

# International Flavor Series

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Using the Kitchen to:  
Celebrate Diversity  
Unite in Culture and  
Serve Racial Justice

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# Topics of Discussion

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- Racial Disparities in Food and Health
- Acknowledging Diversity
- Integrating International Flavors
- Recipe Sampling
- Questions



# Racial Disparities in Food & Health

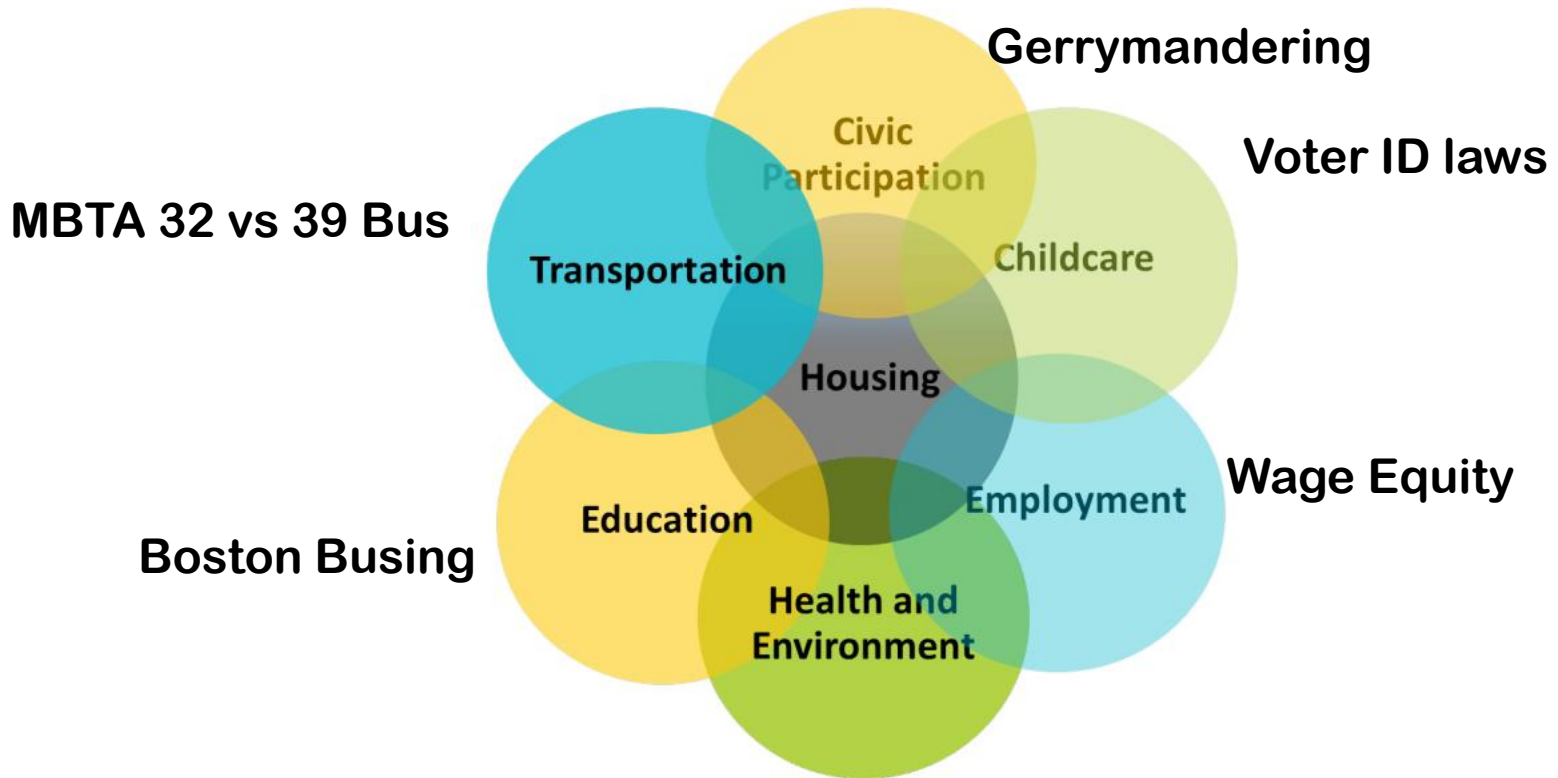
Do you know what this is?



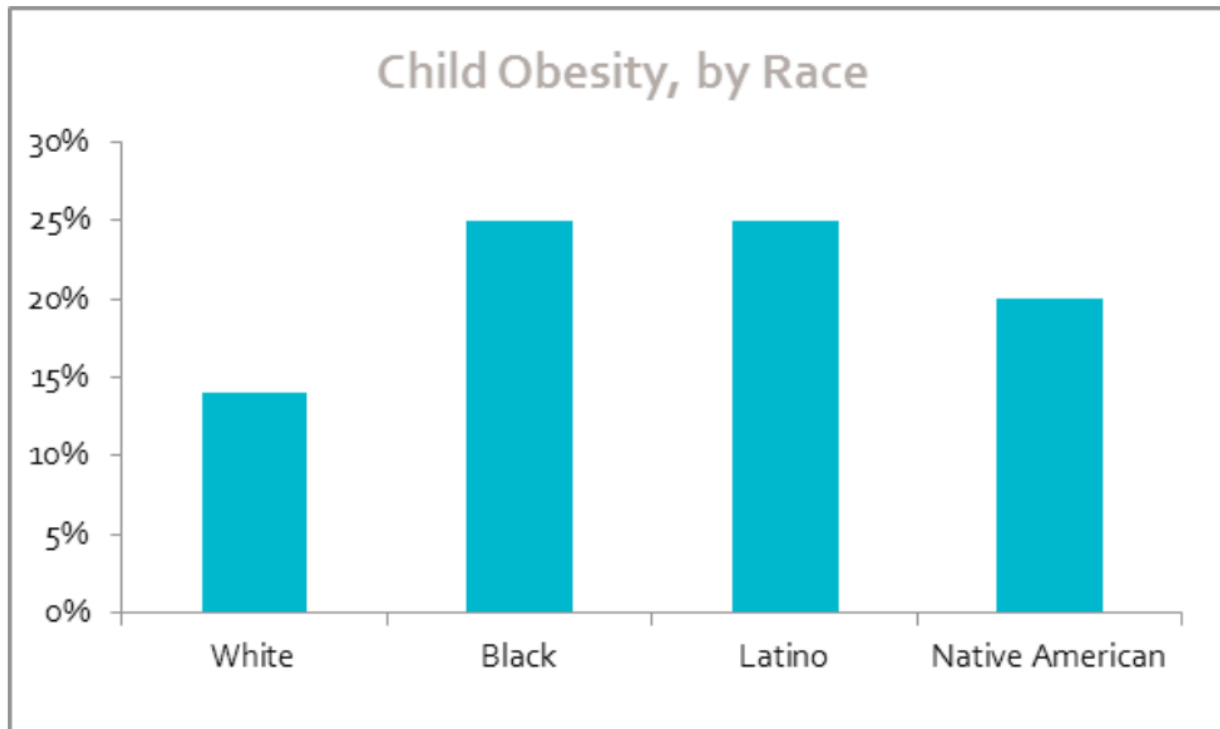
\* If you know what this is, this report is for **you.**

# Racial Disparities in Food & Health

- Structural Racial Inequity is Multi-Institutional



# Racial Disparities in Food & Health



**Nearly 16 million children often go to bed hungry:**

1 in 6 White Kids

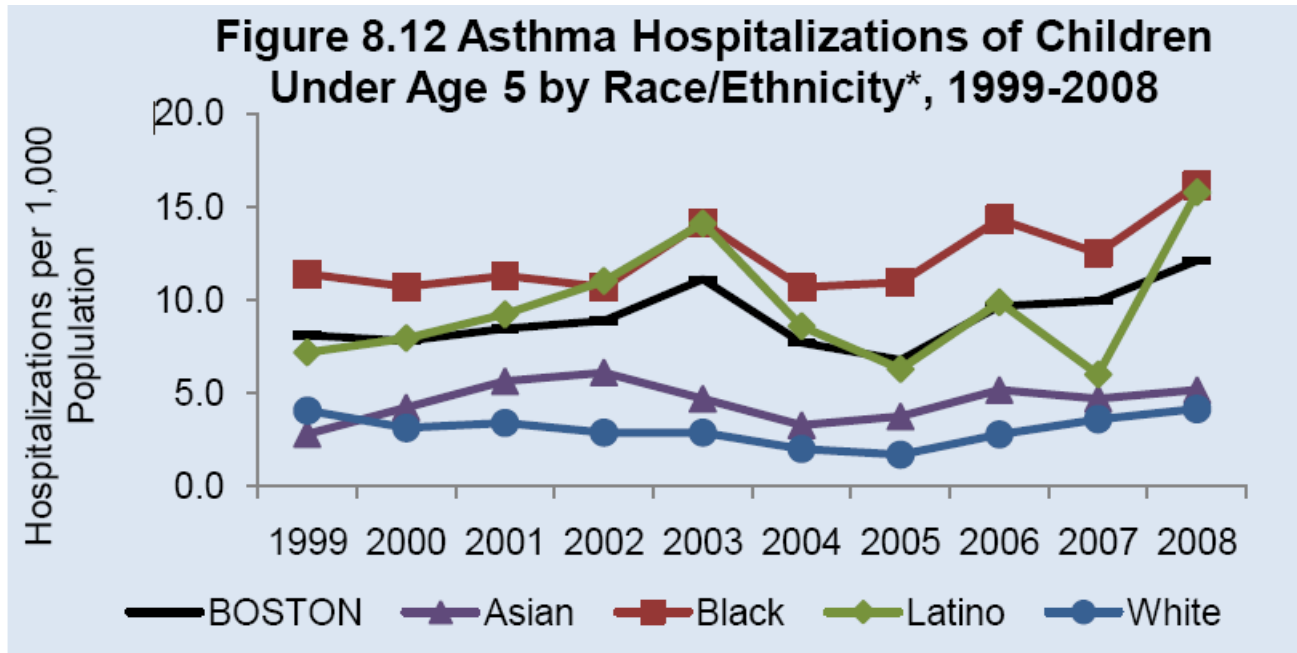
1 in 4 Latino Kids

1 in 3 Black Kids

Experiencing  
'food insecurity'

Source: Food Research and Action Center. "Why Low-Income & Food Insecure People are Vulnerable to Overweight and Obesity"

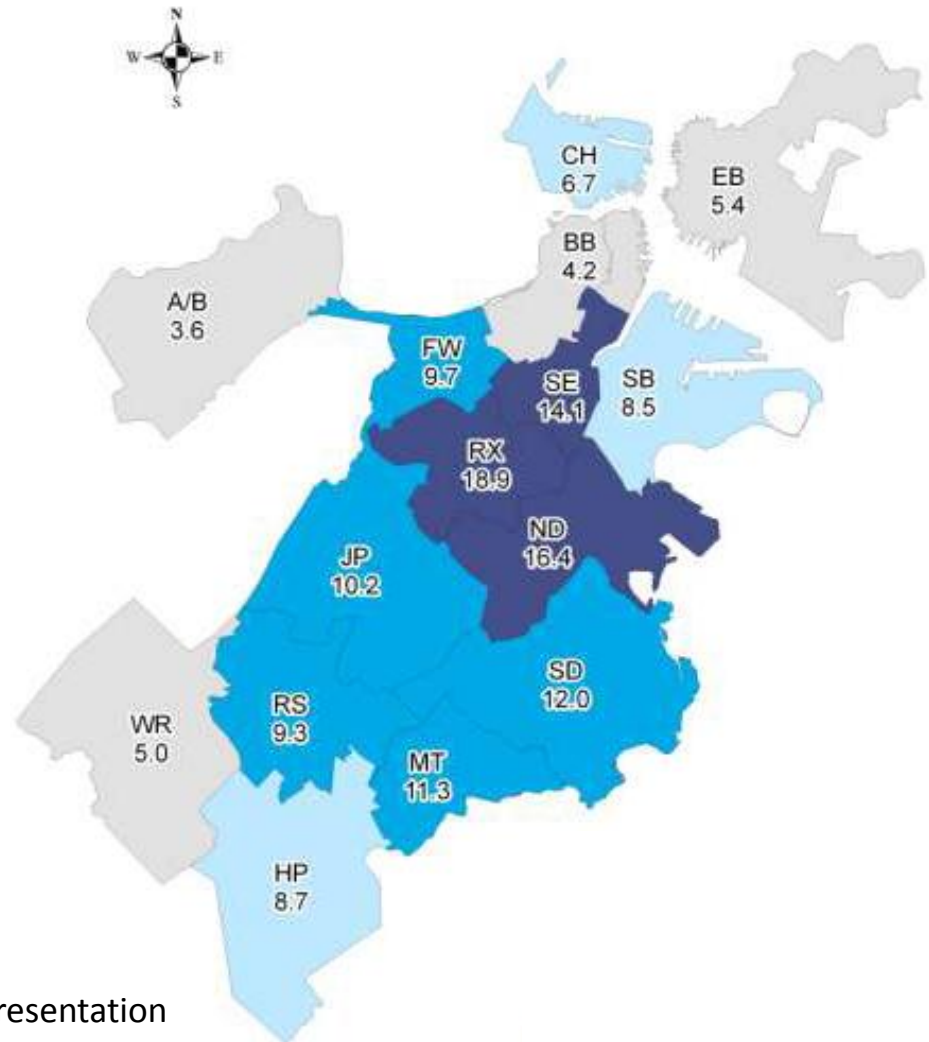
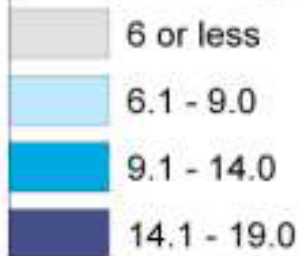
# Racial Disparities in Food & Health



**This Exists Here and Now**

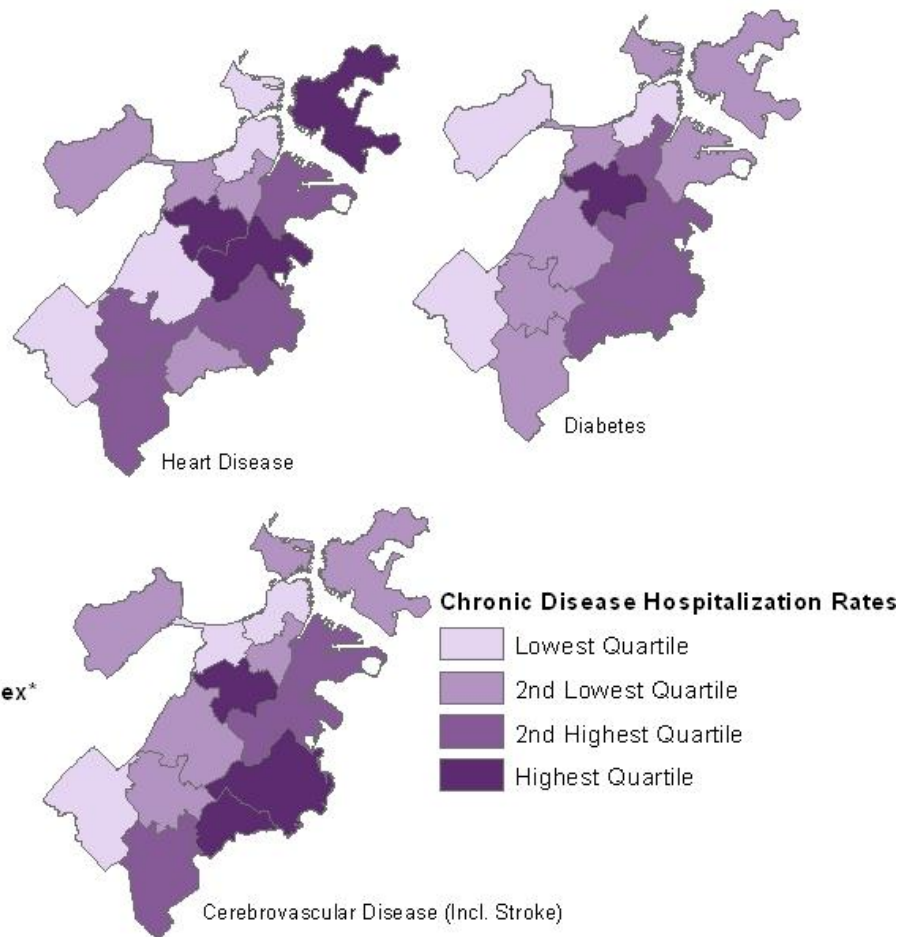
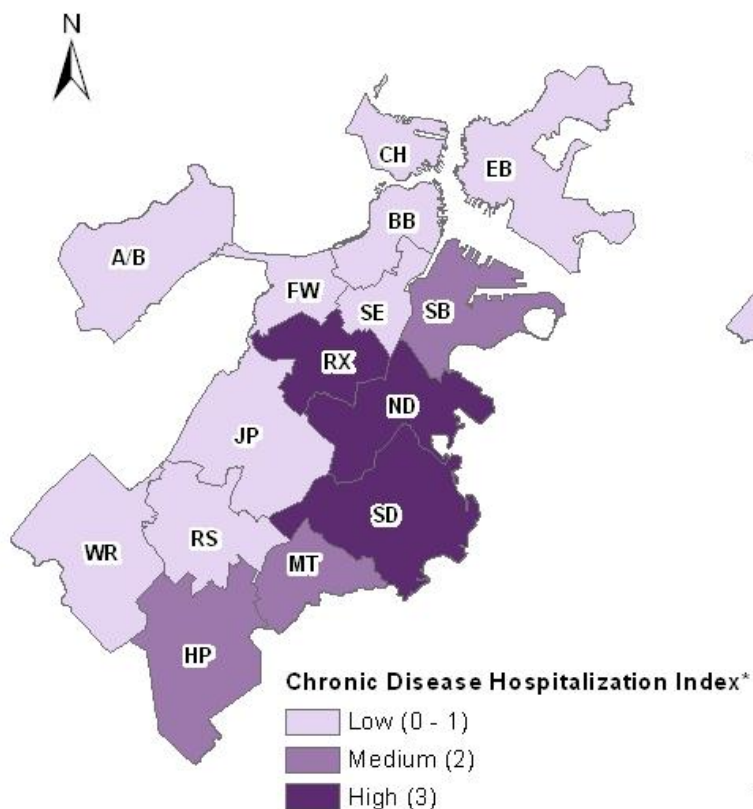
# Racial Disparities in Food & Health

## Asthma Hospitalizations per 1,000 Population



Source: Ortiz, Abigail. SJPHC Racial Equity Presentation

# Racial Disparities in Food & Health



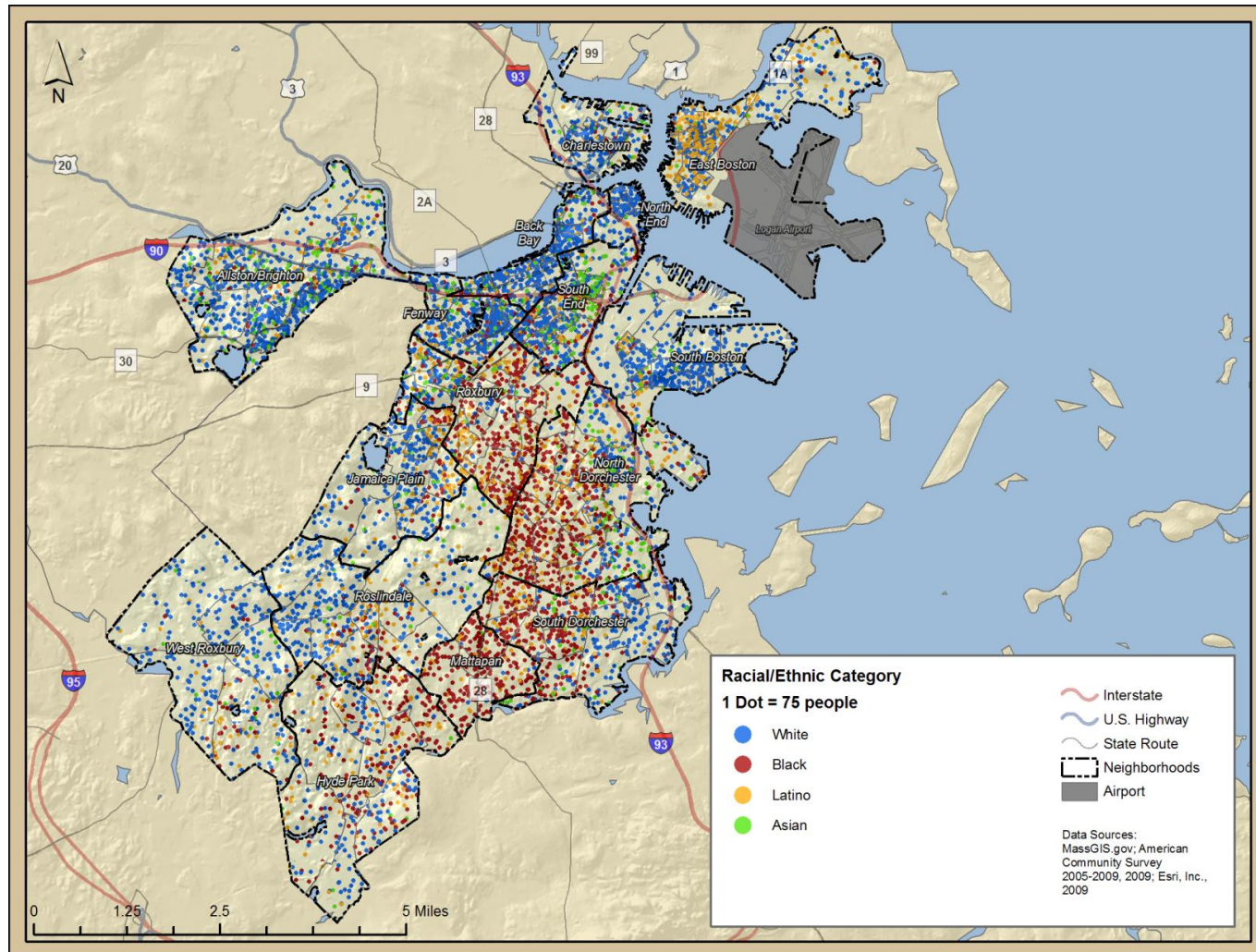
\*This index are determined by the number of times (shown in parentheses in the legend) the neighborhood falls into the highest or 2nd highest quartile for each of the three chronic diseases shown.

DATA SOURCE: Inpatient Hospital Discharge Database, Massachusetts Center for Health Information and Analysis  
 DATA ANALYSIS: Boston Public Health Commission Research and Evaluation Office  
 MAP CREATED BY: Boston Public Health Commission Research and Evaluation Office  
 NOTE: Data are presented as age-adjusted rates.  
 For specific ICD-9 codes, please see Glossary.  
 The neighborhood definitions are based on zip codes.

Source: Ortiz, Abigail. SJPHC Racial Equity Presentation



# Racial Disparities in Food & Health



Source: Ortiz, Abigail. SJPHC Racial Equity Presentation

# Acknowledging Diversity

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# Acknowledging Diversity

- Cambridge has a diverse student population
  - Immigrant families
  - Refugee families
  - International Grad Students
  - International Interns and Fellowships
- Top Three Languages (outside English)
  - Spanish, Haitian Creole, Amharic

# Integrating International Flavors

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## Eggplant Par-me-see-an



# Integrating International Flavors

- **Step 1: Ask the community what they eat!**
  - Focus Groups conducted with Immigrant parents
    - Cambridge Food Fitness & Policy Council partnered with Food & Nutrition Services to facilitate meetings
  - Parents Requested:
    - More hot traditional entrees and stews
      - (fewer sandwiches)
    - Family Recipes to be considered for menu integration



# Integrating International Flavors

- Step 2: Sample and Adapt Recipes

Family recipes submitted were tested & adapted at high school

- Recipes were researched for authenticity
- Adapted to fit nutrition standards
- Reviewed for preparation feasibility
- Financially sustainable



# Integrating International Flavors

- Step 3: Sample, Market, Repeat
  - Notifications sent to Administrators, nurses, librarians, and garden coordinators.
  - Taste Test notification on menus & website
  - Offered during lunch



# Integrating International Flavors

- Step 4: Menu Offering
  - Made onsite by staff
  - Sales numbers analyzed
  - **Ethiopian Doro Wat**
    - Chicken Stew over Rice
    - Spicy dish
    - Loved by staff & students





# Integrating International Flavors

- Step 4: Menu Offering
  - Made onsite by staff
  - Sales numbers analyzed
  - **Haitian Legume**
    - Vegetable Stew with Chicken
    - LOTS of cutting
    - Flavor Favorite



# Integrating International Flavors

- Step 4: Menu Offering
  - Made onsite by staff
  - Sales numbers analyzed
  - **Bangladeshi Chicken Biryani**
    - Spicy Chicken with Rice
    - Some Heat
    - Easy preparation



# Integrating International Flavors

- Step 5: Menu Integration
  - Added to menu cycle
  - Prepared district wide
  - **Chinese Tomato & Tofu**
    - Staff submitted recipe
    - Local Tofu
    - 1<sup>st</sup> fully integrated recipe



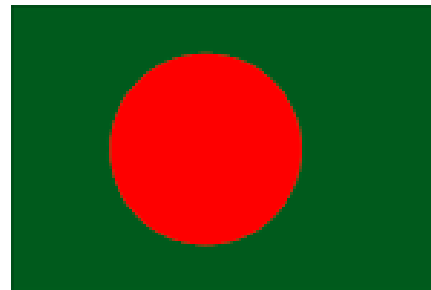
# Recipe Sampling

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# Recipe Sampling

- Family Size Recipes are printed
  - Ethiopian Doro Wat
  - Haitian Legume
  - Bangladeshi Chicken Biryani
  - Chinese Tomato & Tofu



# Questions?

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# Resources

## Racial Equity in the Food System

<http://www.centerforsocialinclusion.org/building-the-case-for-racial-equity-in-the-food-system/>

## Food Research Action Center

<http://frac.org/initiatives/hunger-and-obesity/why-are-low-income-and-food-insecure-people-vulnerable-to-obesity/>

## National Institute of Health- Racial Equity

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2837428/>