

## Cultural Nutrition Program - Research Plan

1. Review & draw conclusions from student survey results
2. Research & identify cultures to be part of the Cultural Calendar (We also need to integrate a schedule for when the surveys will go out)
  - a. Based on a 26-week school year, we are aiming for 2x monthly cultural events on the calendar, for a total of 13 cultures to celebrate.
  - b. Question for Marlon: would you like us to choose cultures that are relevant to the BPCS students specifically, or also include others? As we have only a few slots, let's focus on survey and BPCS demographics indicators.
  - c. Ideas for cultures to include in the calendar:
    - i. Haitian, Nigerian, Jamaican, Ethiopian, Kenyan, South African, Cape Verdean, Dominican Republic, Colombian, Venezuelan, Costa Rican, Mexican, Indian, Chinese, Thai, Moroccan, Samoan, Vietnamese (18) Review against item b
    - ii. Compare with local restaurants in Boston
  - d. Finalize cultures with Marlon on Monday 6/21
3. Research relevant cultural holidays/events/days for cultures selected in (1)
4. Research cultural meals for each culture/event (identified in 1 & 2)
  - a. Meals can be part of the following traditional diets:
    - i. Mediterian Diet
    - ii. African Heritage Diet
    - iii. Latin American Heritage Diet
    - iv. Asian Diet Diet
    - v. Vegetarian/Vegan Diet
  - b. <https://oldwayspt.org/traditional-diets>
5. Outreach to dieticians on the project (EXCELLENT/ focus on measurable data points)
  - a. Discuss & define guidelines that school follows (outside of FDA guidelines)
  - b. Determine what should be part of the meal, including snacks, sides, drinks, etc.
  - c. What nutrients are recommended by dieticians for students to have in each meal?
6. Outreach to the school (including Taryn & others from the BPCS administration) (EXCELLENT/ focus on measurable data points)
  - a. How many options are required for each meal? (gluten-free, vegan, vegetarian, etc)
  - b. Discuss the Cultural Calendar with the school to determine the frequency of events (NU team recommends 2x per month), discuss the format (in class activities vs. just during the lunch break, NU team recommends there is some class activities around the cultural days)
  - c. Discuss the logistics for the taste test with school administration.