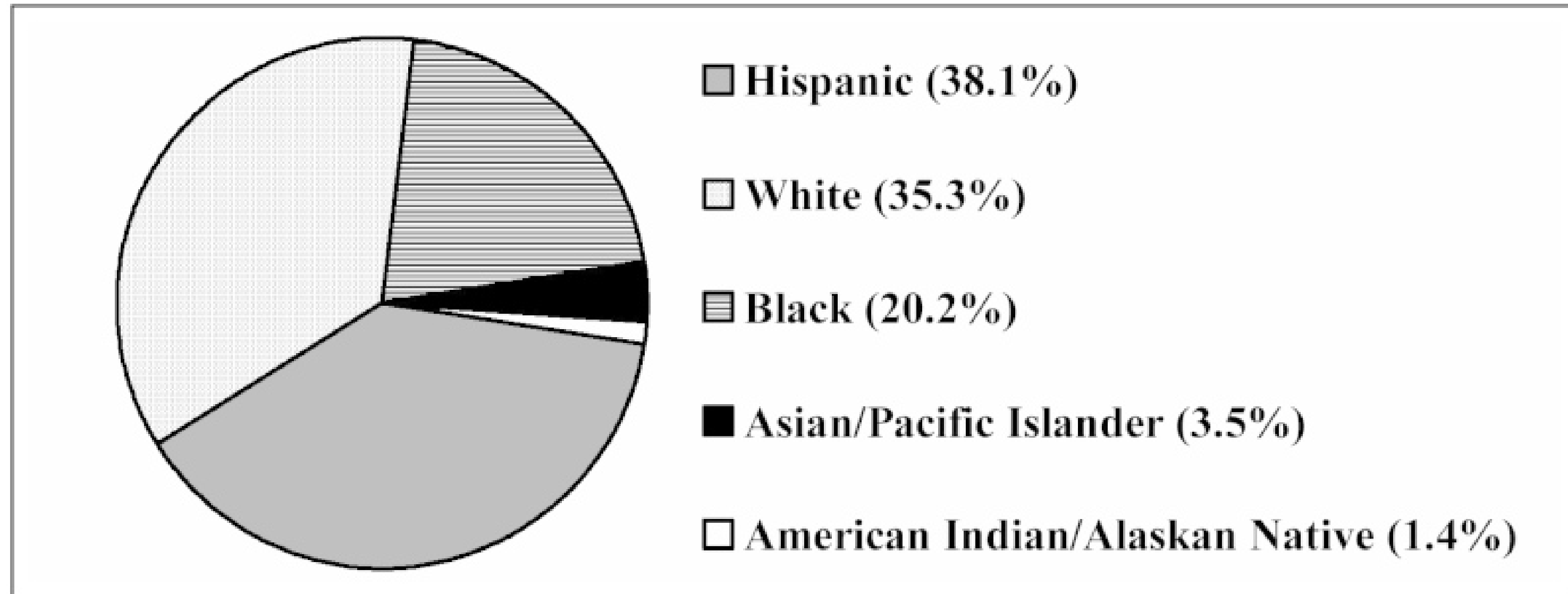
Learn which foods can be approved that your clients like



Shopping on the WIC Program



Diversity in the WIC Program



There's still more range within each demographic

Diversity in the WIC Program

حبوب الكاملة: الأرز الأسمر، دقيق الشوفان، أرغفة التورتيا المصنوعة من حبوب القمح أو الذرة الكاملة، ووعه من حبوب قمح كاملة أو حبوب كاملة، الخبز أو خبز الهامبرغر أو الهوت دوج المصنوع من حبوب قمح الحبوب الكاملة المُدرج على قائمة التسوق (Shopping List) الخاصة بك من برنامج WIC، يمكنك شراء:

- حزمة باستا (مكرونة) واحدة (1) أو
- عبوة دقيق الشوفان واحدة (1) أو
- كيس أو صندوق أرز واحد (1) (يتراوح وزنه بين 14 و16 أونصة)

ممنوع شراء دقيق الشوفان العضوي

شوفان مهروس سريع التحضير

خيار الحبوب الكاملة، ولا تدرج تحت خيار حبوب الإفطار "سيريال"

ممنوع شراء: الأصناف العضوية (Organic)

Cereales Integrales

Sus opciones de cereales integrales son: arroz integral, avena, maíz integral o tortillas de maíz, pasta de maíz integral o cereal integral, panes y bollos de maíz integral o cereal integral.

Por cada 1 libra de cereal integral que figure en su Lista de Compras, usted podrá comprar...

- 1 barra de pan
- 1 paquete de pasta
- 1 paquete de bollos
- 1 envase de avena
- 1 paquete de tortillas
- 1 bolsa/ caja de arroz (14 a 16 onzas)

Avena

- Envase de 16 onzas = 1 libra
- No se permiten orgánicos allowed

Estas marcas y tipos UNICAMENTE

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Esta avena es una opción de cereal integral, NO una opción de cereal.

Arroz Integral

- 14 a 16 onzas por bolsa/ caja = 1 libra
- 28 a 32 onzas por bolsa/ caja = 2 libras

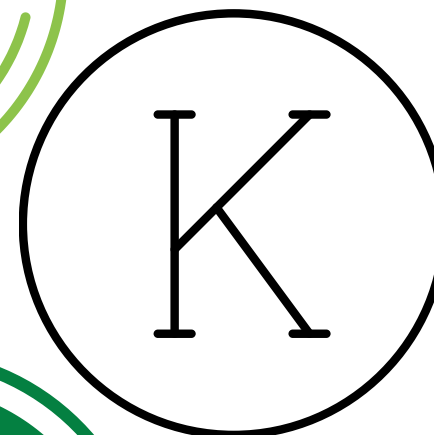
PERMITIDO

- Arroz integral simple y seco
- De tipo regular, instantáneo y de cocción en la bolsa

NO PERMITIDO

- Orgánico
- Hierbas, condimentos o guisantes agregados
- Azúcares, grasas, aceites o sal agregados
- Arroz blanco
- Arroz integral congelado
- Arroz saborizado, arroz salvaje o mezclas de arroz
- Bolsas en grandes cantidades, tubos o para microondas
- Marcas especializadas, como Lundberg

CEREALES INTEGRALES



All foods can fit on a healthy plate!

- Learn how to identify food groups of common cultural foods
- Highlight foods can have vs emphasis for food can't have
- Help clients determine portion size
- Build a plate using their favorite foods
- Instead of eliminating, balance out plates organized by food group



Image source: Oldways

What if a plate is not used when eating?



African Diaspora

Describes the mass dispersion of peoples from Africa during the Transatlantic Slave Trades, from the 1500s to the 1800s. This dispersion took millions of people from Western and Central Africa to different regions throughout the Americas and the Caribbean.



Building a Healthy Plate: African Diaspora

Central and Western Africa

Starches: Fufu, Jollof, Root vegetables, mashed tubers, and beans

Vegetables: Leafy greens, hearty vegetable soups, and stews poured over boiled and mashed tubers or grains

Protein: Seafood, chicken, suya

East Africa

Starches: Whole grains, couscous, sorghum, millet, and rice (porridge)

Vegetables: Cabbage, kale, and maize (cornmeal)

Protein: lean meats, seafood

Horn of Africa (Ethiopia and Somalia)

Starches: Flatbreads (teff, sorghum)

Vegetables: Leafy green, Gomen, sauteed vegetables with injera

Protein: Beans with spices like lentils, fava beans & chickpeas. Halal meats. No pork

West Indies and Caribbean Island

Starches: Roti, breadfruit, Rice & peas dishes cooked in Coconut milk

Vegetables: Callaloo, yams, plantains and pumpkins

Protein: seafood & citrus (fish, conch; papaya & guava)

Building a Healthy Plate: African Diaspora

French and Spanish cultures

Starches: Rice, breads, root vegetables

Vegetables: "garden" meal

Cabbage, okra, tomatoes, peppers, and greens including dandelion, mustard, collards, and turnip greens.

Pickling vegetables (to preserve foods)

Protein: Seafood, chicken

Louisiana Cuisine

Starches: White Rice, jambalaya, etouffee, mufletta, baguette

Vegetables: "The Holy Trinity": celery, onions, and red bell peppers

Protein: lean meats, seafood, gumbo

South Carolina and Georgia's coast

Starches: Hoppin' John & rice

Vegetables: Oysters, crabs, shrimp, sweet potatoes

Protein: Chicken, beans, peas, and seafood

South America

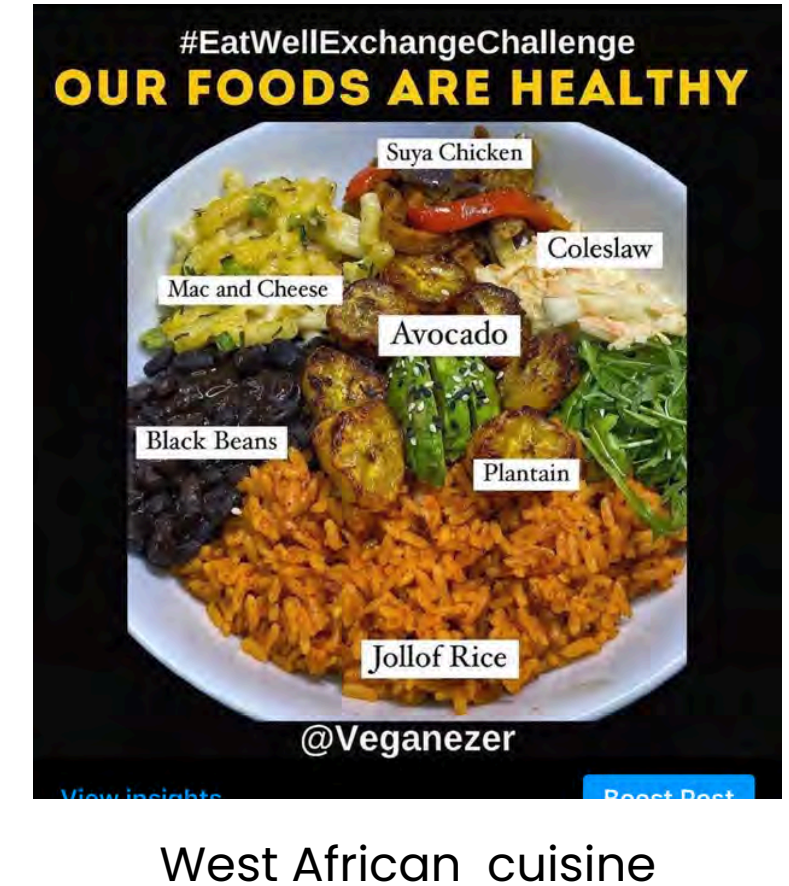
Starches: Rice, beans, yucca, potato & plantains

Tropical fruits: mangoes, papaya and guava

Vegetables: Avocado, okra, cilantro, tapioca, garlic, peppers, tomatoes, cilantro, onions, squashes

Protein: seafood, beef, chicken

Building a Healthy Plate: African Diaspora



Building a Healthy Plate: Asian cuisine

South Asia

Grains: rice, wheat, barley, noodles

Fruit/vegetables: chiles, coconuts, mangoes, tamarinds, mangosteen, lychee, and rambutan

Protein: almonds, pistachios, nuts, seeds, legumes

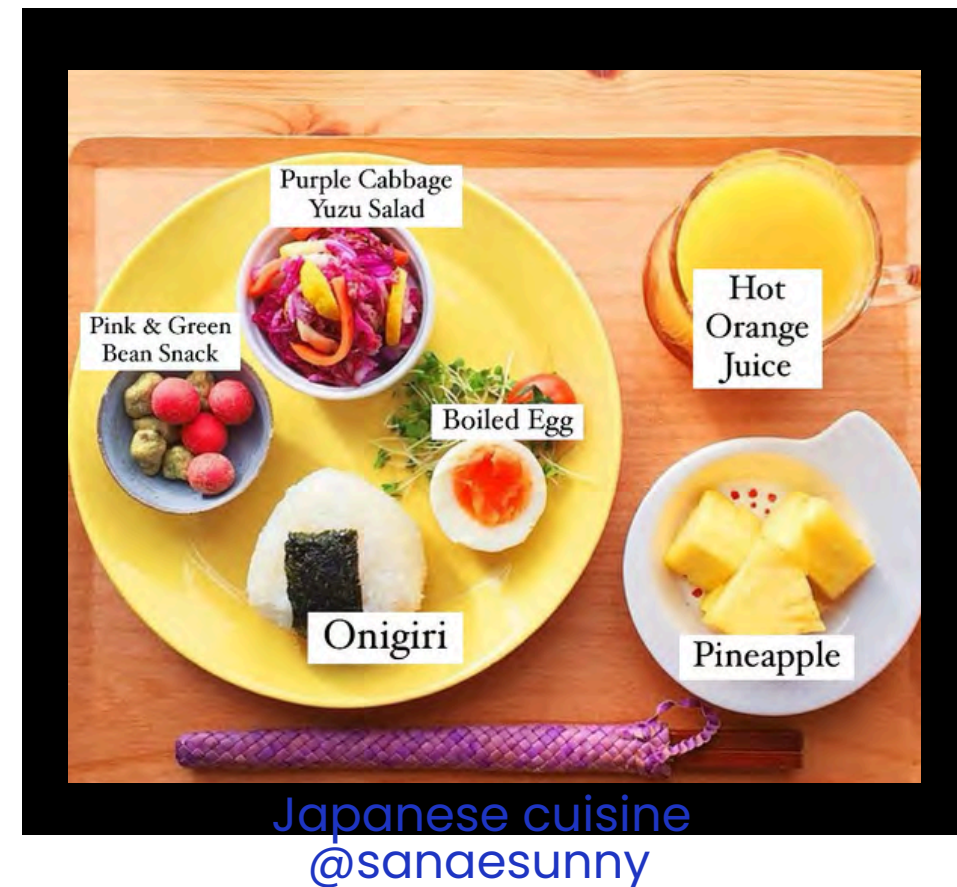
East Asia

Grains: Rice balls with nori, potatoes, rice, maize, tapioca

Protein: broad, mung, soybeans

Vegetables: bitter & winter melon

Fruit: dragon fruit, lychee, bamboo



Building a Healthy Plate: Asian cuisine

Southern India

Starches: Rice, naan, roti, dal, corn

Vegetables: Sweet potatoes, green beans, baby aubergines, brown onions, and Kachumber salad

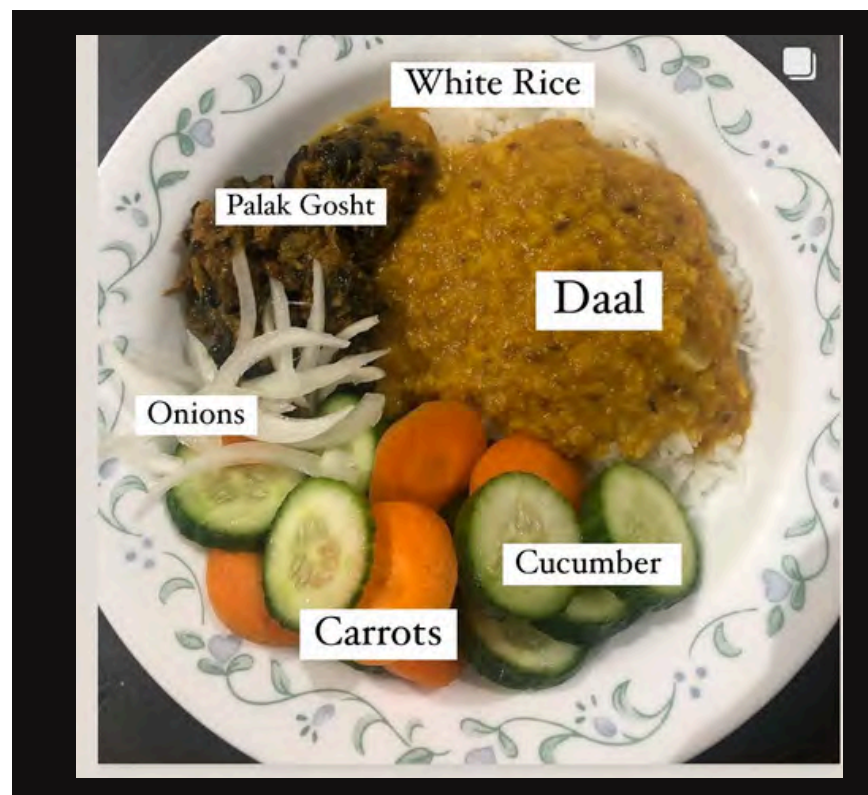
Protein: Legumes, Soya Uttapam, Oats

Northern India

Starches: Chapati & Tandoor

Vegetables: okra, cauliflower, green cabbage, green beans, squashes, root vegetables, and gourds

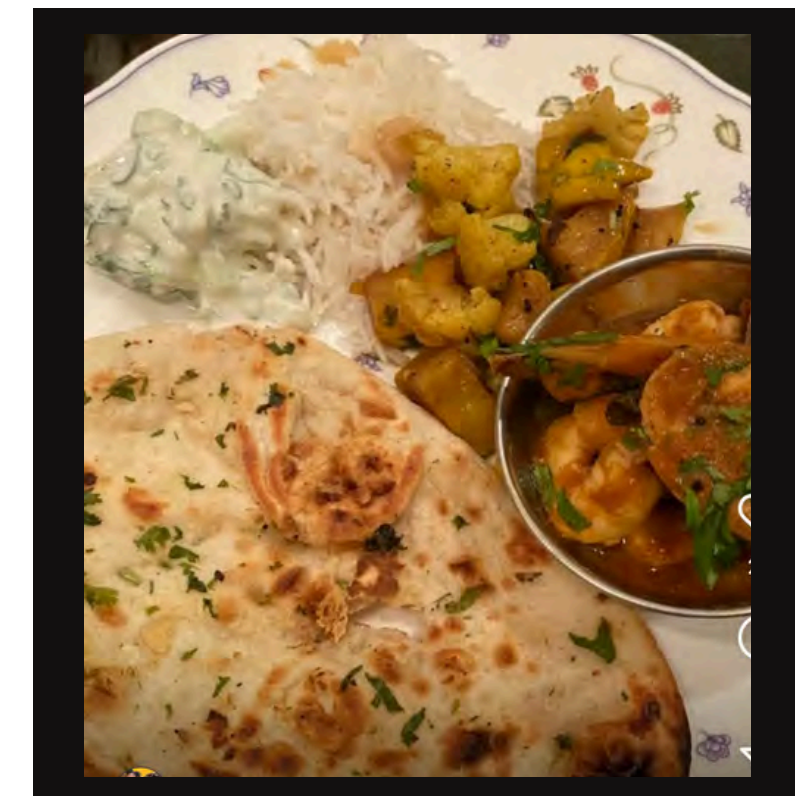
Protein: lamb, chicken with yogurt sauce served over rice, lentils Rajma (red bean dish)



Indian & Pakistan cuisine @deardietitian



@Anjane.dietitian



@manjurd

Building a Healthy Plate: Hispanic and Latinx cuisines

Mexican American Cuisine

Vegetables: chilies, nopales, tomatoes, tomatillos
Tortilla, corn
Protein: Tripe, Chorizo, carne asada, beans
Dishes: Arroz con pollo, Enchiladas, sopa de arroz, tamales

Central America

Vegetables: chayote, cabbage, hearts of palm, yuca flowers, onions, peppers, beets, collard greens
Protein: black, red & pinto beans served with stewed onions, spices, and tomato
Starches: corn (maize), white rice, beans, sweet potatoes, yuca, coconut, ceviche, plantains, chayote

Caribbean Hispanic

Have Taino Indian and African influences
Vegetables: eggplant, cabbage, okra, onion, watercress,
Protein: codfish, goat, oxtail, shredded beef
Fruit: soursop, starfruit, passion fruit, guava, Mamey cherimoya

South America

Vegetables: Avocado, okra, cilantro, tapioca, garlic, peppers, tomatoes, cilantro, onions, squashes, tubers (yuca, cassava, potato & plantains)
Tropical fruits like mangoes, papaya, and guava
Protein: Red snapper, crab, shrimp, beans, peanuts

Hispanic and Latinx Cuisines



Self Evaluation

Do I need to get the Brown rice?

Aerial was recently diagnosed with gestational diabetes, you recommended at her last visit to change to brown rice, but she has not as of yet.

How can you help Aerial?



Self Evaluation

I dont think I'll still need WIC....

Angie mentions during her appointment that after her baby turns 1, she no longer sees the benefits of being on WIC because she does not like any of those foods.

What would you say to Angie?



Cultural Foods

On The WIC Program

- Learn the cultural staples of the clients you work with
- Help them identify which foods can be purchased on the WIC program
- Add veggies, fruits, and whole grains as it is appropriate
- Please encourage them to use additional fruit and vegetable dollars
 - Farmers' market nutrition program
- Balance out SNAP benefits



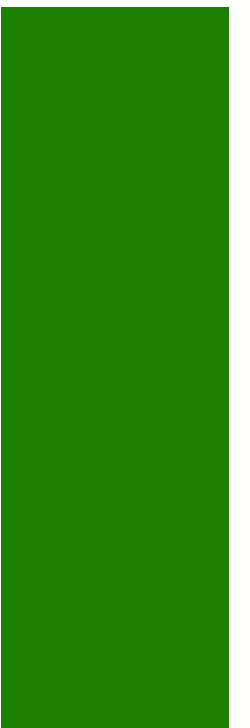
Cultural Foods

On The WIC Program



What Changes Can we make today?

- Become knowledgeable about **bias**
- **Learn** about foods from different cultures that you work with
- Plans of care should **align** with what matters to the client
- Understand, **ask questions**, and respect cultural foods, values, and traditions
- **Share** the information you learn with others
- **Display** foods from different cultures on your website, social media, and office



Cultural Focused Resources



- EatWell Exchange
 - www.EatwellExchange.org
- Diversify Dietetics
 - Mentorship, Resources
- Old Ways
 - <https://oldwayspt.org/resources>
- Nutrition Recipes From Various Cuisines
 - <https://www.nutrition.gov/topics/shopping-cooking-and-meal-planning/culture-and-food>
- Black Culinary History Books
 - www.blackculinaryhistory.com/required-reading

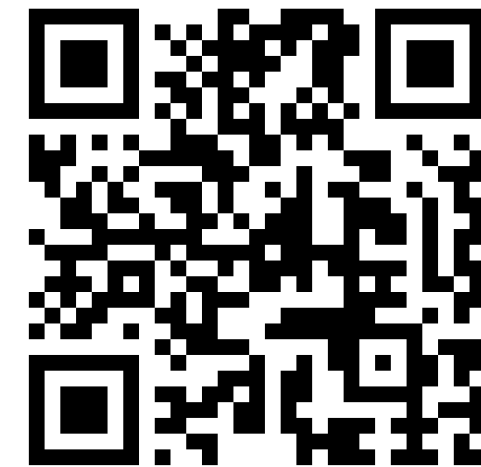
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Any Questions?

Connect With Us!



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OUR WEBSITE

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