



**MISSION: TO CULTIVATE HEALING THROUGH FOOD,  
COMMUNITY, AND CELEBRATION**

**VISION: JOYFUL COMMUNITIES**



# ABOUT

Alimentando al Pueblo is a Burien based nonprofit founded in 2020 during the COVID-19 pandemic as a Community and Cultural building organization. Our programs are rooted in a power sharing model with a goal to develop leadership within our Community.

Together, we source and distribute cultural foods, organize celebrations that promote social connections and healing, and center Latinx art and traditions in every aspect of our work to cultivate joy, pride, and cultural preservation.



# ORGANIZATIONAL VALUES AND COMMITMENTS



# FACILITATE HEALING AND CREATION OF MEMORIES



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Rooted in the knowledge of genetic memory, healing justice framework - and what is at the root of our work - is the intergenerational healing of Community members who have been disenfranchised and traumatized by colonial violence and the fierce and intentional reclamation of our Ancestral practices and futures, so we can thrive.



# CULTIVATE A COMMUNITY OF IMAGINATION



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Our imagination and dreams are the source of our collective liberation. Our Community has not only been politically, economically and socially disenfranchised, our dreams and imaginations have been repressed and robbed. We are building strategies, intentions, processes so that our Community can be in realignment with their imagination, in order to collectively imagine, and manifest, the futures we long for.



# REINVEST in OUR COMMUNITY



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We partner and purchase directly from Latinx and BIPOC local farms, grocery stores, and distributors. We also work with Latinx and BIPOC artists, chefs, vendors, artists and creatives.



# CULTURE OF ABUNDANCE



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We want to turn the scarcity model on its head, there is enough - there is more than enough for everyone. We are abundant in love, care, creativity and solutions.



# PROVIDE CULTURALLY ROOTED SERVICES



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From the way we greet and serve our Community at our food bank, to how we are building the foundation of our organization infrastructure, we want to ensure that our services are rooted in Ancestral practices, values and ways of our Community.



COMMUNITY

FOOD

CELEBRATION





# FOOD

- Acknowledgement
- Leadership development
- Food System
- Food Bank
- Capacity building
- Nutrition



# ACKNOWLEDGEMENT

We acknowledge that the act of feeding and caring for each other is an Ancestral practice – long before food insecurity, food apartheid existed – we have always, and will continue to take care of each other in ways that cannot be contained to organizations and institutions.



# ACKNOWLEDGEMENT

Our food bank should not exist – no food bank should exist – we exist to address a direct consequence, outcome of the legacies of colonialism (racism, patriarchy and capitalism). And the truth is, our Communities deserve access to the foods they eat – the foods that bring them joy and connect them to memory – our Communities deserve dignified lives, despite these conditions.



# LEADERSHIP DEVELOPMENT

Our food bank's theory of change is "from passive recipient to active participant", we do this:

- Requiring all participants to attend a Community Orientation that integrate the following modules:
  - The legacies of racism and white supremacy
  - Deep diving trauma and how that shows up in Community
  - History and purpose of Alimentando al Pueblo
  - Creation of Community Agreements
  - Creation of Community contributions
- We are currently implementing phase 2 of this series.



# FOOD SYSTEM AND BANK

\*AAP is the only Latinx food bank in the country with this model:

- 100% of the staff, volunteers and board are Latinx.
- Foods are sourced directly from Latinx distributors, grocers, and local farms.
- Shared power and leadership development
- AAP offers two cultural food boxes: Mexican and Central American.
- Art and music are incorporated into food distributions to transform the culture of accessing food banks.



# CAPACITY BUILDING

AAP cannot do this work alone, so we are building out opportunities, trainings and technical assistance for:

- Food banks that want to better serve diverse populations and partner with Latinx businesses.
- Communities that want to replicate our work.
- Latino businesses who want to become part of our food system.



# NUTRITION

Currently working in a project where we are assessing current nutrition guidelines at the federal, state, and local level.

- Assess current food bank nutrition standards for alignment with federal guidelines and cultural preferences.
- Collaborating with nutritionist to identify gaps and create guideline recommendations



**ALIMENTANDO  
AL**



**UN DIA EN DISTRIBUCION**



# GRACIAS

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[www.alimentandoalpueblo.org](http://www.alimentandoalpueblo.org)

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**Facebook:**

@Alimentando al Pueblo

**Instagram:**

@alimentandoalpueblo



# SNAP-Ed Latinx Outreach

Providing culturally  
relevant foods to  
bolster dignity, health  
and equity



# The Team



Mariah Brown-Pounds  
Latinx Outreach Program Coordinator



Guadalupe Pilar  
Mixteco Community Outreach Educator

# Available Services

- Translation of materials
- Direct education in person or virtually
- Support with needs assessments
- Facilitate focus groups
- Brainstorm strategies for Latinx outreach



# Overview

Needs assessments lessons learned

Reaching Mexican indigenous communities

- Hiring a Mixteco community outreach educator

FY24 Projects

- Food boxes for farmworkers
- Agape Service Project

Resources

- List of Latinx friendly food bank recipes
- Culturally relevant foods for food banks
- Growing a Mexican food garden



# Needs Assessments

## Lessons Learned

- What is a needs assessment?
- Tips for performing effective needs assessments
- Follow up from needs assessments



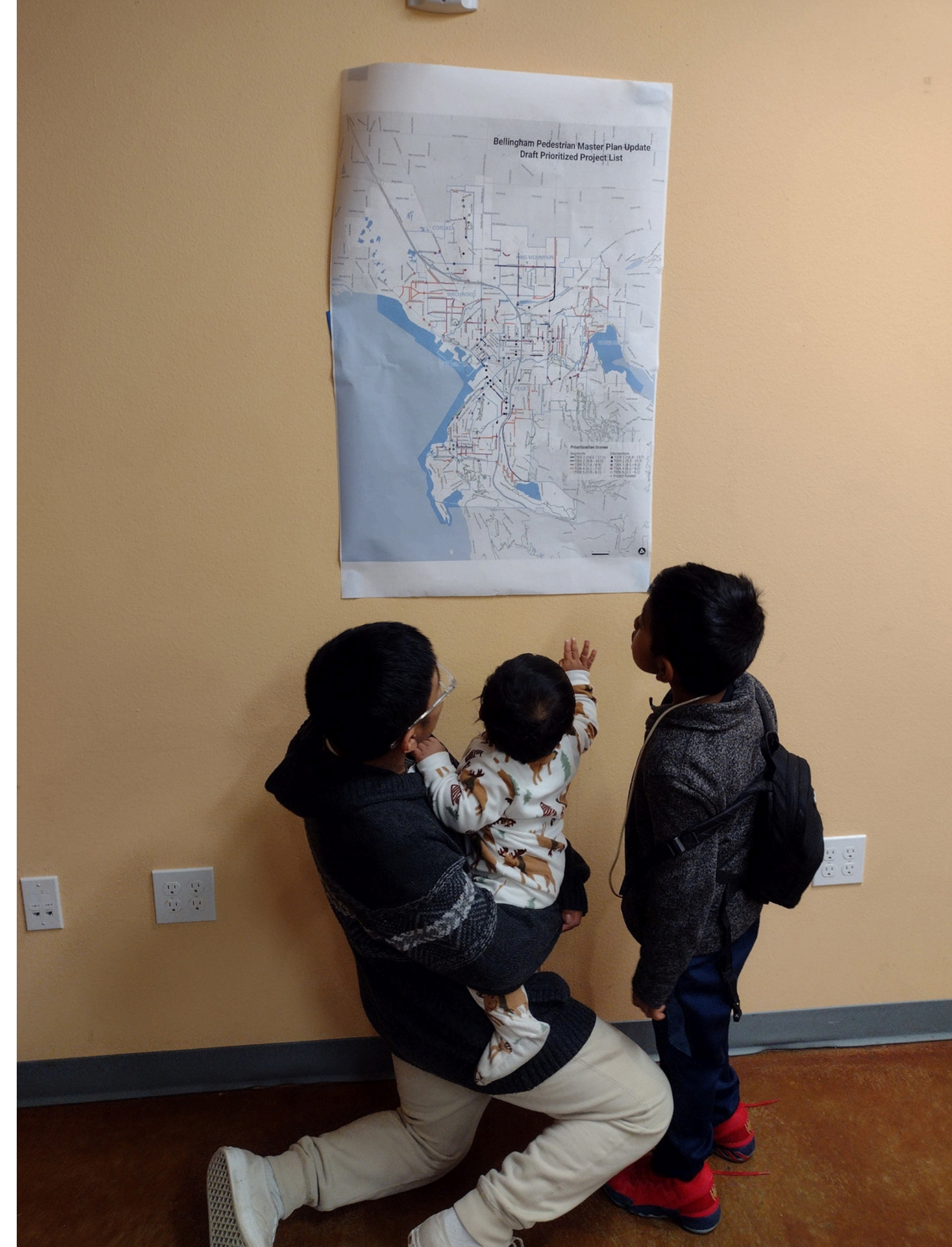
# What is a Needs Assessment?

- Can take many forms:
  - Focus groups
  - Key informant interviews
  - Interviews (One on one conversations)
  - Surveys
- Can be formal or informal
  - Sterling Meadows needs assessment
- How do you know when it's appropriate to do a needs assessment
  - When community you're serving mentions a need
  - After working with a site for a long time and you notice something
- Find out from the people you serve what their needs are before planning interventions



# Tips for performing effective needs assessments

- Relationship building is so important
- It doesn't need to be formal/structured
  - This is more comfortable for everyone
  - Provides more opportunity for people to speak up
- Make sure you are centering the communities needs you are serving
- Avoid performing needs assessments to check a box
  - State-wide focus groups
- Sometimes it doesn't go how you had hoped, and that's ok!
  - Focus group at Goodwill
- Hiring someone from the community makes a big difference
  - Mount Vernon Family Housing focus group



# Mount Vernon Family Housing Focus Group

- Performed the focus group in Spanish
- Many people were not comfortable speaking Spanish in front of a large group
- People knew about services but experienced barriers
  - Transportation, foods given out and signage at food banks
- Key take away: we need someone who speaks *Mixteco*



# Following Up on Needs Assessments

- Share results back to group and keep giving them opportunities to give more feedback
  - Sterling Meadows needs assessment
- Share results with people who can make a difference
- Use the results to shape your own programming and PSE planning



# Reaching Mexican Indigenous Communities

- Hiring a Mixteco Outreach Educator





# Hiring a Mixteco Outreach Educator: Recruitment Process

- Intentional recruitment strategy
  - Made the position description short and simple
  - Posted the job in Spanish on a local Facebook group page
  - Emailed specific community partners
  - Did not require a resume
  - Did not have educational requirements

# Hiring a Mixteco Outreach Educator: Interview Process

- Got a lot of interest!
- Interview committee included two local members of the Mixteco community
- **Focused on lived experience** and connection within the Mixteco community
- Welcoming and comforting environment
- Tried to be flexible, accommodating, relaxed and casual



# Plans for this position

- Programming at farmworker housing sites
- Facebook live videos
  - Food Banks
  - Farmers Markets
- Needs assessment at Mount Vernon Family Housing
- Culturally relevant recipe videos



# Fy24 Projects

- Food Boxes for Farmworkers
- Agape Service Project



# Food Boxes for Farmworkers

- Started with conversation with IRIS Coordinator
- Boxes of locally grown food delivered to farmworkers



# Steps Taken So Far

- Kids Programming at Mount Vernon Family Housing
- Joined the Skagit County Food Policy Council
- Had conversations with several potential community partners to get a feeling for the food bank scene in Skagit County.
- Performed focus group at Mount Vernon Family Housing



# Agape Service Project

- Summer food bank for farmworkers
  - Food demos
  - Facebook Live video in Mixteco
  - Connect them with Latinx farmers
- Family programming at farmworker housing
  - Children's programming



# Resources

- Quick tips
- List of culturally relevant foods for food banks
- List of Latinx friendly food bank recipes
- Foods to grow in a Mexican food garden
- Mexican spice mix recipe



# Quick Tips

- Bring Tajín, Chamoy, lime juice and Valentina
- Family friendly, music, food
- Hire from the community
- Include some ingredients familiar such as tomatoes, peppers, jicama, cilantro, beans
- Relationship building before needs assessments or focus groups



# List of Culturally Relevant Foods for Food Banks

- [SNAP-Ed Cultural Toolkits](#)
  - Chinese, Latinx/Hispanic, Russian, South Korean, Vietnamese
- [Food Bank of the Rockies Culturally Responsive Food Initiative](#)
  - Food Preference Suggestions by Culture, Holiday Food Preferences by Culture, Best Practice for Inclusive Food Pantries
- List from my own research and experience



# List of Culturally Relevant Foods for Food Banks

## Fruits and Vegetables

- Nopales, (fresh cactus)
- Nopalitos, (canned cactus)
- Tunas (cactus fruit)
- Tomatillos
- Avocados
- Tomatoes
- Chayote squash
- Guavas
- Mangoes
- Papayas
- Jicama
- Plums
- Limes
- Nanches (Nance fruit)
- Corn
- Fresh peppers
  - Jalapeños
  - Ancho/Poblano
  - Anaheim
  - Serrano
  - Habanero
  - Yellow and red bell peppers

- Dried peppers
  - Chile puya
  - Chile ancho
  - Chile guajillo
  - Chile pasilla
  - Chile de árbol
  - Chile japonés
  - New Mexico chile/Hatch/rojo

## Herbs and spices

- Cilantro
- Epazote
- Pápalo
- Hoja santa
- Amaranth leaves (bledo/amaranto/pira)
- Chaya
- Achiote
- Avocado leaves

- Tajín
- Chamoy sauce
- Valentina hot sauce
- Oregano
- Squash blossom
- Cumin
- Chile powder
- Vanilla
- Cinnamon
- Cloves
- Allspice
- Basil
- Mint
- Parsley
- Dill
- Rosemary
- Sage
- Thyme
- Bay leaves

## Staples

- Canned hominy for pozole
- Queso fresco
- Dried shrimp
- Amaranth seed
- Quinoa
- Maseca
- Flour
- Oil
- Sugar
- Tortillas



# List of Latinx Friendly Recipes for Food Banks

- Lentil taco filling (with tortilla chip)
- Jicama, carrot, orange salad
- Corn and bean salad
- Breakfast cookies
- Corn and green chili salad
- Cowboy salad (with tortilla chip)
- Watermelon cooler
- Watermelon salsa (with tortilla chip)
- Peach salsa (with tortilla chip)
- Vegetarian ceviche
- Peachy Yams
- Pumpkin Pancakes
- Rainbow Noodle Salad with Sesame Dressing
- Squash and Orzo
- Squash Soup
- Tex-Mex Skillet
- Tofu tacos
- Beet and Chickpea Salad
- Black-Eyed Pea Salad
- Brown Rice and Elotes Salad
- Egg and Cheese Tacos
- Egg Burritos
- Fiesta Skillet Dinner
- Finished – Georgian Kidney-Bean Stew
- Flatbread Pizza
- Fruit Salad
- Garlic and Herb Lentils
- Japanese Simmered Squash
- Make Ahead Breakfast Burritos
- Mandarin Beets
- Mango and Black Bean Salad
- Mexican Fiesta Rice
- Mexican Rice & Veggies
- Nicaraguan Cabbage Slaw

Horchata

Vegetable quesadillas

Atole de fresa

Homemade corn tortillas

Banana pancakes



# What to Grow in a Mexican Food Garden

- Tomatoes, Roma type or medium red
- Chiles and peppers (serrano, poblano, jalapeño, santaka, chile de arbol)
- Tomatillos
- Radishes
- Corn
- Chayote Squash
- Chilacayote squash
- Gray zucchini/Mexican squash
- Sweet potato
- Beets
- Cucumbers
- Onions
- Garlic
- Cilantro
- Epazote
- Pápalo
- Oregano
- Basil
- Parsley
- Spearmint
- Chamomile



# Mexican Style Spice Mix

- 3 tablespoons of cumin
- 2 tablespoons of paprika
- 1 tablespoon of garlic powder
- 1 tablespoon of oregano
- ½ tablespoon of chili powder
- ½ tablespoon of black pepper
- 1 tablespoon of salt

*Other options to add: onion powder, coriander, red pepper flakes cinnamon, cloves*

**Delicious as a rub for chicken and meats, tacos, enchiladas, fajitas, and chili**



# Questions?

## Contact Information

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