

SNAP-ED PROGRAM
A SHARED
EXPERIENCE WITH A
NEW CURRICULUM...



Oregon State University
Extension Service
Lincoln County

A Taste of Latin American Heritage

- Bilingual (English/Spanish) cooking and nutrition curriculum
- 6 weeks for approximately 2 hours each class
- Celebrates plant-based food traditions across Latin America
- Lessons:
 - Lesson 1 - Herbs and Spices
 - Lesson 2 - Tubers
 - Lesson 3 - Whole Grains
 - Lesson 4 - Fruits, Vegetables, and Healthy Lifestyle
 - Lesson 5 - Heritage and Health: Pulses
 - Lesson 6 - Nut, Seeds and Oils



Cannellini Bean and
Pumpkin Seed Salad



Cucumber and
Serrano Chile Salad



Chimichurri



Favorite Recipes:



Chimichurri



Cucumber and
Serrano Chile Salad



Sikil Pak (Mayan Pumpkin
Seed Dip)



Jicama Sticks with Chile and Lime



Cannellini Bean and Pumpkin Seed Salad



Avocado, Pineapple, and
Watercress Salad

Pictures taken from OLDWAYS

Logros/Achievements

- A new schedule: Mondays, 12-2pm
- Twelve families participated
- Retention of 60%
- Participants were very interested in the history of ancestral recipes
- Traditional recipes were exchanged
- Access to familiar vegetables
- Every class was a culture celebration
- Partnership with Food Share of Lincoln County, Samaritan Health Service and Newport Farmer's Market



Some of the participants' comments...

- ***“Es mucho mejor como lo hacían nuestros antepasados”***
- (It is much better how our ancestors did it)
- ***“Es la mejor manera de comer y es una de las mejores herencias que nos han dejado nuestros antepasados”***
- (It is the best way to eat and it is one of the best legacies that our ancestors have left us)
- **“Pienso más en que voy hacer de comer para incluir lo que aprendí y como me ayuda a contagiar e incluir a mis hijos en el proceso a intentar cosas un nuevas”**
- (I think more about what I'm going to prepare to eat to include what I've learned and how it helps me spread and include my children in the process of trying new things)

CELEBRATION!



OREGON STATE UNIVERSITY

THANKS TO:

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- Latin Heritage Group
- Joyce and Maureen
- SNAP-Ed Team
- Community Collaborators:
 - Samaritan Health Service
 - Food Share of Lincoln County
 - Newport Farmer's Market
 - Other community collaborators



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