

A woman with blonde hair tied back, wearing a red hoodie, is smiling and holding a young boy. The boy is wearing an orange and white striped long-sleeved shirt and blue jeans with a tear. They are standing in front of a grey climbing wall with colorful handholds. To the left, there is a purple metal structure, possibly part of a playground slide or railing. The background shows a brick building and some greenery.

Summer Nutrition Summit

January 12-13, 2026



From Purchase to Plate: Creative Menu Solutions from the Island to the Mainland

Summer Nutrition Summit 2026



Disclaimer

Our speakers represent their own experience with non-congregate summer meal programs in their states and localities. Certain program models and implementation methods may be restricted in some states. Check with your local state agency before implementing any new meal service models or implementation methods.

Our Session Leads



Anastasia Tsekeris (she/her)
State Campaigns Manager

Tiffany Blackwell
Senior Manager



Our Speakers



Shenae M. Rowe, RDN
Director



Mickela Mitchell, MS,
RDN
Director



Ali Thornton, MS
Programs Manager



Avary Kanoelani
Maunakea
Executive Director

SUN MEALS TO-GO

MENU SOLUTIONS



Shenae Rowe, Director
Warrick County School Corporation



WARRICK COUNTY SCHOOL CORPORATION, INDIANA

✓ SPONSOR BACKGROUND

10,000+ enrollment, 16 sites, 3 Rural Non-Congregate Sites, 36% F/R

✓ OPERATING MODEL

Curbside meal distribution (1 distribution/week) includes 5 breakfasts & 5 lunches

✓ # MEALS SERVED

20,000+ weekly, 160,000 total NC meals, 50+ staff working 3 days/week

✓ CHALLENGES

Freezer, cooler and milk storage. Not able to provide meals for all those in need.

✓ SUCCESSES

Early planning and organization led to a hugely successful program!



HELPFUL MENU PLANNING TIPS

- Consider storage space at both the preparation site and at home for the families
- Provide a good mixture of premade and speed-scratch items.
- Spread work out to additional locations if necessary.
- Distribute workload equally each week



FREEZER "THANK YOU" BAG	Quantity	Serving Size/Unit	2- Compartment Container		1-Compartment Container Together	IW	Distributor
			Small	Large			
French Toast Sticks IW	1	Bag				X	USF
Mini Pancakes	1	Each				X	USF
Muffin	1	Each				X	USF
Deep Dish Pizza, Cheese	1	Each				X	USF
Uncrustable, 2.6 oz	1	Each				X	USF
Cheesy Eggs w/ Toast							
Cheesy Eggs	3	oz					USF
Toast (Wheat Bread)	1	Slice			X		USF
Chicken on the Beach w/ Corn							
Chicken on The Beach	8	oz		X			USF
Corn	1/2	Cup	X				USF

REFRIGERATOR "THANK YOU" BAG	Quantity	Serving Size/Unit	3 each		1-Compartment Container Together	IW	Distributor
			Small	Large			
Milk Selection	1	Gal				X	Prairie Farms
String Cheese	1	Each				X	USF
Walking Tacos	1	Each					
Beef Taco Meat	2.5	oz	X				USF
Cheese (On Top of Meat)	1	oz	X				USF
Fritos	1	Each		X			
Chicken Smackers & Mashed Pot.							
Chicken Smackers	10	Each		X			USF
Mashed Potatoes	1/2	Cup	X				USF
Watermelon Raddish	1	1 oz bag				X	DNO
Broccoli Florets	1	1 oz bag				X	FFAVORS
Mango	1	1 oz bag				X	DNO

SHELF STABLE "THANK YOU" BAG	Quantity	Serving Size/Unit	2- Compartment Container		1-Compartment Container Together	IW	Distributor
			Small	Large			
Maple Brown Sugar Oatmeal	1	Each				X	USF
Juice: -4oz Apple	3	4 oz Each				X	USF
Jelly	1	Each				X	USF
Applesauce Cups	2	Each				X	USF
Grape Tomatoes	1	Pint				X	USF

HELPFUL MENU TIPS

- Showcase your popular school meals!
- Add some speed scratch items
- Survey participants after program to best plan for next summer
- Serve items you are PROUD of!



Sun Meals To-Go July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9 *Meal Kit Distribution	10	11
French Toast Sticks Pette Banana Milk (8 oz) ----- Chicken Smackers Mashed Potatoes Craisins Milk (8 oz)	Cheesy Eggs w/ Toast Juice (4 oz) Milk (8 oz) ----- Uncrustable Cheese Stick Cantaloupe/Grapes Baby Carrots Milk (8 oz)	Blueberry Muffin Pette Banana Milk (8 oz) ----- Spaghetti Broccoli Applesauce Cup Milk (8 oz) ----- Orange	Cinnamon Toast Crunch Soft Breakfast Bar Apple Milk (8oz) ----- Pulled Pork Mac n' Cheese Strawberries (½ cup) Milk (8oz)	Banana Bread Strawberries (1/2 cup) Milk (8oz) ----- Mini CornDogs Tater Tots Applesauce Cup Milk (8oz)
14	15	16 *Meal Kit Distribution	17	18
Mini Pancakes Orange Milk (8oz) ----- Chicken Smackers Mashed Potatoes Strawberries (½ cup) Milk (8oz)	Breakfast Burrito Applesauce Cup Milk (8oz) ----- Italian Cheesy Pull-Apart Strawberries (½ cup) Apple Milk (8oz)	Pull-Apart Bagel Apple Milk (8oz) ----- Chicken Alfredo California Mix Strawberries (½ cup) Milk (8oz)	Maple Brown Sugar Oatmeal Juice (4oz) Milk (8 oz) ----- Deep Dish Pizza, Cheese Broccoli Florettes Grape Tomatoes (¼ Cup) Milk (8 oz)	Mini Pancakes Juice (4 oz) Milk (8 oz) ----- Walking Taco w/ Fritos Grape Tomatoes (¼ Cup) Watermelon Radish Milk (8 oz)
21	22	23 *Meal Kit Distribution	24	25
French Toast Sticks Applesauce Cup Milk (8 oz) ----- Chicken Smackers Mashed Potatoes Grape Tomatoes (¼ Cup) Milk (8 oz)	Cheesy Eggs w/ Toast Juice (4 oz) Milk (8 oz) ----- Uncrustable String Cheese Grape Tomatoes (¼ Cup) Mango Slices Milk (8 oz)	Blueberry Muffin Applesauce Cup Milk (8oz) ----- Chicken on the Beach Corn Grape Tomatoes (¼ Cup) Milk (8 oz)	Cinnamon Toast Crunch Soft Breakfast Bar Apple Milk (8oz) ----- Pepperoni Calzone Applesauce Cup Cucumber (¼ cup) Milk (8 oz)	Blueberry Bread Orange Milk (8oz) ----- Popcorn Shrimp w/ Mac n' Cheese Applesauce Cup Cucumber (¼ cup) Milk (8 oz)

HELPFUL PRODUCE TIPS

- Prewrapped produce items can add variety, decrease labor costs and provide nutrition education throughout the summer!
- Offset high cost with lower cost entrees and sides
- Work with local farmers
- Minimize how many items you individually bag on site.
- Utilize DoD produce!

JICAMA STICKS



Can you practice the pronunciation of this word?
Pronounce: "chick-ah-choo"

PRODUCE PARTICULARS

Jicama is a sweet and crunchy snack that's great on its own or dipped in hummus. It's also an excellent source of fiber & Vitamin C!

Jicama is native to Central and South America. Spanish traders introduced it to the Philippines and China in the 1600s.

Jicama is also called the Mexican potato, Mexican yam bean, or Chinese potato.

Nutrition Facts	
Per 100g	
Calories	20
Total Fat	0g
Total Carbohydrate	10g
Fiber	2g
Sugars	0g
Protein	0g

WATERMELON RADISH COINS



They can be green, white, yellow, purple, red and even black! Other foods come in different colors too!

PRODUCE PARTICULARS

Watermelon radish is an heirloom variety of the radish and a member of the brassica family.

Watermelon radish is a great option when you're craving a snack with a crunch!

Nutrition Facts	
Per 100g	
Calories	20
Total Fat	0g
Total Carbohydrate	10g
Fiber	2g
Sugars	0g
Protein	0g

MANGO CHUNKS



The mango is a symbol of friendship all over the world. Who's a friend you'd like to share your mangoes with?

PRODUCE PARTICULARS

These tropical fruits are related to cashews and plantains.

Each day, more mangoes are eaten in the world than any other fruit!

Mango is low in calories yet high in nutrients - particularly Vitamin C, which aids immunity, iron absorption, and cell growth and repair.

Nutrition Facts	
Per 100g	
Calories	60
Total Fat	0g
Total Carbohydrate	14g
Fiber	1g
Sugars	13g
Protein	0g

SEASON YOUR SUMMER



Indiana Farm to Summer 2025

- Help children discover common herbs that enhance the flavor and nutritional quality of our daily meals
- Provide kids with a real-life opportunity to learn and enjoy something that they have planted and nurtured themselves with minimal adult supervision
- Boost sponsor's chances to land a high score on the PY25 USDA Turn-Up the Beet self-nomination award later in the summer



DISTRIBUTION TIPS

MAKE DISTRIBUTION EASY, FUN AND MEMORABLE



<u>Kits</u>	<u>Gallons</u>	<u>1/2 Pints</u>
6	3	12



DISTRIBUTION TIPS

COMMUNICATE... COMMUNICATE... COMMUNICATE!

Summer 2025 Meal Prep Instructions

Fresh Fruit & Vegetables: wash all fresh fruit under cool running water prior to eating.
Refrigerated Items (Red "THANK YOU" Bag): should remain refrigerated until ready to consume and be consumed within 5 days.
Frozen Entrees (Blue "THANK YOU" Bag): should remain frozen until ready to consume.
Shelf Stable Items (Black or Green "THANK YOU" Bag):

* Adult supervision is encouraged while using the oven.

* Air Fryer may be used in place of an oven. Adjust temp and time based on your specific air fryer.

Breakfast

Bagel/Breakfast Bread/Muffin

- Thaw at room temperature for 2 hours prior to serving.

Breakfast Durrtho

MICROWAVE:

- Thaw in the refrigerator overnight.
- Take it out of the package and place it on a microwave-safe plate.
- Microwave for 30-45 seconds. Let rest for 1 minute.

Cheesy Eggs w/ Toast

MICROWAVE / TOASTER:

- Place the thawed piece of bread in the toaster to toast.
- Place thawed eggs in the microwave with a moist paper towel over the eggs and heat for 2 minutes.

Cinnamon Toast Crunch Soft-Filled Breakfast Bar

CONVENTIONAL:

- Preheat oven to 350°F.
- Heat frozen bars in ovenable pouch. Place the pouch flat on a baking sheet and heat for 13-14 minutes.

MICROWAVE:

- Thaw breakfast bar. Take the bar out of the pack. Place the thawed bar on a microwave-safe plate.
- Heat on high for 25 seconds. Let it stand 20 seconds before eating.

French Toast Sticks

MICROWAVE:

- Take French Toast Sticks out of the package.
- Place French Toast Sticks on a microwave-safe plate.
- Microwave on for 1 minute & 15 seconds.

Maple Brown Sugar Oatmeal

MICROWAVE:

- Open the packet and dump oats into a microwave-safe bowl.
- Add up to 1/2 cup of water. Microwave for about 30 seconds to 1 minute.
- Stir and microwave more if needed until desired consistency.

Participate in our Recycle Program!



This week (July 2nd), you may turn in your gently used plastic containers from previous summer meal kits and we will recycle them.

INSTRUCTIONS:

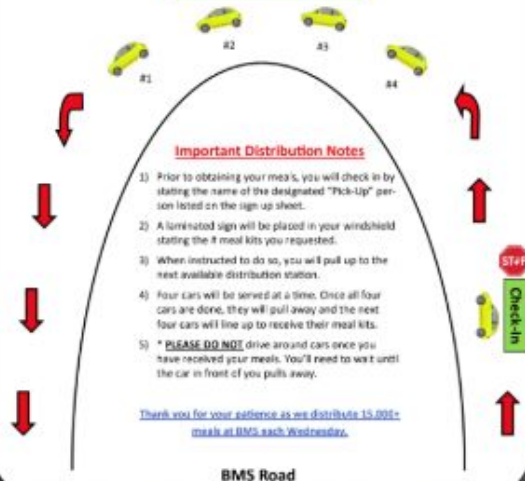
- Inspect containers for any damage. Discard damaged containers.
- To recycle: Wash and stack the containers inside each other with lids detached in a plastic bag before dropping them off. (please do not tie the bag closed)
- Drop off your black plastic containers at the check-in when you pick up this week's meal kits.



Boonville Middle School

(West of school)

Meal Distribution Station



Important Distribution Notes

- Prior to obtaining your meal's, you will check in by stating the name of the designated "Pick-Up" person listed on the sign up sheet.
- A laminated sign will be placed in your windshield stating the # meal kits you requested.
- When instructed to do so, you will pull up to the next available distribution station.
- Four cars will be served at a time. Once all four cars are done, they will pull away and the next four cars will line up to receive their meal kits.
- * **PLEASE DO NOT** drive around cars once you have received your meals. You'll need to wait until the car in front of you pulls away.

[Thank you for your patience as we distribute 15,000+ meals at BMS each Wednesday.](#)

BMS Road

MARKETING- BUILD FOLLOWERS & EXCITEMENT

 **Warrick County School Corp Food & Nutrition Dept** is 😊 feeling excited. ...
Posted by Shenae Moore Rowe
Jun 19, 2024 · 🌐

Children across our community have been enjoying our Meals To-Go over the last few weeks!

Share fun photos or videos of your children eating our meals in the comment section below and be entered into a drawing to win a \$25 Amazon giftcard!

These photos and videos will be shared with our community, school board and legislators to show the positive impact the SUN Meals To-Go Program have on our families.

Drawing will be held on July 1st. Winners will be announced on our FB page.

 **Share Your PHOTOS**

[See insights](#) [Boost a post](#)

👍❤️ 36 27 comments 4 shares

 **Warrick County School Corp Food & Nutrition Dept** ...
Jul 16, 2024 · 🌐

We are thrilled that this week for our Meals To-Go program, we get to hand out fresh local peaches from our friends at [Evansville Countryside Orchard!!](#)
Thank you Kristi and Tim Schulz for always providing our community with delicious, fresh, locally grown produce!!



 **Warrick County School Corp Food & Nutrition Dept** ...
Posted by Aleise Barron
Jul 23, 2024 · 🌐

📢 Don't forget to pick up your meals tomorrow!!
If you have signed up but are unable to pick up please let us know as soon as possible so that we can call someone from the waitlist.
Thank you!

Friendly Reminder! 

Sun Meals To-Go
Pick up is tomorrow!
Please call 812-897-1341
or email
abarron@warrick.k12.in.us
if you are unable to pick up.



GROW YOUR SCHOOL NUTRITION FUND BALANCE!

Revenue/Expense Report

EXPENSE	Chandler	Oakdale	Tennyson	Lynnville	BMS	BHS	TOTAL EXPENSE
Food & Supplies	\$3,391.93	\$1,272.73	\$31,835.31	\$67,598.60	\$107,197.92	\$509.00	\$211,805.49
Labor	\$7,522.94	\$5,526.90	\$12,529.90	\$17,302.56	\$37,987.12	\$14,538.34	\$95,407.76
YMCA Snacks	\$495.09	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$495.09
TOTAL EXPENSE	\$11,409.96	\$6,799.63	\$44,365.21	\$84,901.16	\$145,185.04	\$15,047.34	\$307,708.34
REVENUE	Chandler	Oakdale	Tennyson	Lynnville	BMS	BHS	TOTAL
Reimbursable Bkf (3.0875)	\$2,476.18	\$2,957.83	\$30,751.50	\$66,751.75	\$147,320.06	\$0.00	\$250,257.32
Adult Bkf (2.50)	\$5.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$5.00
Reimbursable Lunch (5.4025)	\$5,732.05	\$5,937.35	\$53,808.90	\$116,802.05	\$257,780.29	\$0.00	\$440,060.64
Adult Lunch (\$3.50)	\$105.75	\$43.50	\$0.00	\$0.00	\$0.00	\$0.00	\$149.25
YMCA Snacks (labor cost included)	\$680.62	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$680.62
TOTAL REVENUE	\$8,999.60	\$8,938.68	\$84,560.40	\$183,553.80	\$405,100.35	\$0.00	\$691,152.83
PROFIT/LOSS	-\$2,410.36	\$2,139.05	\$40,195.19	\$98,652.64	\$259,915.31	-\$15,047.34	\$383,444.49

Meal Kit Expense vs Revenue

Week #	Food Cost	Food Cost (w/ DoD)	Reimbursement	Revenue/Meal Kit
Week 1	\$12.43	\$10.72	\$42.44	\$30.01 - \$31.72
Week 2	\$17.78	\$10.74	\$42.44	\$24.66 - \$31.70
Week 3	\$14.66	\$13.49	\$42.44	\$27.78 - \$28.95
Week 4	\$18.23	\$12.69	\$42.44	\$24.21 - \$29.75

	# Meals Served	% Meal Increase	Profit	% Profit Increase
2023	4,518	-1%	-\$85.16	
2024	154,730	3325%!!	\$362,758.62	426,110%
2025	158,590	2.5%	\$383,444.49	5.7%

TIPS FOR A SUCCESSFUL PROGRAM



[Thank You vid](#)

✓ Early planning and organization

✓ Serve high quality food items

✓ Diversify menu items (storage)

✓ Offer variety of menu items

✓ Know your food/labor costs

✓ Consider fresh & shelf-stable milk

✓ Utilize DoD Fresh (delivery dates)

✓ Boost social media presence

✓ Detailed communication

✓ Make meal pick up memorable!

✓ Share success stories!!



SUN
MEALS TO-GO

Shenae Rowe, RDN

*Food & Nutrition Director
Warrick County School Corporation
srowe@warrick.k12.in.us*

Feeding our students quality, nutritious, and creative food isn't just about filling stomachs, it's about fueling learning, health and happiness!

When we feed students well, we nourish more than bodies, we feed potential!



Union County School District, SC



MICKELA MITCHELL, MS, RDN

Food Service Director

Sponsor Background: 5 RNC sites, 3,500+ enrollment

Operating Model & Frequency: Home Delivery + Curbside
One meal distribution per week, included 7 breakfasts and 7 lunches

Number of Meals Served: 29,000+ weekly, 207,215 total

Challenges: Milk storage. Acting as our own distributor for groceries.

Successes: Community support = Zero stigma and high participation!



SUMMER MEALS 2025





Feed
The
Kids

124% GROWTH

2024

WE SERVED

92,628



MEALS THIS SUMMER!

Union Co

3,522 Students

6 Schools

100% CEP

100% Rural

100% Area Eligible

2025



207,275

**MEALS SERVED
THIS SUMMER**





GIVING FAMILIES CHOICES

Home Delivery Shelf Stable Optimum Foods



UCSD Students & Siblings in
same household are eligible

-OR-

Groceries-To-Go

NEW

Fresh Produce, Frozen & Pantry
Items

ALL Kids 18 & under are eligible



Fresh Air
Galaxy Food Centers

FOOD PROCUREMENT



**Home Delivery:
Purchasing Group
Food Bid**

**Groceries:
Fixed Price Bid &
DOD Produce**



Fresh Air
Galaxy Food Centers



Home Delivery
26%

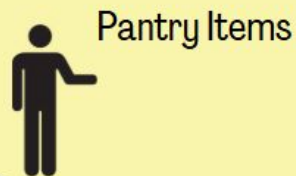
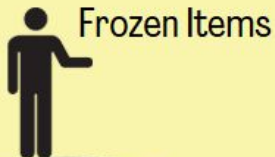
Camps
1%



GROCERIES TO-GO

is a weekly pick up of pantry, refrigerated, and frozen items from our retail partners.

Mon Evening
Tues Afternoon
Waitlist Wed
4 sites



Check-in
Scan Ticket





2025 Summer Hunger Hero Award
Winner No Kid Hungry

BIG WINS!

68% Participation Rate

\$880K Revenue

50% Food Cost **10%** Labor Cost

\$136,249 to local grocery store

\$88,038 salary/benefits paid to **35**
staff who worked **3,946** hours

2024

Program: SSO

Home Delivery Only

50% Participation Rate

\$334K Revenue

75% Food Cost

13% Labor Cost

+ Less paperwork

-Less reimbursement & less
menu flexibility



2025

Program: SFSP

Groceries To-Go + Home Delivery

68% Participation Rate

\$880K Revenue

50% Food Cost

10% Labor Cost

+ More reimbursement & menu
flexibility

-More paperwork & oversight



Mickela Mitchell
mmitchell@union.k12.sc.us

Summer Meals Materials
Google Drive



Gallatin Valley Food Bank - Bozeman, Montana



Ali Thornton
Programs Manager,
Gallatin Valley Food Bank

Operations Overview:

- 5 Sites
- All Rural, Open, Non-Congregate
- 5 Days/Week of Distribution
- Fridays also Include Weekend Distribution
- Served 24,000 meals in 2025
 - 488 meals per day, 244 kids per day

Gallatin Valley Food Bank - Bozeman, Montana

- Unique Elements of Our Programming
- Unique Challenges of Our Programming



Gallatin Valley Food Bank - Bozeman, Montana



Introducing Children to New Foods

- Why it Matters
 - Supports Lifelong Nutrition
 - Confidence, Openness
 - Exposure

Gallatin Valley Food Bank - Bozeman, Montana

Monday	Tuesday	Wednesday	Thursday	Friday
Ham and Cheese Sandwich Deli Slices (2 oz) Slice Cheese (1 oz) Whole Wheat Bread (2 oz) Apple Slices (4 oz) Veggie Dippers (2oz) Dressing (1 oz) 1% Milk (8 fl oz)	Hummus Wrap Chickpeas (2 oz.) Sliced Cucumber and Pepper (2 oz.) Slice Cheese (1 oz.) Whole Wheat Tortilla (1.5oz) Goldfish (.5 oz) Orange (4oz) 1% Milk (8 FL oz.)	Peanut Noodles Whole wheat noodles (4 oz) Chicken or Tofu (2 oz) Peanut Sauce (1oz) Banana (4 oz) Peas and Carrots(2oz) 1% Milk (8 FL oz.) *alternative protein available for those with nut allergies	Bean Burritos Bean & Cheese mix (2 oz) Whole Wheat Tortilla (1 oz) Veggie Mix (2 oz) Apple Slices (4oz) 1% Milk (8 fl oz)	Santa Fe Chicken wrap Chicken strips (2oz) Salsa (1 oz.) Shredded Cheese (1 oz.) Whole Wheat Tortilla (1 oz.) Carrot Stix (4 oz.) Apple (4oz) 1% Milk (8 FL oz.)
Peanut Butter & Jelly Sammy's Adams Peanut butter (1 oz) Homemade Jelly (.5 oz) Whole Wheat Bread (1 oz) Apple Slices (4 oz) Veggie Dippers (2 oz) String cheese (1 oz) 1% Milk (8 fl oz) *alternative protein available for those with nut allergies	Turkey and Cream Cheese Wrap Deli slices (2 oz) Cream cheese (1 oz) Whole Wheat Tortilla (1.5 oz) Carrots and Greens (2 oz) Goldfish (.5 oz) Orange (4 oz) 1% Milk (8 fl oz)	Pesto Pasta Salad With White Beans, Tomatoes, and Mozzarella Whole Wheat noodles (4oz) Tomato & Summer Squash (2oz) White Beans & Mozzarella (2 oz.) Banana (4oz) 1% Milk (8 FL oz.)	Pizza Roll-ups WW Tortilla (2oz) Lentil Marinara Sauce (3oz) Shredded Mozzarella (1oz) Apple Slices (4oz) Green Salad (2oz) 1% Milk (8 fl oz)	Three Sisters Taco Salad Beans (2oz) Squash (2oz) Corn (1oz) Corn chips (1oz) Dressing (1oz) Apple (4oz) 1% Milk (8 FL oz.)

Gallatin Valley Food Bank - Bozeman, Montana

Tips and Tricks

- Play With Your Menu
- Introduce New Items Slowly

Want Recipes?

- summerlunch@thehrdc.org



HOUSING

Supporting homeless 'ohana with aloha

LEARNING CENTER

Empowering independence for adults with
disabilities

COMMUNITY

Gathering spaces for our community



A farm on a mission to cultivate

FOOD HUB

Uplifting local farmers, strengthening
our food system

ORGANIC FARM

Rooted in growth and stewardship

CAFE

Nourishing community



/kahumanafarms



/kahumanaorganicfarms

86-660 Lualualei Homestead Rd. Wai'anāe, HI 96792

Wai'anae

O'AHU

- Land - 61 sq miles
- Population - 51,965
- Schools - 12 public/charter
 - Student Enrollment - 8,000+
- Ave. Free & Reduced Meals - 93.62%
- Highest concentration of Native Hawaiians in Hawai'i



Kaukau 4 Keiki

- **Sponsor Background:** 4 years of non-congregate SFSP sponsor, 1 site
- **Operating Model & Frequency:** Curbside distribution, Monday-Friday, 14 meals
- **Number of Meals Served:** 252,294
- **Program Timeframe:** 8 Weeks
- **Challenges:** Not picking up full allotment, farmers needing more time
- **Successes:** Feeding keiki nutritious foods, investing in Hawai'i's economy, increasing local food production



Investing in Community

Summer hires are:

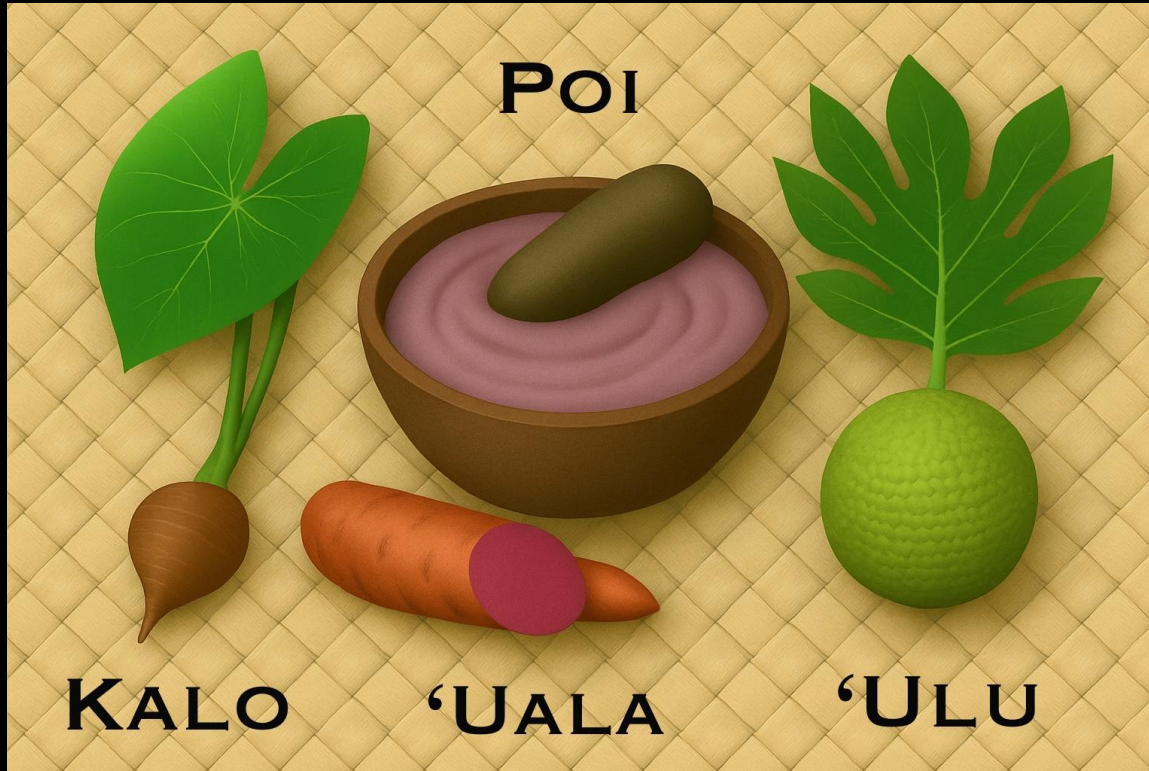
- Current recipient
- Previous recipient
- Parent/Grandparent of a recipient

Community Volunteering:

- High schools' land-based education groups
- Partners and Friends
- Recipients of Kaukau 4 Keiki



Canoe Crops on Polynesian Voyages



Essential Provisions:

- Food
- Clothing
- Shelter
- Medicine
 - Respiratory issues
 - Skin issues
 - Infections
 - Settling Stomach Issues

Why?

- Culturally Significant Foods
 - Costly
 - Preserving our traditions for future generations
- Whole Fruit
 - Recognition and processing of fruit
- Shelf Stable Items
 - Serve housing-insecure 'ohana, multi-generational homes, vulnerable populations



Strengthening Cultural Connections in Everyday Meals

Sample menu

Breakfast: Banana and Poi

Ingredients Used:

1 cup milk
1/2 cup banana
1 Poi pop

Lunch: Chicken Lettuce Wrap

Ingredients Used:

1 cup milk
1/2 cup lettuce
1/2 cup kalo
2 oz chicken
1/4 cup melon

Lunch: Tuna Lettuce Wrap

Ingredients Used:

1 cup milk
1/2 cup lettuce
1/2 cup kalo
2 oz tuna
1/4 cup melon

Food Distributed in Kaukau 4 Keiki 2025

- Milk - 17,000+ gallons
- Bread - 8,000+ loaves
- Poi - 8,000+ lbs
- Kalo (Taro) - 6,000+ lbs
- 'Ulu (Breadfruit) - 1,500+ lbs
- 'Uala (Sweet Potato) - 13,000+ lbs
- Banana - 35,000+ lbs
- Papaya - 69,000+ lbs
- Melon - 35,000+ lbs
- Protein (Chicken/Tuna) - 29,000+ lbs
- Cucumbers - 5,000+ lbs
- Lettuce - 8,000+ lbs
- Oatmeal - 5,000+ lbs
- Tortillas - 8,000+ lbs

Data and Feedback from the Kaukau 4 Keiki 2025 Post Survey

- 87% Identified as Native Hawaiian or other Pacific Islander
 - 98% plan to register again next summer

“Thank you very much for this opportunity. It really took out the stress of having to buy expensive food for my family. I really appreciated the fact that all food groups were represented in each box, making nutritious and healthy meals for my family. Lastly, I appreciate that there was thought going into what local families eat or introducing families into the food that is representative to our cultural backgrounds.”

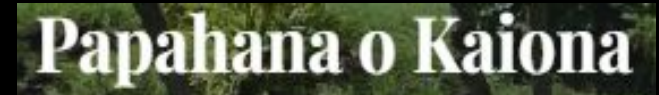
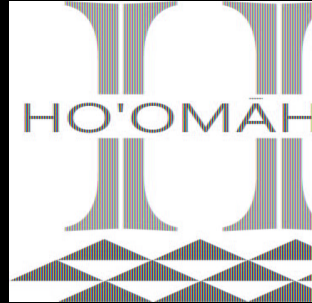
“My keiki loves this program and it has inspired the whole ‘ohana (family) to eat meals together and make healthier choices.”

"Mahalo nui (Thank you very much) for this amazing life changing experience for my entire ‘ohana (family) through something as basic as food!"

Local Vendors

- Hawai'i 'Ulu Cooperative - www.eatbreadfruit.com
- Kako'o 'Ōiwi - www.kakoooiwi.org
- Aloun - www.alounfarms.com
- Armstrong - www.armstrongproduce.com
- Hawai'i Food Hub Hui - www.foodhubhui.com
- Hawai'i Foodservice Alliance - www.hfahawaii.com

Mahalo (Thank you)



‘Ōlelo No‘eau - Ancestral Wisdom



‘A‘ohe hana nui ke alu ‘ia.

No task is too big when done together by all



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www.kaukau4keiki.org

WEBSITE:



Any questions?

Activity!

Time: 20 minutes

There are large sticky notes on the pillars around the room each labelled with the themes discussed in today's session.

- Innovative purchasing (local, bulk grocer)
- Culturally appropriate meals
- Introducing children to new foods
- Scratch made meals

Select the theme you'd like to focus on, and work with your group to develop menu ideas and strategies to bring back to your program!

Scan the QR code to access the resources shared in today's presentation!



A Pause for Reflection

Take a moment to center around the following questions...

1. What feelings did you feel over the last 45 minutes? Why?
2. Identify at least one piece of inspiration and pledge to follow where it leads you when you get home.
3. What do you wish you still knew?
4. What can you learn from each other?

Thank You!