

Culturally and Ethnically Diverse Meals

Policy:

In order to broaden each child's food experience, UMCHS, Inc. works to provide children with a greater variety of food than they may have in their home. Using foods representative of different cultures and ethnicities allows children to learn about others and teaches them to respect food preferences that may be different from their own. Cultural and ethnic dishes should not be used in a vacuum, but incorporated into the day's activities to strengthen and support classroom objectives.

1. The Nutrition Services Director will ensure that culturally and ethnically varied foods are regularly included on the menus.
2. Foods that reflect the background of the children in the program are a good place to begin the choice of cultural foods.
3. The culture that is represented by a particular dish will be utilized during meal time conversation and classroom discussion activities.
4. Dishes that are common to many cultures, such as spaghetti and tacos, are not counted as cultural foods.
5. Food dishes of different nations and that are particular to certain regions or cultures within the United States, such as the "south", the "west" or any of the Native American tribes may be used, again with the correlating study in the curriculum.