

# CULTURALLY RELEVANT FOOD IN SEATTLE & KING COUNTY

*Resources within the emergency food system*



*“We know our diet and what is good for us. If you tell them [food banks] what we eat and they have it, we will access it.”<sup>12</sup>*

## HIGHLIGHTING LOCAL PROGRAMS

**Chicken Soup Brigade** (program by LifeLong)

- Provides 5,200 weekly grocery bags
  - 1 in 7 of these are “tailored to include culturally-relevant ingredients for people from Asian Pacific Islander, East African, and Latinx communities”<sup>17</sup>
- Ramadan support
- Partners with local farms
- Offers prepared meals

**Northwest Harvest**

- Centers a social justice model for anti-hunger work<sup>12</sup>
- Published resources:
  - [Anti-Racist Assessment Tool for Food Banks](#)
  - [Food Pantry Visitor Guide](#) in 14 languages
  - [Community Perspectives: Improving Food Access](#) report on culturally relevant food
- Regional distribution to food banks

## BEST PRACTICES<sup>1, 2, 12, 24, 29, 39</sup>

### 01 CONDUCT ANTI-RACIST TRAINING

Conduct organization-wide anti-racist assessments and hire anti-racism consultants to provide staff and volunteer training.

### 02 INCORPORATE ONGOING COMMUNITY FEEDBACK

Ensuring programming is meeting community needs and supporting community agency.

### 03 MEET PEOPLE WHERE THEY ARE

Bringing food to where people already congregate strengthens community ties.

### 04 PRIORITIZE BIPOC PARTNERS

Prioritize BIPOC-led organizations and businesses when choosing community and sourcing partners.

### 05 PLAN FOR CONSISTENT SOURCING

Consider diversifying between cooperative purchasing models, community gardens, local farms, and BIPOC growers and producers.

### 06 FOOD IS JUST THE BEGINNING

Language translation, representation in staffing, and freshness of food are key for community trust and buy-in.

# CULTURALLY RELEVANT FOOD EXAMPLES\*

\*This list is not exhaustive and will not reflect the needs and wants of every person. Most of the following examples were provided by community members during focus groups for Northwest Harvest's Community Perspectives: Improving Food Access report.<sup>12</sup> Additional examples come from the Culturally Relevant Food Pantry Stock Guide from The Little Free Pantries.<sup>36</sup>

	FRUITS	VEGETABLES	PROTEIN	GRAINS	SPICES & SAUCES
AFRICAN AMERICAN	juice fresh fruit frozen fruit	sweet potato yam turnip greens collard greens mustard greens plantains okra fresh & frozen tropical produce	nuts black eyed peas beans mung beans ham beef chicken & turkey catfish & white fish shrimp sardines canned tuna smoked oysters	grits flour injera teff flour	Johnny's Zaatarain's Old Bay Slap Ya Mama
SOUTHEAST ASIAN	mango pineapple dragon fruit jack fruit sour sob coconut	bitter greens Chinese broccoli bok choy broccoli Chinese cabbage celery squash pea vines Asian eggplant yardlong bean sweet potato green onion	edamame tofu red beans fish seafood salmon pork chicken beef	jasmine rice rice noodles oatmeal rice flour	coconut milk curry paste soy sauce fish sauce
EAST AFRICAN	banana orange juice grapefruit juice apple juice dates	corn onion garlic	beans chickpeas fava beans lentils fish halal meat	bread rice pasta barley teff	curry powder tomato sauce
WEST AFRICAN	dates plantains	garlic onions carrots jalapeños potatoes yams	lentils kidney beans fava beans black eyed peas halal meats (no canned foods)	oats barley wheat flour teff flour basmati rice cassava flour corn flour fufu flour millet	berbere spice coriander cumin turmeric red chili flakes fennel seed tomato paste
INDIGENOUS	berries apples	pumpkin squash peppers	dried beans dried meat (jerky)	grits hominy wild rice	herbs
LATINX	papaya mango avocado	green chiles jalapeños peppers squash tomatoes tomatillos	black beans pinto beans legumes	corn tortillas masa rice	cilantro dried chiles tajin

# POTENTIAL PARTNERSHIPS

## CULTURE-SPECIFIC PROGRAMS

- [Alimentando al Pueblo](#)
- [African Community Housing and Development](#)
  - [Delridge Market](#)
- [Asian Counseling and Referral Service Food Bank](#)
- [Byrd Barr Place Food Bank](#)
- [Congolese Integration Network](#)
- [Seattle Indian Center Food Bank](#)
- [Somali Health Board](#)

## FOOD BANKS & DISTRIBUTORS

- [Black Farmers Collective](#)
  - [Yes Farm](#)
  - [Small Axe Farm](#)
- [Native Works Sovereignty Farm](#)
- [Viva Farms](#)
  - Wholesale produce from incubator farms
  - CSA
- [Spice bridge](#)
- [Wakulima](#)

## FARMERS AND PRODUCERS

- [Chicken Soup Brigade \(program by LifeLong\)](#)
- [Northwest Harvest](#)
- [White Center Food Bank](#)

## COMMUNITY ORGANIZATIONS

- [FareStart](#)
- [Feed The People](#)
- [FEEST](#)
- [Harvest Against Hunger](#)
- [Plant-Based Food Share](#)
- [Solid Ground](#)
- [South Park Senior Center](#)
- [The Little Free Pantries](#)
  - [Culturally relevant foods guide](#)
- [Tilth Alliance](#)
  - [Good Food Bags](#)

## ADDITIONAL RESOURCES

- [Healthy Food Availability & Food Bank Network Report](#)
- [King County PICH Strong Communities](#)
- [King County Local Food Initiative 2020 Annual Report](#)
- [Harvest Against Hunger King County Farmers Share 2020 Annual Report](#)
- [Hunger + Health Nutrition in Food Banking Toolkit](#)
- [Food Shopper Equity \(by Northwest Harvest\)](#)
- [Little Free Pantries Culturally Relevant Foods Pantry Stock Guide](#)
- [Community Perspectives: Improving Food Access \(by Northwest Harvest\)](#)



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