

CULTURAL AND FOOD PREFERENCE LISTS | November 2023

Collaboration between Delta Food Coalition and Delta Poverty Reduction Table

ABOUT THE LIST

In 2022, Delta Food Coalition's (DFC) lead agency, Earthwise Society, received funding to engage with individuals with lived experience of food insecurity in order to identify strategies for improving food access and equity in Delta. Thirty-nine (39) individuals participated in several focus groups running from November 2022-March 2023.

One of the recommendations from the engagement findings was to develop a list of culturally preferred foods for Delta Food Coalition members to use as a tool to help support the needs of the clients they serve. Increasing access to cultural preferable foods in supportive food spaces was also identified as a priority in Delta's Poverty Reduction Action Plan and the Delta Community Voices Table which comprised of residents with lived experiences of poverty. Community partners from the Delta Poverty Reduction Action Table's, Food Action Team, worked together to create this document as a starting point to help support vulnerable residents in achieving food security.

It is important to note that food preferences and culinary traditions can be complex and unique to each individual and community. Factors such as age, religion, region, and length of time living in Delta can all impact a person's food preferences. And so, these food lists are not meant to be seen as a replacement for engaging directly with our communities to understand their individual preferences. Instead, our hope is that they can serve as a helpful guide to inform future food procurement for new and existing programs and services. The Delta Community Voices Table supported this work by engaging 46 individuals who were accessing supportive food services in a survey to better understand what culturally relevant foods they may want to see more of. These cultural and food preference sheets include information on:

- Halal food items
- Kosher food items
- Local Indigenous food items
- South Asian food items
- Indian food items
- Chinese food items
- Filipino food items
- South American food items
- Lacto-vegetarian food items
- Lacto-ovo vegetarian food items
- Pescatarian food items
- Vegan food items
- Gluten-free food items

Click here for more information on [Delta Poverty Reduction Action Plan and Strategy](#)

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HALAL FOOD

The term Halal refers to food products that are prepared following Islamic dietary laws and regulations that determine what is permissible, lawful, and clean. Halal is not just all about dietary restrictions. It's also about the treatment of animals, specifically with how they are slaughtered. Halal food must be prepared with minimal suffering to the animal and the pronouncement of God's name during the slaughter, as the animal is being sacrificed.

Food Packaging Symbol:



Non-perishable Items to PURCHASE:

Alternative protein sources

- Nuts
- Seeds
- Legumes
- Whole grains
- Quinoa
- Fish
- Soy products and fortified soy beverages.

Non-perishable Items to AVOID:

- Animal Shortening, Broth
- Gelatin, Ham, Bacon, Lard,
- L-cysteine (found in dough and flour)
- Lipase (found in cheese and yogurt)
- Mono and diglycerides (found in bread, baked products, processed food and some margarines),
- Pepsin/Rennet (found in cheese and bread),
- Whey (found in cheese and crackers)

Resources:

www.eat-halal.com

www.isnacanada.com.

www.muslimfoodbank.com/surrey-bc/

[Halal - Food Services at University of Toronto \(utoronto.ca\)](http://Halal - Food Services at University of Toronto (utoronto.ca))

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KOSHER FOOD

Definition:

Kosher dietary standards conform to *kashrut*, or Jewish dietary law. A food may be deemed as not kosher for having ingredients that are derived from non-kosher animals or having been prepared in a non-kosher manner. It is important to remember that “kosher” is not a style of cooking but a way of preparing and consuming food that pertains to Jewish laws and rituals.

The term kosher originates from the Torah and when translated, literally means “acceptable”. It is a standard for the preparation of food and beverage products according to specific guidelines to make the foods acceptable for consumption by practitioners of the Jewish faith.

Food Packaging Symbol:



Kosher Meat:

- Goat
- Beef
- Fish with fins and scales (ex. Salmon, haddock, halibut, etc.)

Non-Kosher Meat:

- Pork
- Shellfish
- Pepsin/Rennet (found in cheese and bread)

Kosher Preparing of Food

- Do not mix meat and dairy together.
- Wash all meat, fish, or eggs so they are free of blood.
- All fruits and vegetables are kosher but must be washed and free of bugs and bug by-products
- Kitchens and kitchen tools all must be sanitized before preparing any dish.

Resources:

[Kosher Food Standards \(utoronto.ca\)](https://utoronto.ca)

[COR Kosher Symbol Card - COR](#)

[Overview of Jewish Dietary Laws & Regulations \(jewishvirtuallibrary.org\)](https://jewishvirtuallibrary.org)

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LOCAL INDIGENOUS FOOD ITEMS

Definition:

Foods eaten both traditionally and currently by Indigenous groups in our area.

Food Packaging Symbol:

- Locally sourced seafood. Salmon and crab being top of the list with other foods from the ocean also considered important.
- Deer and Moose meat are important sources of red meat.
- Berries. Blueberries, salmonberries, and blackberries are primary for culturally preferred choices.
- Locally produced fresh vegetables and fruits

Non-perishable Items to PURCHASE:

- Preserved Salmon; canned, smoked, candied.
- Crab; canned.
- preserved seafood; canned, dried, smoked.
- Preserved deer and moose meat.
- Dried berries.

References:

- Indigenous Health Authority traditional foods fact sheets
www.fnha.ca/Documents/Traditional_Food_Fact_Sheets.pdf
- Conversations with Tsawwassen First Nations members

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ASIAN FOOD ITEMS

Delta continues to grow in its' diversity. According to 2021 Census data, there has been nearly a 10% increase in visible minority populations since 2016 with the greatest populations representing Indian, Chinese, and Filipino residents.

Definition: Chinese, Indian, and Filipino cultures each have their own unique and diverse cultures. While there are distinct differences in cuisines, there are also some common ingredients.

Non-perishable items to PURCHASE:

- Rice - jasmine or basmati
- Vegetable oil
- Canned tomatoes and canned coconut milk
- Noodles - made of rice, wheat flour or bean thread.
- Garlic powder, Ginger powder, Bay leaves

[Profile table, Census Profile, 2021 Census of Population - Delta, City \(CY\) \[Census subdivision\], British Columbia \(statcan.gc.ca\)](#)

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INDIAN FOOD ITEMS

Definition: Indian culture is diverse and so is the culinary heritage of this country. Every region has its unique culinary traditions with a vast variety of cuisines despite using the same spices, herbs, veggies, or meat. Summing up authentic Indian cuisine is difficult, however, here are some examples of commonly used foods.

Non-perishable items to PURCHASE:

- Vegetable oil
- Canned legumes (Chickpeas, Kidney Beans)
- Dry lentils and legumes (Masoor dal- red lentils), Toor dal (yellow Pigeon Peas), Mung beans (green or yellow lentils)
- "Atta" flour (also known as Chapati flour) and Rice (Basmati or Jasmine)
- Spices (garam masala, chili powder, turmeric, ground cumin)

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CHINESE FOOD ITEMS

Defination: There are many different cuisines in China. Each province has its own special style of cooking. Chinese cuisine has profoundly influenced many other cuisines in Asia and beyond, with modifications made to cater to local palates.

Non-perishable items to PURCHASE:

- Rice: Jasmine or Basmati
- Fish Sauce, Soy Sauce, Vinegar, Oyster sauce, Black Bean sauce; canned mini corn and bamboo shoots
- Noodles - made of rice, wheat flour or bean thread.
- Garlic powder, Ginger powder
- Vegetable oil, sesame oil

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FILIPINO FOOD ITEMS

Definition: Filipino cuisine has developed from the different cultures that shaped its history; it is like other Southeast Asian cuisines but with heavy Spanish influence.

Non-perishable items to PURCHASE:

- Rice: Jasmine or Basmati
- Fish Sauce, Soy Sauce, and Vinegar
- Noodles - made of rice, wheat flour or bean thread.
- Canned coconut milk, sardines, corned beef
- Bay leaves, ginger powder, garlic powder, onion powder, peppercorns
- Vegetable oil

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SOUTH AMERICAN FOOD ITEMS

Definition: South American cuisine is diverse across regions and is known for its bold, vibrant flavors and the use of chilies and spices.

Non-perishable items to PURCHASE:

- Beans
- Corn
- Quinoa
- Amaranth
- Canned tomatoes

References:

- [South American Diet, Definition, Origins, Description, Benefits \(jrank.org\)](#)
- [Diversifying MyPlate: Latin American Cuisine – Food Insight](#)

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LACTO-VEGETARAIN

Definition: A person that does not eat meat or eggs but consumes dairy.

Non-perishable items to PURCHASE:

- *Alternative Protein sources*
- Nuts
- seeds
- legumes
- whole grains
- quinoa
- soy products and fortified soy beverages

Non- perishable items to AVOID:

- Anything with meat, fish, or eggs.

Resources:

- Vegetarian [Considerations for vegetarian diets - Canada's Food Guide](#)
- *References: HealthLink BC, Alberta Health Services, Canada Food Guide*

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LACTO-OVO VEGETARIAN

Definition: A person that does not eat meat but consumes dairy and eggs.

Non-perishable items to PURCHASE:

- *Alternative protein sources*
- Nuts,
- Seeds
- Legumes,
- Whole grains
- Quinoa,
- Soy products
- Fortified soy beverages

Non-perishable items to AVOID:

- Anything with meat or fish.

Resources:

Vegetarian [Considerations for vegetarian diets - Canada's Food Guide](#)

References: HealthLink BC, Alberta Health Services, Canada Food Guide

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PESCATARIAN

Definition: A person that does not eat meat but consumes fish, dairy and eggs.

Non-perishable items to PURCHASE:

- *Alternative protein sources*
- tuna
- nuts
- seeds
- legumes
- whole grains
- quinoa
- soy products and
- fortified soy beverages
- dairy
- eggs

Non-perishable items to AVOID:

- Anything with meat

Resources:

Vegetarian [Considerations for vegetarian diets - Canada's Food Guide](#)

References: HealthLink BC, Alberta Health Services, Canada Food Guide

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Vegan

Definition: A person that does not eat fish or any by-product from an animal (ex.) meat, dairy, eggs.

Non-perishable items to PURCHASE:

- *Alternative protein sources*
- nuts
- seeds
- legumes
- whole grains
- quinoa
- soy products
- fortified soy beverages

Non-perishable items to AVOID:

- Anything with meat
- fish
- dairy
- eggs
- honey
- gelatin
- cheeses containing rennet

Resources:

Vegetarian [Considerations for vegetarian diets - Canada's Food Guide](#)

References: HealthLink BC, Alberta Health Services, Canada Food Guide

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GLUTEN FREE

Definition: A person that only those foods that have been specially processed or formulated to be gluten-free. diet in order to protect their health. *PLEASE NOTE* Some individuals who require gluten free foods may have a medical condition called Celiac disease. Their health can be compromised if they consume gluten products.

Food Packaging Symbol:



Non-perishable items to PURCHASE:

- Gluten Free Pasta
- Peanut Butter or Almond Butter
- Gluten Free Snacks
- Canned or boxed soup or soup mix
- Canned meat, chicken, or fish

Non-perishable items to AVOID:

- Gluten containing grains such as wheat, barley, rye, couscous, faro
- Most breads, crackers and wraps
- Certain condiments such as ketchup, soy sauce, BBQ sauce, gravy mixes
- Most baked goods
- Wheat based pasta
- Some snack foods such as pretzels, granola bars, energy bars, chips
- Certain Beverages such as drink mixes, premade commercial chocolate milk, premade coffee drinks
- Processed foods such as breakfast cereals, puddings, instant dessert mixes

Resources:

- [Food Labelling - Celiac Canada](#)
- <https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-allergies-intolerances/celiac-disease/health-canada-position-gluten-free-claims.html>
- https://www.healthline.com/nutrition/gluten-food-list#_noHeaderPrefixedContent

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DELTA POVERTY REDUCTION FOOD ACTION TEAM MEMBERS



STARFISH PACK



United Way
British Columbia

Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island

