

# 4-Star Food Pantry Model: Creating Healthier Food Pantries Together in Northwest Ohio



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# Introduction to the 4 Star Food Pantry Model

## What is the 4 Star Food Pantry Model?

The 4 Star Food Pantry Model is a guide for food pantries to evaluate, discuss, and decide ways that would make sense for them to increase healthier offerings to their patrons. Because emergency food banks/pantries play such an important role in determining the health and wellness of the underserved community, a 4 Star Food Pantry model was developed as a guide to help improve the services that are offered to the community by food banks/pantries.

## What does the 4 Star Food Pantry Model include?

The 4 Star Food Pantry Model includes the following:

- A **checklist** to be used as a self-assessment guide when determining what level of offerings a food pantry currently provides for its patrons and where changes could be made to help better serve the community.
- A **glossary** to help further explain each level listed in the checklist.
- A **resource** section to provide guidance when deliberately trying to reach certain levels listed in the checklist. All of these resources can be found on the Food Council website.

## Why should an emergency food pantry be concerned with health and wellness of the community?

Lucas County has one of the highest rates of food insecurity statewide with nearly one in five Lucas County residents facing hunger. Research suggests that hunger can compound the prevalence of chronic disease. In addition, hunger can negatively affect the health of children 10 to 15 years later. By helping to reduce hunger, while at the same time helping to increase access to healthier options, we can help improve the health and wellness of the community to an even greater degree.

## Who developed this guide?

This guide was developed by emergency food pantries, healthy community programs, community nutrition educational organizations, healthcare organizations, and others in the community who are trying to improve health outcomes in underserved areas of Northwest Ohio.

### For more information on this model, contact

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Website: <http://www.foodcouncil419.org/>

## Acknowledgment

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*Amy Abodeely and Tony Maziarz - Toledo-Lucas County Health Department - Creating Healthy Communities Grant*  
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## 4-Star Food Pantry Model: Creating Healthier Food Pantries Together in Northwest Ohio

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Consistent hours of operation	
Sustainable	
Staffing	
Food safety / storage	
Pest Control	
Offer at least 1 option in each of the five food groups: grain, fruit, vegetable, dairy, protein	
**	
Physically accessible	
Ability to collaborate/share/refer resources	
Patron intake	
Equipment for perishable storage	
Staff/volunteer education	
Food drive donation education	
Offer a non-processed option for highly-processed food	
***	
Variety of hours	
Access to fresh local foods, in season	
Client able to choose own foods	
Share healthier recipes	
Promote reading food labels	
Offer client education	
Offer at least 2 options in each of the five food groups: grain, fruit, vegetable, dairy, protein	
Offer some whole grains choices	
Offer low-fat or 1% milk products (not limited to but including milk, yogurt, cheese or fortified soy beverages)	
Offer non-salt seasonings	
Food inventory management	
Educate about foods for chronic medical conditions	
****	
Partner with medical services	
Healthy food demos	
Videos on nutrition	
Relationship with local farmers/growers	
Donor education for companies donating to pantries	
Gardening classes	
Grow garden on site	
Cultural food options where applicable	

**NOTE: Once your pantry has completed all categories in a star level your pantry is considered that level.**

# 4-Star Food Pantries: Creating Healthier Food Pantries Together in Northwest Ohio

## GLOSSARY

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### **Consistent hours of operation**

Set hours and days of operation that can be shared with clients and partners

### **Sustainable**

Ability to pull from a variety of resources to provide food for those in need

### **Staffing**

Job descriptions/expectations for paid staff and/or volunteers

### **Food safety / storage**

Follow USDA guidelines for food storage and/or food preparation

### **Pest control**

Having the ability to deal with rodents

### **Offer at least 1 option in each of the five food groups: grain, fruit, vegetable, dairy, protein**

Use MyPlate for information regarding the five food groups

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### **Physically accessible**

Able to make accommodations for persons with physical disabilities

### **Ability to collaborate/share/refer resources**

Be prepared to share resources with clients to help with needs in addition to emergency food

### **Patron intake**

Ability to track clients

### **Equipment for perishable storage**

If supplying perishable food, have adequate food-safe storage

### **Staff/volunteer education**

Staff/ volunteer orientation and trainings to share a consistent message with the site's mission of a healthier food pantry – may include but not limited to handouts or classes

### **Food drive donor education**

Supplying organizations donating foods a list of healthy items you are in need of.-may include but not limited to handouts

### **Offer a non-processed option for highly-processed food**

Some examples: for items like “meal helpers” also offer plain noodles, for items like high-sodium flavored rice or pasta also offer plain rice and pasta, for items like cereals high in sugar also offer options without sugar

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### **Variety of hours**

Set hours and days of operation that can be shared with clients and partners, offer staggered days or hours to meet the needs of the community

### **Access to fresh local foods, in season**

Utilize fresh produce that might be from community gardens, private gardens, gleaned from farms, donated by farmers or accessed through Food Banks.

### **Client able to choose own foods**

Use MyPlate to design a client choice food pantry model

### **Share healthier recipes**

Share healthier recipes based on pantry inventory. Healthier recipes should have simple, easy to follow steps with a limited list of ingredients

### **Promote reading food labels**

May include but not limited to posters, handouts or classes to train staff/volunteers/clients about food labels

### **Offer client education**

Offer education on a variety of food topics such as stretching the food dollar, healthy meals, and healthy snacks for kids. May include but not limited to posters, handouts or classes

### **Offer at least 2 options in each of the five food groups: grain, fruit, vegetable, dairy, protein**

Use MyPlate for information regarding the five food groups.

### **Offer some whole grain choices**

For example, offer whole grain choices like 100% whole grain bread, brown rice, 100% whole grain cereal, 100% whole grain pasta

### **Offer low-fat or 1% milk products**

Not limited to but including milk, yogurt, cheese or fortified soy beverages

### **Offer non-salt seasonings**

Not limited to but include, onions, garlic, dried/fresh herbs and/or powders, not salts

### **Food inventory management**

Organized system to track and manage inventory.

### **Educate about foods for chronic medical conditions**

Offer education about food and chronic medical conditions such as low-sodium for hypertension, gluten-free for celiac disease and low-sugar foods for diabetes. May include but not limited to posters, handouts or classes

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### **Partner with medical services**

Partner with a medical provider to provide medical screenings/services for chronic conditions that relate to diet such as high blood pressure, hypertension, and diabetes

### **Healthy food demos**

Offer samples and food demonstrations of healthier recipes promoted at the pantry

### **Videos on nutrition**

Use wait-time to view media on healthy eating

### **Relationship with local farmer/grower**

Have a direct working relationship with a farmer/grower to plan and meet for your pantry

### **Donor education for companies donating to pantries**

Work with donor to donate healthier foods to pantries. This includes having discussions with the people responsible for donating the food to the pantries

### **Gardening classes**

Offer classes to clients to grow their own produce

### **Grow garden on site**

Pantry has garden on-site to be used for demonstration purposes, place for clients to garden and a source of fresh produce

### **Cultural food options where applicable**

If relevant, offer foods specific to clients that meet their cultural preferences



# 4-Star Food Pantries: Creating Healthier Food Pantries Together in Northwest Ohio

## RESOURCES

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### **Consistent Hours of operation**

#### **Sustainable**

*How to run a food pantry*

[http://foodbankrockies.org/wp-content/uploads/Food\\_Pantry\\_Guide\\_1stEd.pdf](http://foodbankrockies.org/wp-content/uploads/Food_Pantry_Guide_1stEd.pdf)

<http://www.msfoodnet.org/agencyrelations/docs/Organize%20and%20Operate%20a%20Food%20Pantry.pdf>

[http://www.nyccah.org/files/NYCCAH\\_bestpracticesguide\\_2010.pdf](http://www.nyccah.org/files/NYCCAH_bestpracticesguide_2010.pdf)

#### **Staffing**

*Food Pantry job description*

<http://www.docstoc.com/docs/43910342/Food-Pantry-job-descriptions-combined-1>

*Food Pantry Volunteer*

<http://www.denum.org/FoodandClothingBankJobDescription.php>

<http://aicccares.org/involved/descriptions/food%20pantry%20volunteer.htm>

*Food Pantry Worker*

<http://www.urbanmin.org/food-pantry-worker-2/>

#### **Food safety / storage**

*Perishable foods*

<http://codes.ohio.gov/oac/901%3A3-57>

<http://lancaster.unl.edu/food/ftjan05.htm>

*USDA Regulations for Food Pantries*

[http://www.ehow.com/list\\_7328498\\_usdaregulations-food-pantries.html](http://www.ehow.com/list_7328498_usdaregulations-food-pantries.html)

*Food safety for food pantry donations*

<http://extension.umaine.edu/publications/4302e/>

*Pantry Food Storage*

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5401.pdf>

*Are you storing food safely?*

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm093704.htm>

<http://www.fda.gov/AboutFDA/Transparency/Basics/ucm210073.htm>

*Equipment/Tips for perishable storage-*

<http://www.hsb.com/TheLocomotive/ReducingSpoilageRisksInPerishableGoodsStorage.aspx>

<http://tpu.bluemountains.net/unit-display.php?recordID=19672&s=TDT02>

## **Pest Control**

[http://www.beyondpesticides.org/infoservices/pesticidesandyou/Summer%2003/pantry\\_moths.pdf](http://www.beyondpesticides.org/infoservices/pesticidesandyou/Summer%2003/pantry_moths.pdf)

[http://www.anfonline.org/Members/Articles/2012\\_03\\_pestmanagement.pdf](http://www.anfonline.org/Members/Articles/2012_03_pestmanagement.pdf)

## **Offer at least 1 option in each of the five food groups: grain, fruit, vegetable, dairy, protein**

*Fruit*

<http://www.choosemyplate.gov/food-groups/fruits.html>

[http://www.choosemyplate.gov/food-groups/fruits\\_amount\\_table.html](http://www.choosemyplate.gov/food-groups/fruits_amount_table.html)

*Vegetable*

<http://www.choosemyplate.gov/food-groups/vegetables.html>

<http://www.choosemyplate.gov/food-groups/vegetables-amount.html#>

*Grain*

<http://www.choosemyplate.gov/food-groups/grains.html>

<http://www.choosemyplate.gov/food-groups/grains-amount.html#>

*Protein*

<http://www.choosemyplate.gov/food-groups/protein-foods.html>

<http://www.choosemyplate.gov/food-groups/protein-foods-amount.html#>

*Dairy*

<http://www.choosemyplate.gov/food-groups/dairy.html>

<http://www.choosemyplate.gov/food-groups/dairy-amount.html>

<http://www.choosemyplate.gov/food-groups/dairy-counts.html>

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## **Physically accessible**

<http://www.un.org/esa/socdev/enable/designm/index.html>

<http://www.abilitycenter.org/>

## **Ability to collaborate/sharing resources**

<http://www.unitedwaytoledo.org/211>

<http://www.nal.usda.gov/fnic/pubs/nutritionassistance.pdf>

## **Patron intake**

[http://www.smum.org/images/USDAForm\\_Sample.jpg](http://www.smum.org/images/USDAForm_Sample.jpg)

[http://www.ehow.com/how\\_7716689\\_develop-food-pantry-intake-form.html](http://www.ehow.com/how_7716689_develop-food-pantry-intake-form.html)

## **Equipment for perishable storage**

### **Staff/volunteer education**

<http://lucas.osu.edu/>

Local contact: Ohio State University Extension, Lucas County, 419-213-2022, powers-barker.1@osu.edu

### **Food drive donor Education**

[http://www.lafoodbank.org/source/Editorfile/Food%20and%20Fund%20Drives/bestfoods\\_fooddrive.pdf](http://www.lafoodbank.org/source/Editorfile/Food%20and%20Fund%20Drives/bestfoods_fooddrive.pdf)

<http://www.nesl.edu/line/BestFoodsToDonateToYourFoodDrive.pdf>

<http://www.midohiofoodbank.org/pdfs/FoodDrive/MOF-Grocery-list-2013.pdf>

<http://www.threecranes.org/mofb-donation-list.pdf>

### **Offer a non-processed option for highly-processed food**

<http://www.livestrong.com/article/26023-list-unprocessed-foods/>

<http://www.getting-started-with-healthy-eating.com/list-of-processed-foods.html>

<http://home.comcast.net/~twinbearer/eatinghealthier2002/processed.html>

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### **Variety of hours**

### **Access to fresh local foods, in season**

<http://www.justfood.org/fresh-food-all/resources/access-fresh-produce-efps>

<http://www.cfbnj.org/assets/library/2013/01/Fresh-Produce-Guidelines-for-Pantries.pdf>

[http://produceforpantries.com/food\\_safety\\_guidelines](http://produceforpantries.com/food_safety_guidelines)

<http://ourohio.org/food/whats-in-season>

### **Client able to choose own foods**

<http://ohiofoodbanks.org/docs/publications/ChoicePantryGuide.pdf>

[http://godspantry.org/sites/default/files/pdf/Client\\_Choice\\_Handbook.pdf](http://godspantry.org/sites/default/files/pdf/Client_Choice_Handbook.pdf)

[http://www.akroncantonfoodbank.org/Data/Sites/52/assets/agency/Available%20Agency%20For%20General%20Membership/choice-pantry-handbook\\_may2012.pdf](http://www.akroncantonfoodbank.org/Data/Sites/52/assets/agency/Available%20Agency%20For%20General%20Membership/choice-pantry-handbook_may2012.pdf)

### **Share Healthier Recipes**

<http://recipefinder.nal.usda.gov/>

### **Promote reading food labels**

<http://www.fda.gov/downloads/Food/ResourcesForYou/Consumers/UCM275396.pdf>

<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Reading-Food-Nutrition-Labels\\_UCM\\_300132\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Reading-Food-Nutrition-Labels_UCM_300132_Article.jsp)

<http://www.healthcare.uiowa.edu/fns/nutritional/foodlabel.htm>

<http://www.webmd.com/food-recipes/features/how-to-read-food-labels>

### **Offer client education**

*Healthy Eating on a Budget*

<http://www.choosemyplate.gov/downloads/PlanPurchasePrepare.pdf>

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet16EatingBetterOnABudget.pdf>

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet9SmartShopping.pdf>

<http://www.nal.usda.gov/snap/EatRightWhenMoneysTight.pdf>

*Fruit*

<http://www.choosemyplate.gov/food-groups/fruits-why.html>

<http://www.choosemyplate.gov/food-groups/fruits-tips.html>

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet3FocusOnFruits.pdf>

*Vegetables*

<http://www.choosemyplate.gov/food-groups/vegetables-why.html>

<http://www.choosemyplate.gov/food-groups/vegetables-tips.html>

<http://www.choosemyplate.gov/food-groups/vegetables-beans-peas.html>

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet2AddMoreVegetables.pdf>

### *Grains*

<http://www.choosemyplate.gov/food-groups/grains-why.html>

<http://www.choosemyplate.gov/food-groups/grains-tips.html>

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet4MakeHalfYourGrainsWhole.pdf>

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet22ChoosingWholeGrainFoods.pdf>

### *Protein*

<http://www.choosemyplate.gov/food-groups/protein-foods-why.html>

<http://www.choosemyplate.gov/food-groups/protein-foods-tips.html>

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet6ProteinFoods.pdf>

### *Vegetarian*

<http://www.choosemyplate.gov/food-groups/vegetarian.html>

<http://www.choosemyplate.gov/healthy-eating-tips/tips-for-vegetarian.html>

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet8HealthyEatingForVegetarians.pdf>

### *Dairy*

<http://www.choosemyplate.gov/food-groups/dairy-why.html>

<http://www.choosemyplate.gov/food-groups/dairy-tips.html>

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet5GotYourDairyToday.pdf>

### *Oils*

<http://www.choosemyplate.gov/food-groups/oils.html>

<http://www.choosemyplate.gov/food-groups/oils-how.html>

<http://www.choosemyplate.gov/food-groups/oils-why.html>

### *MyPlate*

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf>

### *Healthy Meals*

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet10LivenUpYourMeals.pdf>

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet18EnjoyYourFood.pdf>

### *Kids*

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf>

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet12BeAHealthyRoleModel.pdf>

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet13CutBackOnSweetTreats.pdf>

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet21SchoolDayJustGotHealthier.pdf>

### *Sodium*

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet14SaltAndSodium.pdf>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic4054.pdf>

### *Seafood*

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet15EatSeafood.pdf>

### *Beverages*

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf>

### *Celebrations*

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet20MakeCelebrations.pdf>

### *Food Safety*

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet23BeFoodSafe.pdf>

### *Parent tips*

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet24MyPlateSnackTipsforParents.pdf>

*Active Lifestyle*

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet25HealthyEatingActiveLifestyle.pdf>

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet29BeAnActiveFamily.pdf>

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet30BeActiveAdults.pdf>

**Offer at least 2 options in each of the five food groups: grain, fruit, vegetable, dairy, protein**

*Fruit*

<http://www.choosemyplate.gov/food-groups/fruits.html>

[http://www.choosemyplate.gov/food-groups/fruits\\_amount\\_table.html](http://www.choosemyplate.gov/food-groups/fruits_amount_table.html)

*Vegetable*

<http://www.choosemyplate.gov/food-groups/vegetables.html>

<http://www.choosemyplate.gov/food-groups/vegetables-amount.html#>

*Grain*

<http://www.choosemyplate.gov/food-groups/grains.html>

<http://www.choosemyplate.gov/food-groups/grains-amount.html#>

*Protein*

<http://www.choosemyplate.gov/food-groups/protein-foods.html>

<http://www.choosemyplate.gov/food-groups/protein-foods-amount.html#>

*Dairy*

<http://www.choosemyplate.gov/food-groups/dairy.html>

<http://www.choosemyplate.gov/food-groups/dairy-amount.html>

<http://www.choosemyplate.gov/food-groups/dairy-counts.html>

**Offer some whole grain choices**

<http://www.choosemyplate.gov/food-groups/grains.html>

<http://www.choosemyplate.gov/food-groups/grains-amount.html#>

**Offer low-fat or 1% milk products**

<http://www.choosemyplate.gov/food-groups/dairy.html>

<http://www.choosemyplate.gov/food-groups/dairy-amount.html>

<http://www.choosemyplate.gov/food-groups/dairy-counts.html>

<http://www.nationaldairycouncil.org/Pages/Home.aspx>

### **Offer non-salt seasonings**

<http://lancaster.unl.edu/food/spiceherbshandout-color.pdf>

### **Food inventory management**

<http://www.nfsmi.org/documentlibraryfiles/PDF/20121114100354.pdf>

<http://www.kellyschalow.com/foodbank/Food%20Bank%20Final%20Report.pdf>

<https://www.foodpantrymanager.org/>

### **Educate about foods for chronic medical conditions**

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### **Partner with Medical services**

ProMedica Cancer Institute

877-291-1441

Facebook: ProMedica Cancer Institute

<http://www.promedica.org/cancer>

### **Healthy Food demos**

<http://snap.nal.usda.gov/recipes/food-demonstration-tips>

### **Videos on nutrition**

*Videos on nutrition*

<http://nutritionfacts.org/videos/>

<http://www.uwhealth.org/nutrition-diet/nutrition-and-health-education-informational-videos/13731>

### **Relationship with local farmers/grower**

<http://toledofarmersmarket.com/>

<http://www.foodcouncil419.org/>

[http://www.toledogarden.org/?page\\_id=11](http://www.toledogarden.org/?page_id=11)

### **Donor education for companies donating to pantries**



## **Gardening classes**

Gardening information: Lucas County Horticulture Hotline, Ohio State University Extension, Monday, Wednesday and Friday, 10:00am – 1:00pm, 419-578-6783 or [richter.71@osu.edu](mailto:richter.71@osu.edu)

## **Grow garden on site**

<http://ohioproud.org/docs/produceavailability.pdf>

## **Cultural food options**

*Hispanic*

<http://www.diabetes.org/espanol/>

<http://www.hispanicfoodcommunications.com/hispanicnutrition.html>

*Pacific Island Cultures*

<http://www.ctahr.hawaii.edu/NEW/CulturalCuisine/CulturalCuisine.htm>

*Religion*

<http://extension.usu.edu/diversity/files/uploads/Heads%20Up%20Vol%205%20Issue%201%20January%202010.pdf>

*Hispanic recipes*

[http://www.eatingwell.com/recipes\\_menus/collections/healthy\\_hispanic\\_recipes](http://www.eatingwell.com/recipes_menus/collections/healthy_hispanic_recipes)