



Cultural Awareness Initiative

Statement of Purpose

The purpose of Tarrant Area Food Bank's Cultural Awareness Initiative is to increase awareness of cultural preferences through a culturally responsive food policy. The policy aims to increase access to cultural food items and ensure the food that we source and distribute represents preferences of our local communities. The policy aligns with the Dietary Guidelines for Americans, as cultural considerations will help to change attitudes towards healthful eating. It is our aim that through greater cultural awareness, we can empower our community to alleviate hunger and improve health.

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 all community members that we serve. Tarrant Area Food Bank aims to source and distribute culturally responsive food for the cultures represented in our 13-county service area.

Cultural Food Guide

Tarrant Area Food Bank has created the Cultural Food Guide, developed through research and community surveying, as a reference for food procurement. The guide also serves as a reference to increase awareness of cultural traditions, practices, and preferences. As our service area grows in diversity, the food guide will continue to be developed, reviewed, and modified annually.

Cultural Food Guide

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 to food procurement. As our service area grows in diversity, the Cultural Food Guide will continue to be developed, reviewed, and modified annually. (1,2)

Shelf-Stable and Produce Food List (1,2)

Hispanic and Latino

The latest population projections show the projected growth rate for the Hispanic population from 2020 to 2050 to be 71% (3). Specifically, Tarrant County's individuals identifying as Hispanic and/or Latino/a population estimates from July 1, 2022, is 2,154,595 and the population per square mile in 2020 is 2439.2 (4). Population change data from 2010 – 2020 in Tarrant County's individuals identifying as Hispanic had a 50.1% population increase from natural increase, 19.7% increase from international migration, and a 30.1% increase from domestic migration, which ranks number 6 in US rank for numeric growth in Texas (5). 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 (6). 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 (3). Currently, there is no data to reflect ethnic groups per county. The Hispanic and Latin community represented by majority in our service area is by the Mexican, Central American, and Caribbean cultural regions. (3,4,6)

	Shelf-Stable	Produce, fresh (preferred) and canned
Mexican Region	<ul style="list-style-type: none"> • Tortillas (corn, flour, wheat) • Rice (white, yellow) • Beans (pinto, black, red, kidney, fava) • Hominy • Lentils (brown, yellow, green, black) 	<ul style="list-style-type: none"> • Onions (white & yellow) • Tomatoes (red & tomatillos) • Avocados • Nopales • Potatoes (white & sweet) • Peppers (poblanos, jalapeños, serranos) • Corn

	<ul style="list-style-type: none"> • Flour (all-purpose, masa), corn starch • Pepitas and dried fruit (raisins, prunes) • Bouillon cubes • Vinegar (white, apple cider, cane) • Cooking oil (canola, vegetable) • Condensed milk • Mexican cinnamon, vanilla • Cumin, chili powder • Tomato sauce • Pasta • Oats (old-fashioned) 	<ul style="list-style-type: none"> • Jicama • Cabbage • Cucumber • Calabaza (squash) • Lettuce • Cilantro • Garlic • Fruits (citrus, apples, bananas, pineapples, mangos, papayas, plantains)
Central American Region	<ul style="list-style-type: none"> • Tortillas (corn, flour, wheat) • Rice (white, yellow) • Beans (black, red, pinto) • Flour (all-purpose, masa, wheat) • Seeds (sesame, pumpkin) • Bouillon cubes (chicken) • Cooking oil (canola, corn, vegetable) • Vinegar (white, cider) • Cocoa 	<ul style="list-style-type: none"> • Onions (white, yellow, red) • Tomatoes & tomatillos • Potatoes (white & yellow) • Cabbage (green & red) • Bell peppers • Lettuce • Celery • Radishes • Cucumbers • Avocados • Chayote • Squash • Corn • Yuca/cassava • Banana/plantain leaves • Fruit (citrus, plantains, mangos, papaya, coconut, melons, apples, pineapples)
Caribbean Region	<ul style="list-style-type: none"> • Rice (long-grain) • Beans (black, red, kidney, pinto) • Peas (pigeon & black-eyed) 	<ul style="list-style-type: none"> • Onions (white & yellow) • Tomatoes • Bell peppers • Potatoes (white & yellow)

1. [Cultural Competency for the Nutrition Professional](#)
2. [Tarrant Area Food Bank's Client Culture Survey](#)
3. https://demographics.texas.gov/Resources/Publications/2021/20211004_HispanicHeritageMonth.pdf
4. <https://www.census.gov/quickfacts/tarrantcountytexas>
5. https://demographics.texas.gov/Resources/Presentations/OSD/2021/2021_09_21_AllianceTexas.pdf
6. <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>

	<ul style="list-style-type: none"> • Cornmeal & oatmeal • Flour (all-purpose & wheat) • Oil (vegetable, olive, coconut) • Nuts (almonds, peanuts, cashews) • Seeds (pumpkin & sesame) • Dried fruit (raisins, cherries, prunes, cranberries) • Garlic • Bouillon cubes • Vinegar (apple cider, white, wine) • Milk (cow, coconut, condensed, evaporated) • Cheese (cheddar, gouda, queso blanco) • Sugar (cane, brown, white) • Sazón, cumin 	<ul style="list-style-type: none"> • Squash & yams • Carrots • Cabbage (green & red) • Lettuce • Okra • String beans • Corn • Broccoli • Cucumber • Yucca/cassava • Green peas • Fruits (plantains, citrus, bananas, watermelon, papaya, pineapple, mango, apples, coconut)
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3. https://demographics.texas.gov/Resources/Publications/2021/20211004_HispanicHeritageMonth.pdf
4. <https://www.census.gov/quickfacts/tarrantcountytexas>
5. https://demographics.texas.gov/Resources/Presentations/OSD/2021/2021_09_21_AllianceTexas.pdf
6. <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>