Incorporate Traditional Foods
Access to fresh and healthy foods begins with inclusivity. For Native communities, it is important to ensure students’ diets and traditions are incorporated. For example, consider whether there are people in your community who are lactose intolerant and thus cannot break down dairy milk enzymes. What traditional foods could you include? Where can you plan to substitute?

**FRUIT**
- 1 1/2-2 cups
- Traditional Foods: Elderberry, Chokecherry, Currant, Pumpkin, Melons

**GRAINS**
- 5-8 oz
- Traditional Foods: Wild Rice, Mesquite, Amaranth, Variety of Indigenous Corn

**PROTEIN**
- 5-6 1/2 oz
- Traditional Foods: Bison, Fish, Seal, Elk, Deer

**VEGETABLES**
- 2-3 cups
- Traditional Foods: Variety of Indigenous Corn, Beans, Squash, Wild Spinach, Wild Onions

**LIQUIDS**
- 3 cups
- Traditional Foods: Tea, Infused Water, Berry Drink

Listen to the School Community
Taste Testing is a great opportunity for students and staff to partake in trying new foods. Begin with a taste test when substituting traditional ingredients or food items to the menu before integrating traditional foods. Begin with a taste test before substituting or integrating traditional ingredients or food items to the menu.
Working Together to Build Relationships
When planning for community support and inclusivity, make sure to reach out to all stakeholders. Include food service staff, students, teachers, school staff, parents, Native producers (farmers and ranchers), school board members, and the wider community.

Aim for Transformation and Resiliency
The cafeteria is a visionary space that contributes to good and accessible nutritious foods for the school. During this process, the smallest milestones can be transformational and healing. They honor our ancestors and communities and display our resiliency as Indigenous peoples.