

Culturally Relevant Recipe Development for Seattle Farm to Preschool Program

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BACKGROUND

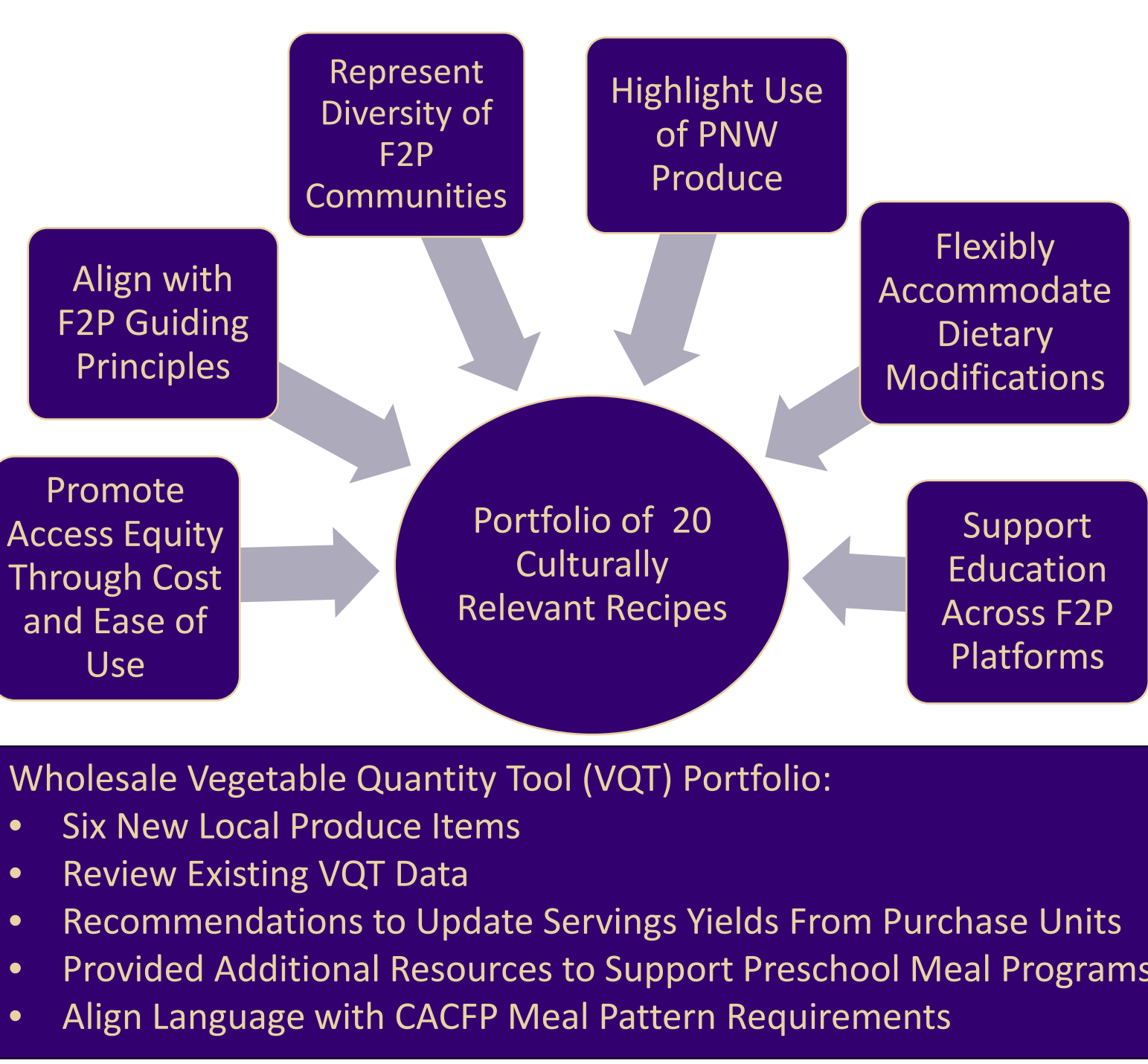
- The mission of the Seattle Farm to Preschool Program (F2P) is to provide children and families with access to fresh food and learning opportunities that celebrate food cultures and invest in the local farm economy. (Fig. 1)
- In 2024: 43 participating preschools with populations greater than 50% of BIPOC students serving 50% or greater of low-income families.
- Resources for teachers and parents foster skill building and community capital. Purchasing stipends for preschools support local farms. Fully funded by the Seattle SSB tax.
- Inspiring food curiosity among young eaters can establish long-term healthy eating patterns and positive food relationships.
- Celebrating diverse cultural food traditions emphasizes how non-western eating patterns contribute to nutrition, diet quality, and diet diversity.



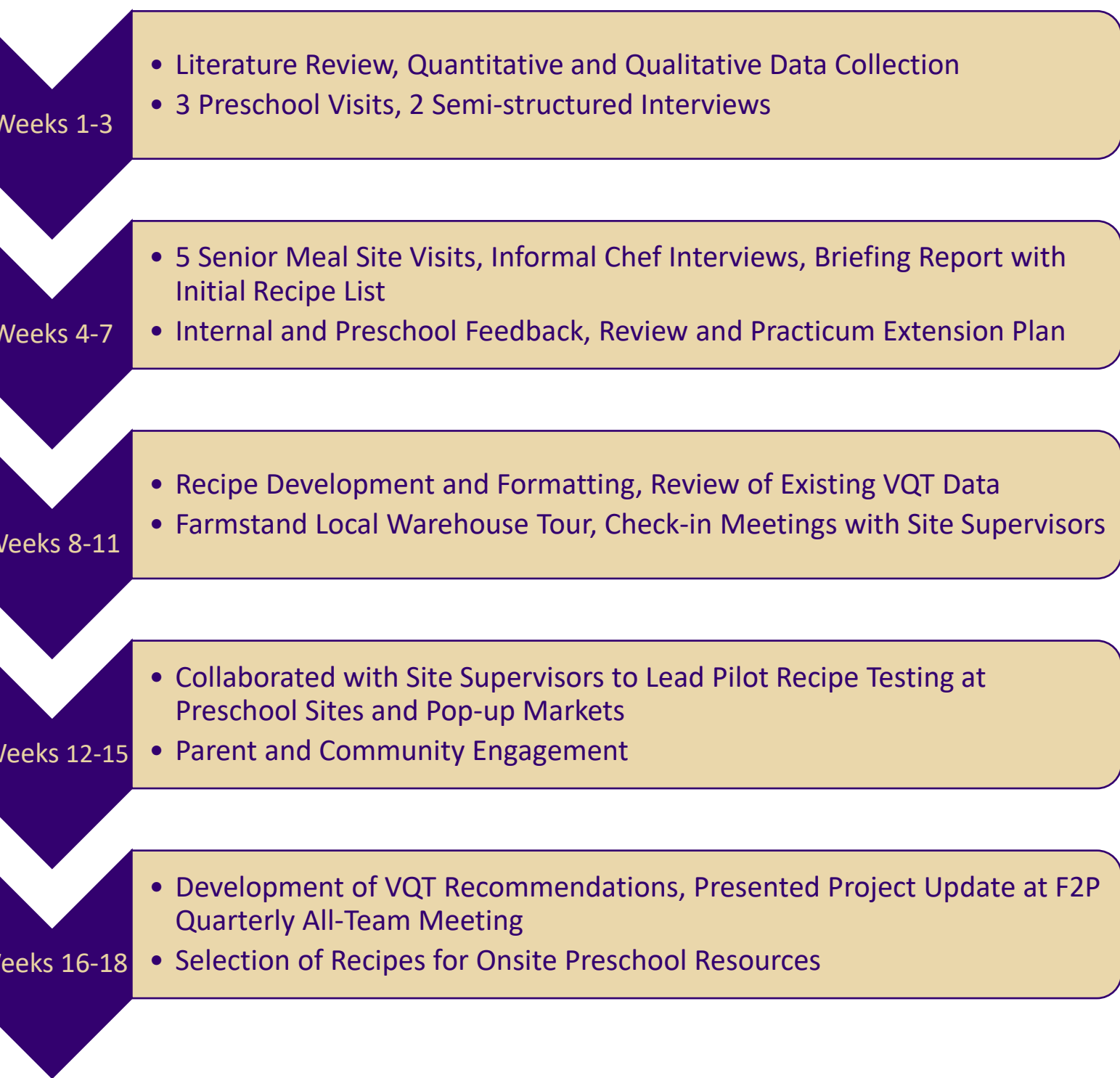
Figure 1: Illustration of the Seattle Farm to Preschool Program Operations

A world of
HEALTHY PEOPLE

OBJECTIVES



ACTIVITIES



RECIPE PORTFOLIO

Recipe Portfolio showing six recipes: Bánh Xèo, Pumpkin Champurrado, Atakilt Wat, Grape and Purple Sweet Potato Fruit Leather, Caciole, and Three Sisters Hash. Each recipe includes ingredients, instructions, and a photo.

- 23 Recipes developed highlighting food traditions from regions of Africa, Mexico, China, Philippines, Korea, Vietnam, and the PNW
- Specific recipe formatting and language structure for accessibility

WHOLESALE VQT

Wholesale VQT showing six produce items: Green Beans, Grapes, Mushrooms, Sweet Potatoes, and others. Each item includes a photo, a description of its availability, and serving suggestions.

- Data for 6 new produce items included storage, seasonality, servings per purchase units, culinary applications, and links to recipes.
- This data will be used to develop an interactive web-based resource

PILOT TESTING

- 3 preschool sites selected recipes for 4 nutrition education sessions: Sweet Potato Mochi Cake, Pumpkin Champurrado, Lumpia
- Recipe adjustments were made and tested to account for student dietary modifications.
- Education sessions focused on one main produce item, cultural connections, and interactive food preparation.
- Distribution of tasting portions and printed materials at 2 pop-up markets. Opportunity for parent engagement.

REFLECTION

- Pilot testing was well received in preschool classrooms.
- Some items are finished by staff and later served to students, requiring follow up for feedback. This is a common occurrence for education sessions.
- Developing flexible implementation strategies for recipe integration into preschool settings is critical for success.
- Parent engagement remains challenging. Scheduling of pop-up markets influences quality of engagement potential.
- Communication with food purchasing personnel at preschool sites could provide insight into trends for stipend use.
- A selection of 10 recipes will be printed as an on-site resource for preschool sites.

Reflection box containing the FARM to PRESCHOOL logo and a text box with a reflection from the author: 'I feel fortunate to have completed this practicum project with an organization that afforded a meaningful way for me to use my diverse skill set to contribute to their mission and values. This would not have been possible without the guidance of my site supervisors and input from the whole F2P partnership. Additionally, I would like to thank Georgina Sanchez and all of the amazing people working at Tilth Alliance senior meal sites. I am grateful for their support and advice and the opportunity to represent this organization within the communities it serves.'