

## Culturally Diverse Food Policy

### Statement of Purpose

The purpose of Tarrant Area Food Bank's Culturally Diverse Food Policy is to increase awareness of cultural nuances and preferences by developing and sustaining a culturally diverse food policy (CDFP) that ensures the food we source and distribute is representative of our local communities. This will help to remove barriers and increase access to cultural food items. The policy aligns with the Dietary Guidelines for Americans, as cultural considerations will help to change attitudes towards healthful eating.

### Culturally Responsive

According to the National Center for Culturally Responsive Educational Systems (NCCREST), "cultural responsiveness is the ability to learn from and relate respectfully with people of your own culture as well as those from other cultures." Tarrant Area Food Bank celebrates the diversity of our service areas.

Tarrant Area Food Bank will source and distribute culturally diverse food for the highest cultural population in its 13-county service area, which is the Hispanic population. The Hispanic population has increased by 21% since 2010 in Texas (1) and is projected to grow by 71% of the Texas population by 2050 (1). Specifically, Tarrant County's individuals identifying as Hispanic and/or Latino/a has increased by 28% since 2010 (2).

Hispanic or Latin refers to a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race. Origin can be viewed as the heritage, nationality group, lineage, or country of birth of the person or the person's parents or ancestors before their arrival in the United States (3).

Mexicans are the largest ethnic group in Texas representing 83% (9.5 million) of the ethnic population. Other ethnic groups such as Salvadorans, Puerto Ricans, Hondurans, and Guatemalans have populations of over 100,000 each (1). Currently, there is no data to reflect ethnic groups per county.

### Cultural Food Guide

Tarrant Area Food Bank will use the Cultural Food Guide, developed through research and community surveying, in reference for food procurement. While the Tarrant Area Food Bank may not provide every product listed, we hope the guide will increase awareness of cultural traditions, practices, and preferences. As our service area grows in diversity, the CDFP will continue to be developed, reviewed, and modified annually.

1. [https://demographics.texas.gov/Resources/Publications/2021/20211004\\_HispanicHeritageMonth.pdf](https://demographics.texas.gov/Resources/Publications/2021/20211004_HispanicHeritageMonth.pdf)
2. <https://www.census.gov/quickfacts/tarrantcountytexas>
3. <https://www.census.gov/acs/www/about/why-we-ask-each-question/ethnicity/#:~:text=OMB%20defines%20%22Hispanic%20or%20Latino,or%20origin%20regardless%20of%20race>

## Cultural Food Guide

### Shelf-Stable and Produce Food List (4,5)

The Hispanic and Latin community represented by majority in our service area is by the Mexican, Central American, and Caribbean cultural regions. (1,2,3)

	<b>Shelf-Stable</b>	<b>Produce</b> , fresh (preferred) and canned
<b>Mexican Region</b>	<ul style="list-style-type: none"> <li>• Tortillas (corn, flour, wheat)</li> <li>• Rice (white, yellow)</li> <li>• Beans (pinto, black, red, kidney, fava)</li> <li>• Hominy</li> <li>• Lentils (brown, yellow, green, black)</li> <li>• Flour (all-purpose, masa), corn starch</li> <li>• Pepitas and dried fruit (raisins, prunes)</li> <li>• Bouillon cubes</li> <li>• Vinegar (white, apple cider, cane)</li> <li>• Cooking oil (canola, vegetable)</li> <li>• Condensed milk</li> <li>• Mexican cinnamon, vanilla</li> <li>• Cumin, chili powder</li> <li>• Tomato sauce</li> <li>• Pasta</li> <li>• Oats (old-fashioned)</li> </ul>	<ul style="list-style-type: none"> <li>• Onions (white &amp; yellow)</li> <li>• Tomatoes (red &amp; tomatillos)</li> <li>• Avocados</li> <li>• Nopales</li> <li>• Potatoes (white &amp; sweet)</li> <li>• Peppers (poblanos, jalapeños, serranos)</li> <li>• Corn</li> <li>• Jicama</li> <li>• Cabbage</li> <li>• Cucumber</li> <li>• Calabaza (squash)</li> <li>• Lettuce</li> <li>• Cilantro</li> <li>• Garlic</li> <li>• Fruits (citrus, apples, bananas, pineapples, mangos, papayas, plantains)</li> </ul>
<b>Central American Region</b>	<ul style="list-style-type: none"> <li>• Tortillas (corn, flour, wheat)</li> <li>• Rice (white, yellow)</li> <li>• Beans (black, red, pinto)</li> <li>• Flour (all-purpose, masa, wheat)</li> <li>• Seeds (sesame, pumpkin)</li> <li>• Bouillon cubes (chicken)</li> <li>• Cooking oil (canola, corn, vegetable)</li> <li>• Vinegar (white, cider)</li> <li>• Cocoa</li> </ul>	<ul style="list-style-type: none"> <li>• Onions (white, yellow, red)</li> <li>• Tomatoes &amp; tomatillos</li> <li>• Potatoes (white &amp; yellow)</li> <li>• Cabbage (green &amp; red)</li> <li>• Bell peppers</li> <li>• Lettuce</li> <li>• Celery</li> <li>• Radishes</li> <li>• Cucumbers</li> <li>• Avocados</li> <li>• Chayote</li> <li>• Squash</li> <li>• Corn</li> <li>• Yuca/cassava</li> <li>• Banana/plantain leaves</li> </ul>

		<ul style="list-style-type: none"> <li>• Fruit (citrus, plantains, mangos, papaya, coconut, melons, apples, pineapples)</li> </ul>
<b>Caribbean Region</b>	<ul style="list-style-type: none"> <li>• Rice (long-grain)</li> <li>• Beans (black, red, kidney, pinto)</li> <li>• Peas (pigeon &amp; black-eyed)</li> <li>• Cornmeal &amp; oatmeal</li> <li>• Flour (all-purpose &amp; wheat)</li> <li>• Oil (vegetable, olive, coconut)</li> <li>• Nuts (almonds, peanuts, cashews)</li> <li>• Seeds (pumpkin &amp; sesame)</li> <li>• Dried fruit (raisins, cherries, prunes, cranberries)</li> <li>• Garlic</li> <li>• Bouillon cubes</li> <li>• Vinegar (apple cider, white, wine)</li> <li>• Milk (cow, coconut, condensed, evaporated)</li> <li>• Cheese (cheddar, gouda, queso blanco)</li> <li>• Sugar (cane, brown, white)</li> <li>• Sazón, cumin</li> </ul>	<ul style="list-style-type: none"> <li>• Onions (white &amp; yellow)</li> <li>• Tomatoes</li> <li>• Bell peppers</li> <li>• Potatoes (white &amp; yellow)</li> <li>• Squash &amp; yams</li> <li>• Carrots</li> <li>• Cabbage (green &amp; red)</li> <li>• Lettuce</li> <li>• Okra</li> <li>• String beans</li> <li>• Corn</li> <li>• Broccoli</li> <li>• Cucumber</li> <li>• Yucca/cassava</li> <li>• Green peas</li> <li>• Fruits (plantains, citrus, bananas, watermelon, papaya, pineapple, mango, apples, coconut)</li> </ul>

### Disclaimer

Food and culinary traditions, practices, and preferences are linked to our cultural identity and cannot be expressed in fullness in a policy or guide. The traditions, practices, and preferences can vary widely within cultures depending on social factors. This guide is not to stereotype cultures but to provide awareness, sensitivity, and inclusiveness of our communities. Not all traditions, practices, and preferences are necessarily adopted by everyone who identifies within that cultural group.

Tarrant Area Food Bank will use this guide in reference for food procurement. As our service area grows in diversity, the Cultural Food Guide will continue to be developed, reviewed, and modified annually.

1. [https://demographics.texas.gov/Resources/Publications/2021/20211004\\_HispanicHeritageMonth.pdf](https://demographics.texas.gov/Resources/Publications/2021/20211004_HispanicHeritageMonth.pdf)
2. <https://www.census.gov/quickfacts/tarrantcountytexas>
3. <https://www.census.gov/acs/www/about/why-we-ask-each-question/ethnicity/#:~:text=OMB%20defines%20%22Hispanic%20or%20Latino,or%20origin%20regardless%20of%20race>
4. [Cultural Competency for the Nutrition Professional](#)
5. [Tarrant Area Food Bank's Client Culture Survey](#)