

# Cultural Component Fact Sheet

Increase nutrition, enhance appeal, and boost your program by incorporating cultural foods.

## Incorporating Cultural Foods

Incorporating cultural and traditional foods has several positive impacts in your school nutrition program, including the opportunity to reconnect students to cultural, local, and healthy foods. Serving foods and using ingredients that students are familiar with from home can also increase participation and overall satisfaction! The following ingredients are local to Arizona and can be incorporated today!

### WINTER SQUASH

Squash is an important ingredient across tribal communities. Some varieties of indigenous orange-flesh winter squash include Corrizo Butternut, Mayo Kamo Butternut, Heirloom Waltham Butternut.

### BLUE CORN MEAL

Blue corn, a sacred ingredient among many Southwestern tribes, is known for its drought-tolerance and its variety in plant height, kernel width, and kernel thickness.

### WHITE SONORA WHEAT BERRIES & FLOUR

White Sonora wheat is a soft, white winter wheat that has adapted to the southwest coast of the United States; specifically, the semi-arid climates of the Sonoran Desert in California and Arizona.

### TEPARY BEANS (MULTIPLE VARIETIES)

The tepary bean crop, known for its high-protein content, is an extremely drought-resistant and heat-tolerant crop.

### Test out some of the following traditional and cultural foods in your school food programs:

#### Vegetables

**Dark Green**  
FIDDLEHEAD

**Starchy**  
CORN (ALL VARIETIES)  
POTATOES  
YELLOW WATER LILY

**Red/Orange**  
WINTER SQUASH  
TOMATOES  
PUMPKIN

**Beans & Peas**  
BLACK BEANS

**Other**  
GREEN BEANS  
RAMPS  
ONIONS

#### Fruits

GOOSEBERRIES  
BLACKBERRIES  
HUCKLEBERRIES  
MULBERRIES  
BLUEBERRIES  
CHERRIES  
RASPBERRIES  
CURRANTS  
JUNE BERRIES  
CRANBERRIES  
STRAWBERRIES

#### Grains

WILD RICE  
BLUE CORNMEAL (MUSH)  
WHITE SONORA WHEAT BERRIES  
NATIVE WHOLE BLUE CORN  
KERNEL  
HOMINY (MASA)  
QUINOA  
WHOLE CORN TORTILLA

#### Meat/Meat Alternates

BISON  
GROUND BEEF  
VENISON  
TURKEY  
NUTS  
SEEDS  
FISH  
EGGS  
BEANS/PEAS (TEPARY)

	Vitamins	Minerals
Fruits	Vitamin C Vitamin B2 Vitamin B3	Iron Magnesium Fiber
Vegetables	Vitamin A Vitamin C Vitamin K Vitamin E	Potassium Folate Copper Iron
Grains	Vitamin E Vitamin B6 Vitamin A	Folate Iron Magnesium Chromium
Meat/Meat Alternates	Vitamin B6 Vitamin B12 Vitamin A	Iron Zinc Selenium