

Crediting Traditional Indigenous Foods

Do you serve or want to serve traditional Indigenous foods at your CACFP site? The USDA Food and Nutrition Service has added more traditional Indigenous foods to the Food Buying Guide. Check out this guidance on how these traditional foods credit as a CACFP meal pattern component and in what quantities.



Beaked Hazelnuts

Beaked hazelnuts grow on small wild shrubs across the US and Canada. They are harvested in the fall and are high in protein and fat. Beaked hazelnuts are considered to have a slightly sweeter and milder flavor than European hazelnuts.

FOOD BUYING GUIDE CREDITING

Serving Size	Meat Alternate
1 oz	1 oz eq.



Bison (Similar to Buffalo)

Bison are native to North America and Europe, and have a meat that is protein-rich and leaner than beef or chicken. Bison is a very tender meat when cooked and has a slight sweetness to it. Bison and buffalo are grouped together in the Food Buying Guide.

FOOD BUYING GUIDE CREDITING

Serving Size	Meat
1 oz cooked lean meat (fresh or frozen)	1 oz eq.



Blue Cornmeal (Mush)

Blue cornmeal is found in the Southwestern and Southeastern parts of the US and Mexico. It is dried and ground, and used to make mush and piki bread in some tribal nations. It has a rich, sweeter flavor when compared to yellow and white cornmeal.

FOOD BUYING GUIDE CREDITING

Serving Size	Grain
¼ cup cooked	1 oz eq.



Chokecherries (Wild Cherries, Bitter-Berries)

Chokecherries are native to North America and are harvested from small trees and shrubs. Be sure to remove the pits, leaves and stems, as they are toxic to humans. These berries have a mildly sweet, cherry taste when allowed to ripen on the vine.

FOOD BUYING GUIDE CREDITING

Serving Size	Fruit
¼ cup pitted fruit	¼ cup



Indian Squash (Similar to Hopi, Hubbard Squash)

Indian squash is an ancient winter squash that dates back hundreds of years. Like most winter squashes, they need to be cooked before consuming. Indian squash has a delicate, mild flavor.

FOOD BUYING GUIDE CREDITING

Serving Size	Vegetable
¼ cup cooked	¼ cup



Lambsquarters (White Goosefoot Leaves)

Lambsquarters is a common edible garden weed that has blueish-green leaves. You'll want to choose younger or new leaves, as they will be more tender to consume. Lambsquarters is considered to taste similar to spinach.

FOOD BUYING GUIDE CREDITING

Serving Size	Vegetable
¼ cup raw	¼ cup
¼ cup cooked	¼ cup

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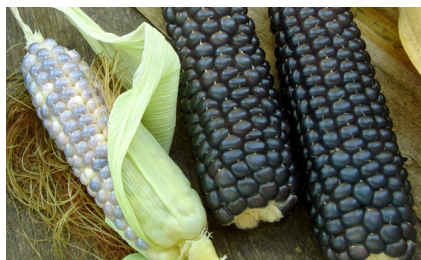
Native White Corn

(Not Ground)

Native white corn is a sweet corn that can be eaten right off the cob or cooked into your favorite dish. When ripe, they are sweet, tender and have a delicate flavor that can be prepared fresh or cooked, such as roasting, steaming, boiling or grilling.

FOOD BUYING GUIDE CREDITING

Serving Size	Vegetable
¼ cup cooked (½ medium cob)	¼ cup



Native Whole Blue Corn Kernel

(Not Ground)

Native whole blue corn kernel is similar to fresh, sweet native white and yellow corn. It can be eaten off the cob or cooked as part of a meal or snack. Like yellow sweet corn, when blue corn is cooked, it will showcase its natural sweet flavors.

FOOD BUYING GUIDE CREDITING

Serving Size	Vegetable
¼ cup cooked (medium cob)	¼ cup



Native Whole Blue Corn Kernel

(Ground into Flour)

Native whole blue corn kernel can also be ground into a flour after drying and sometimes roasting the kernels. This flour is described as having a sweet, earthy, nutty flavor.

FOOD BUYING GUIDE CREDITING

Serving Size	Grain
¼ cup cooked	½ oz eq.



Prairie Turnips

(Timpisila, Thĩpsĩnla)

Prairie turnips are spindle-shaped tubers that grow mainly in North America. They can be eaten raw, boiled or roasted. Traditionally, they are dried and later rehydrated when they are ready to be used. It has a mild flavor, and is sweet when young.

FOOD BUYING GUIDE CREDITING

Serving Size	Vegetable
¼ cup cooked	¼ cup



Red Salmon

(Sockeye)

Red salmon is a fish found in the Northern Pacific Ocean and adjoining rivers. They are a rich source of omega-3 fatty acids. This fish is firmer in texture and has a more intense “salmony” flavor when compared to pink salmon.

FOOD BUYING GUIDE CREDITING

Serving Size	Meat
1 oz cooked fish (fresh or frozen)	1 oz eq.
1 oz pouch pack or canned, drained	1 oz eq.



Salmonberries

(Thimbleberries, Alaskan Berries)

Salmonberries are similar to raspberries or blackberries. They are typically found in California, Alaska and Canada. If you compare their taste to raspberries, salmonberries have a more subtle flavor, and they are tart like rhubarb.

FOOD BUYING GUIDE CREDITING

Serving Size	Fruit
¼ cup raw, whole fruit	¼ cup

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Tepary Beans
(Similar to Navy Beans or Peas)

The tepary bean is a native, annual legume found in Arizona, New Mexico, Texas and Mexico. They have a creamy texture and vary in flavor depending on the color. For example, brown beans are earthy while white beans are sweeter.

FOOD BUYING GUIDE CREDITING

Serving Size	Vegetable
¼ cup cooked	¼ cup
Serving Size	Meat Alternate
¼ cup cooked	1 oz eq.



Whole Cuts Sheep
(Similar to Buffalo)

Depending on the age of the sheep, whole cuts can be labeled differently. Lamb meat are younger than 1 year and mutton are older sheep. This meat has a gamey flavor, with lamb holding a milder flavor profile.

FOOD BUYING GUIDE CREDITING

Serving Size	Meat
1 oz cooked lean meat (fresh or frozen)	1 oz eq.



Whole Cuts Venison
(Elk or Deer)

Venison is a lean meat from native deer or elk. It can be used in place of other red meats in recipes, as it has a flavor similar to beef, but richer and earthier.

FOOD BUYING GUIDE CREDITING

Serving Size	Meat
1 oz cooked lean meat (fresh or frozen)	1 oz eq.



Wild Plums

Wild plums are grown on trees in North America and come in red, yellow and orange varieties. Depending on the plum, they can taste sour and sweet, sometimes bitter. If the plums are tart, it is best to cook them.

FOOD BUYING GUIDE CREDITING

Serving Size	Fruit
¼ cup quartered fruit	¼ cup



Wild Raspberries

Cultivated wild raspberries can be picked from bushes found throughout Eastern North America. Once harvested, the fruit does not continue to ripen, so pick ones with darker, vibrant colors. These have a tart, juicy and sweet taste.

FOOD BUYING GUIDE CREDITING

Serving Size	Fruit
¼ cup raw, whole fruit	¼ cup



Wild Rice
(Sprouted, Puffed, Flour)

Wild rice is an aquatic grass that grows in the waterways of North America. It can be prepared like white or brown rice. Wild rice has a nutty, earthy flavor.

FOOD BUYING GUIDE CREDITING

Serving Size	Grain
¼ cup cooked	½ oz eq.