



Indigenous Foods and Foodways in Early Learning Programs

Chris Mornick, Sophia Riemer

What is Farm to ECE?

CORE ELEMENTS OF **FARM to ECE**



Goals of Farm to ECE

- Positively influence eating habits of young children.
- Create healthy lifestyles through good nutrition and experiential learning.
- Improve learning environments through onsite gardens.



Additional Goals for Tribal Programs

- Increase children's knowledge of tribal history and food ways.
- Increase knowledge of traditional foods, languages and ceremonies.
- Strengthen cultural, spiritual and social connections in the community.



Traditional Foods Education In Washington

Previous Work

- Partnership building
- Presentations
- Peer learning
- Resource development and dissemination

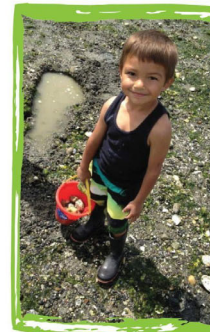
Upcoming Work

- Continued Tribal outreach
- Funding for traditional foods programs
- Procurement resource development
- Tribal resource page
- Tribal gatherings



Traditional Recipes and Activities Teach Early Learners About Their Tribe's Food and Culture

On Washington state's Kitsap Peninsula, children attending the Suquamish Tribe's early learning center are learning about traditional foods through fun activities. Cultural Specialist James Abler works with other tribal programs to bring Lushootseed language and family recipes to the classroom. The children enjoy the activities and learn about new foods.



Starting off Strong

Although he started a new position as Cultural Specialist in Summer 2020, James Abler has already successfully introduced several traditional food activities to the children at the Suquamish Tribe's Marion Forsman-Boushlie Early Learning Center. James, a proud member of the Suquamish Tribe with a background in early care and education, was inspired to begin teaching the children about traditional foods after taking a Plant Medicine class taught by his sister. Additionally, a former cook at the early learning center encouraged James to introduce the children to more traditional foods.

"We already serve clam chowder and baked salmon on our monthly menu," says James, but he wanted to add more foods to the rotation.

Since beginning his role, he has organized activities with traditional foods, like rosehip jelly, nettles, berry pemmican, and salmon dip. Many of these recipes were provided by his sister, who works with the Tribe's Traditional Food and Medicine program. James was even able to implement the rosehip jelly activity while the school was closed due to the COVID-19 pandemic.

"When school shut down, that was the first thing I was able to pull off. I sent home ingredients for families to do at home," recalls James.

He successfully runs the traditional food activities by partnering with different programs within the Suquamish Tribe.

Partnerships for Success

The salmon dip recipe has been the most exciting traditional food activity so far.

"They loved the salmon dip. They loved the whole experience of creating it, the messiness of it," says James. To make the salmon dip activity a success, James partnered with the kitchen staff to make kits for each classroom to easily assemble the recipe. "I try to make it as easy for the teachers as possible," he notes.

He also created a take-home recipe for families to participate and customize based on their own tastes. James searched for traditionally processed



Traditional Foods & Foodways Funding

- Funding to support traditional foods programs, including:
 - Garden beds & greenhouses
 - Books
 - Kitchen & cooking equipment
 - Printing & laminating
- Average of \$500 granted to 6 programs
- [Easy application](#) and no mandatory reporting
- Reach out to Chris.mornick@doh.wa.gov and sophia@uncommonsolutionsinc.com to apply



Funding Application

- Number and types of classrooms
- Number of early learning staff and children
- Please briefly describe what you are requesting funds for and how they will be used. (2-4 sentences)
- Please provide an estimated cost for each item you are planning to purchase. Note: if the total cost exceeds \$500, we may not be able to fund the entire project.
- Please describe any current or previous experience your Tribal early learning program has with traditional foods programming. (2-4 sentences)
- Quotes and photos of what you achieved would illustrate the importance of traditional foods programs and help to inspire other Tribal early learning programs. Are you able to provide quotes and photos if you receive funding? Do you have any concerns with this request?

Available Resources

Farm to ECE CoP Resources

- [Washington Farm to ECE Website](#) – Washington State Farm to School Network
 - [Tribal Resources Page](#)
 - [Marion Forsman-Boushie Early Learning Center Success Story](#)
 - [Farm to ECE Community of Practice](#)
 - [Farm to ECE Online Training](#)

Curricula Resources

- [Tend, Gather, Grow Teaching Toolkit](#)
- [QAQAMIIĜUX Head Start Traditional Foods Preschool Curriculum](#) and [film series](#)
- [Traditional Foods Book List](#)

Webinars and Guides

- [Indigenous Foods in Early Care and Education Settings Webinar](#)
- [Child Nutrition Programs and Traditional Foods](#)
- [Native Farm to School Resources](#)

Traditional Food Procurement

- [Child Nutrition Programs and Traditional Foods](#)
- [Service of Traditional Foods in Public Facilities](#)
- [Bringing Tribal Foods and Traditions into Cafeterias, Classrooms, and Gardens](#)



SUQUAMISH TRIBE
Marion Forsman-Boushie
Early Learning Center

James Abler | Cultural Specialist

Monthly Themes/Lessons



May
Cultural Theme and Lushootseed Words

English	Lushootseed	Scan for Audio
Monthly Theme: Time of Digging	pəḏč'aʔab	
Color of the Month: Leaf Green	č'uləyʔalus	
Mother	sk'uy	
Flower	c'qaysəb	
Soil	pəḏ	
Bee	səbəd	
Water	q'uʔ	
I am thankful to you.	ʔask'ədiicid čəd.	

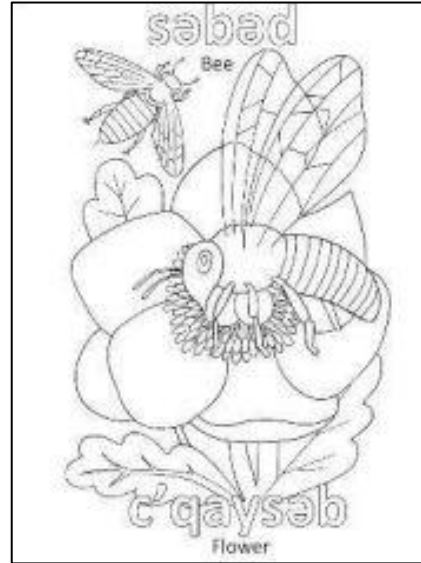
For more resources check out the Squamish Language Program on YouTube and Facebook
 Email: tabler@sqwamishtribe.us Call: 360-334-7100 Text: 360-710-4539



Smoked Salmon Dip



Literature, Language & Hands-on Activities



Success Story



Success Stories

Washington Farm to Early Care and Education
April 2021

Traditional Recipes and Activities Teach Early Learners About Their Tribe's Food and Culture

On Washington state's Kitsap Peninsula, children attending the Suquamish Tribe's early learning center are learning about traditional foods through fun activities. Cultural Specialist James Abler works with other tribal programs to bring Lushootseed language and family recipes to the classroom. The children enjoy the activities and learn about new foods.



Starting off Strong

Although he started a new position as Cultural Specialist in Summer 2020, James Abler has already successfully introduced several traditional food activities to the children at the Suquamish Tribe's Marion Forsman-Boushie Early Learning Center. James, a proud member of the Suquamish Tribe with a background in early care and education, was inspired to begin teaching the children about traditional foods after taking a Plant Medicine class taught by his sister. Additionally, a former cook at the early learning center encouraged James to introduce the children to more traditional foods.

"We already serve clam chowder and baked salmon on our monthly menu," says James, but he wanted to add more foods to the rotation.

Since beginning his role, he has organized activities with traditional foods, like rosehip jelly, nettles, berry pemmican, and salmon dip. Many of these recipes were provided by his sister, who works with the Tribe's Traditional Food and Medicine program. James was even able to implement the rosehip jelly activity while the school was closed due to the COVID-19 pandemic.

"When school shut down, that was the first thing I was able to pull off. I sent home ingredients for families to do at home," recalls James.

He successfully runs the traditional food activities by partnering with different programs within the Suquamish Tribe.

Partnerships for Success

The salmon dip recipe has been the most exciting traditional food activity so far.

"They loved the salmon dip. They loved the whole experience of creating it, the messiness of it," says James.

To make the salmon dip activity a success, James partnered with the kitchen staff to make kits for each classroom to easily assemble the recipe. "I try to make it as easy for the teachers as possible," he notes.

He also created a take-home recipe for families to participate and customize based on their own tastes. James searched for traditionally processed





Samish Longhouse Preschool



SUMMER GARDEN

The Samish Longhouse Gardens have missed you!!

Remember planting Peas, Beans, lettuce, carrots, squash, beets, radishes, edible flowers and herbs in the late spring?

Here's a little update on how things have been growing while you were away.



Many thanks to the summer childcare students and staff for keeping everything watered and well loved.



SAMISH LONGHOUSE



Get Involved

- Contact us at sophia@uncommonsolutionsinc.com and chris.mornick@doh.wa.gov
- Schedule a call with the farm to ECE team to:
 - Get started
 - Connect with other traditional foods programs
 - Discuss needed resources
 - Share your program through a success story
 - [Apply for program funding](#)
- Join the [Farm to ECE Community of Practice](#) and Farm to ECE listserv

