

Cultural Adaptations for Washington SNAP-Ed Curriculum



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Introduction

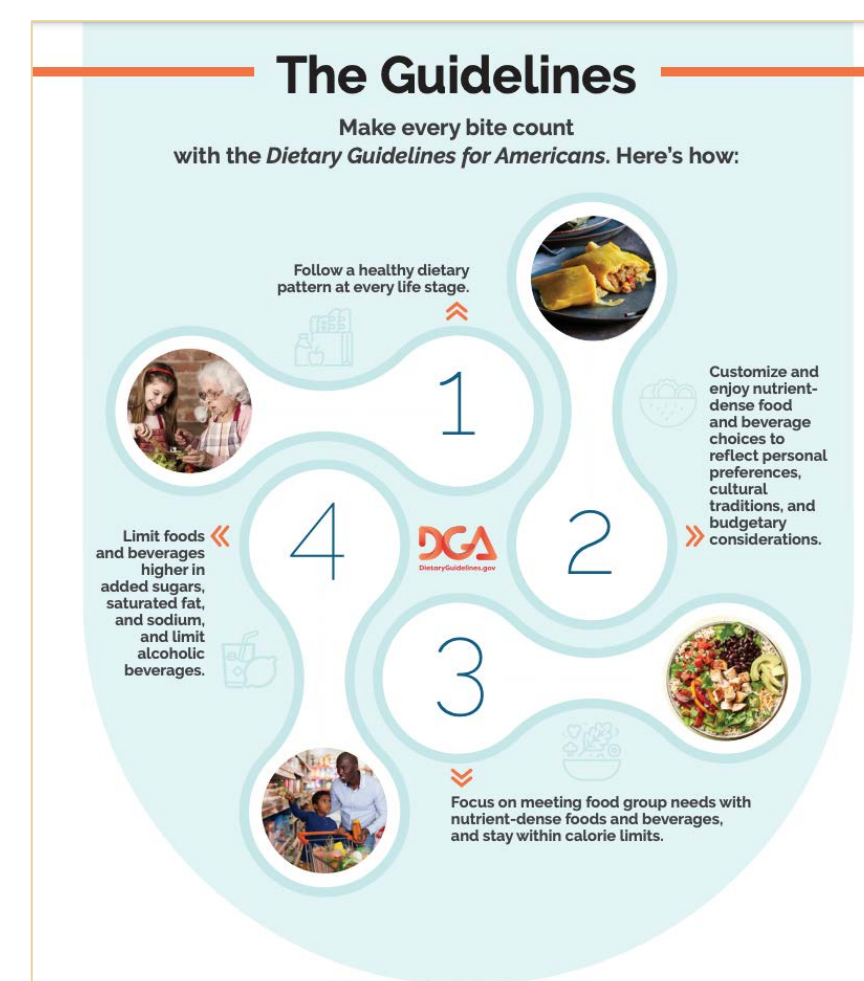
The purpose of the Supplementary Nutrition Assistance Program (SNAP) is to decrease food insecurity among low-income communities.¹ A portion of SNAP funding provides nutrition education for participants based on recommendations established by the Dietary Guidelines for Americans (DGA).²

The updated DGA's recommend customizing food and beverage consumption based on individual cultural traditions.² All SNAP-Ed curriculum is funded through the Food and Nutrition Services (FNS) department of the United States Department of Agriculture (USDA) and must meet criteria set forth by DGA recommendations.²

All approved SNAP-Ed curricula are based on western dietary patterns, utilizing ingredients that may not relate to the needs or consumption patterns of diverse participants in WA. To best support SNAP-Ed participants in WA, resources for educational providers must be developed to promote culturally relevant dietary patterns.

Project Goals

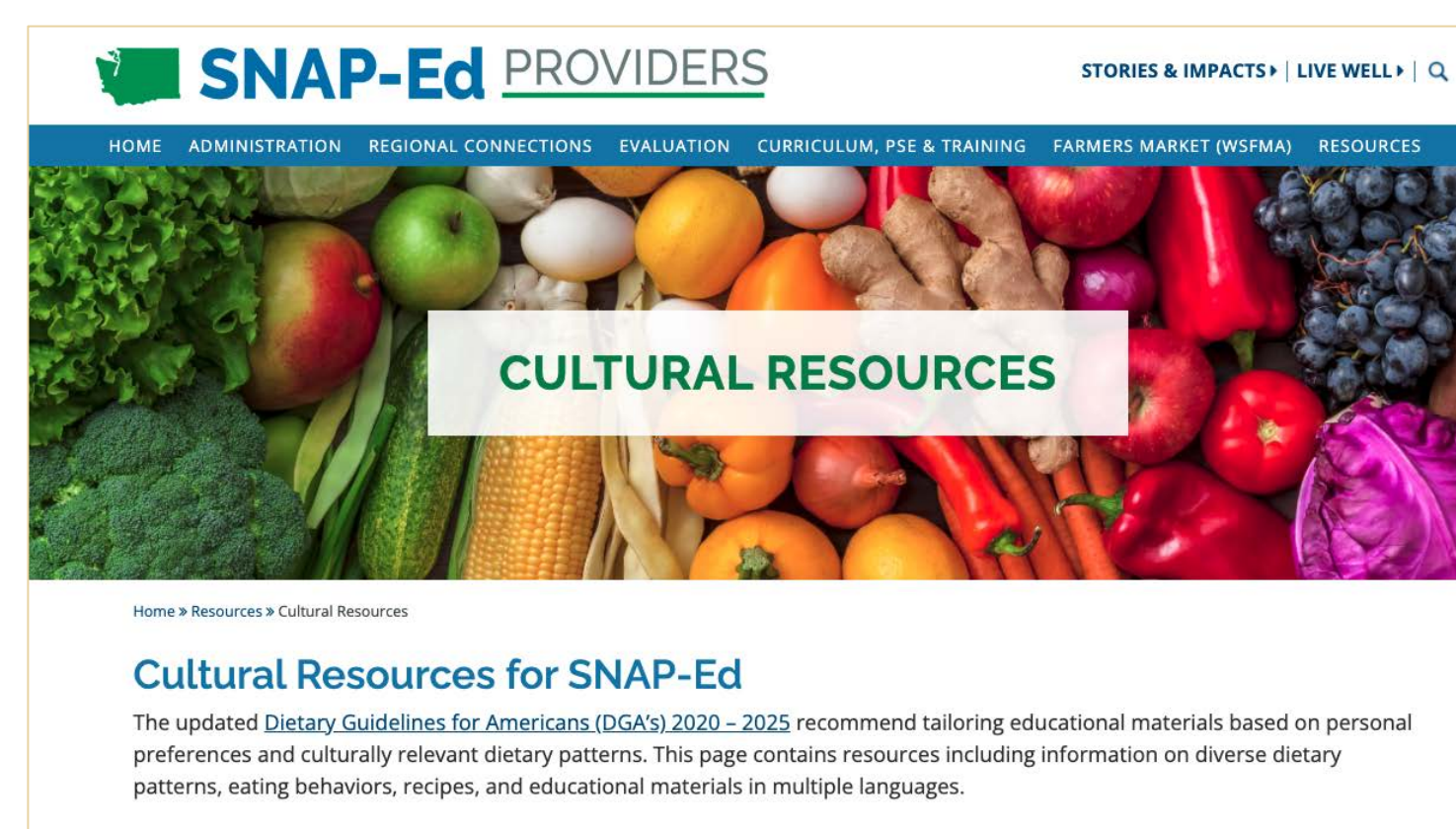
- > Develop information customizing DGA recommendations to meet needs of diverse SNAP-Ed participants in WA.
- > Increase SNAP-Ed provider knowledge of different cultural dietary practices, customs, and ingredients.
- > Develop cultural tools that are easily accessible and meet the needs of SNAP-Ed providers.



Updated recommendations from the 2020 – 2025 DGA's

Methods

- > Correlated DGA's as they relate to WA SNAP-Ed's Federal Fiscal Year (FFY) plan for 2021 – 2023.
- > Identified gaps in information for SNAP-Ed providers based on tools available to them through the provider website.
- > Conducted literature review of current curriculum guidelines and examples.
- > Identified systems approaches for healthy communities utilized by SNAP-Ed providers.
- > Adapted a policy, systems, and environment (PSE) approach to integrating cultural resources into SNAP-Ed materials.



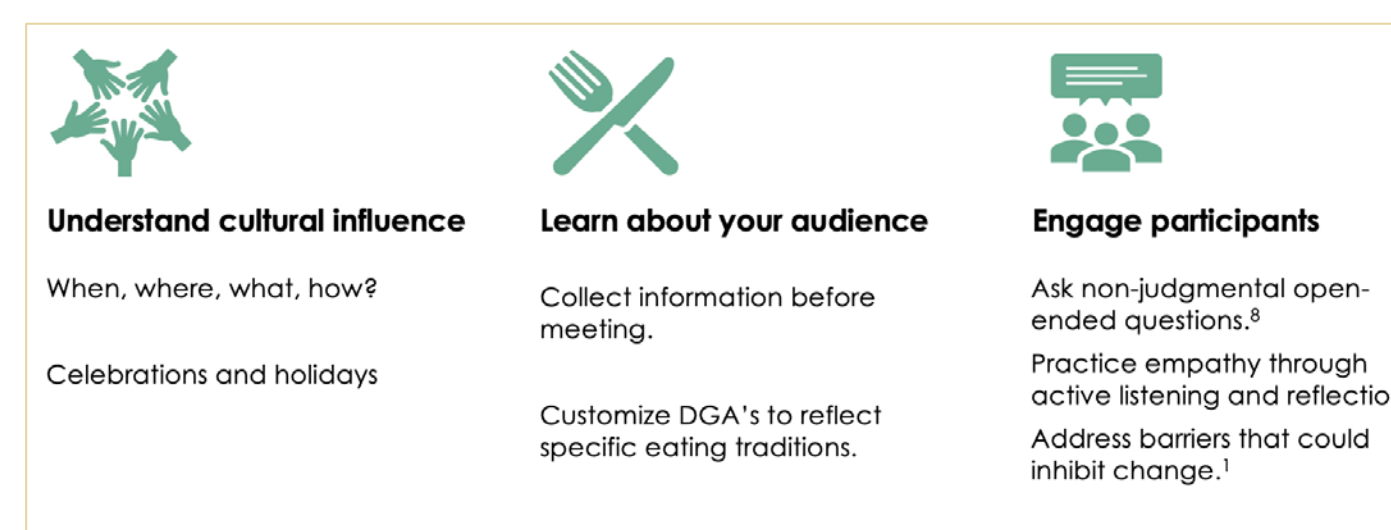
Cultural Resources page developed for WA SNAP-Ed providers

Outcomes

- > Edited and uploaded >60 cultural recipes to SNAP participant facing Live Well site including history and ingredient substitutions.
- > Developed and executed of statewide Friday Forum training session on 2/11/22 for SNAP-Ed providers in WA that included:
 - Health outcomes based on race and/or ethnicity
 - Overview of updated DGA guidelines
 - Recommendations for adapting current DGA's to be culturally relevant
 - Four guest speakers representing different cultural communities WA
- > Created and deployed cultural resources page on SNAP-Ed provider website including information on DGA resources, cultural dietary practices, cultural recipes, and educational materials in >40 languages.
- > Developed 5 cultural toolkits for SNAP-Ed providers each consisting of:
 - Cultural description
 - Eating customs and traditions
 - Cultural ingredients and common substitutions
 - Methods to integrate cultural adaptations into SNAP-Ed curriculum
 - Recipe resources

Identify	Incorporate	Customize	Involve
cultural dietary patterns throughout the lifecycle	cultural traditions into healthy and sustainable dietary patterns	educational content based on cultural preferences and needs	community in adaptation of educational tools

Methods for establishing cultural relevance in educational curriculum



Recommendations for incorporating cultural traditions into SNAP-Ed materials

Future Recommendations

- > Creating curricula specific adaptations to be amendable for diverse cultural dietary patterns
- > Developing a survey template to gather cultural information from WA SNAP-Ed participants
- > Gathering cultural recipes from communities in WA that utilize produce available at local farmer's markets.
- > Surveying providers gathering feedback identifying best cultural practices currently utilized.
- > Translating Live Well website into multiple languages

Acknowledgements

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References

1. Department of Agriculture U, Service N. Characteristics of Supplemental Nutrition Assistance Program Households: Fiscal Year 2019 Supplemental Nutrition Assistance Program Report No. SNAP-20-CHAR Nutrition Assistance Program Report Series Office of Policy Support. 2017. <http://www.fns.usda.gov/ops/research-and-analysis>
2. Phillips JA. Dietary Guidelines for Americans, 2020–2025. *Work Heal Saf.* 2021;69(8):395. doi:10.1177/21650799211026980
3. Pavelle B, et al. Basic Food Client Characteristics: Working-Age Adults Receiving Food Assistance in Washington State. *DHS Research and Data Analysis Division.* 2019(June). <https://www.dhs.wa.gov/rda>

SNAP Participant Facts

- > **37.3 million** people nationally received SNAP benefits in 2019¹
- > **47%** of SNAP recipients nationally identify as a race and/or ethnicity other than non-Hispanic white¹
- > **40%** of WA participants identify as a race and/or ethnicity other than non-Hispanic white³
- > **5%** of WA participants are non-English speakers³