



FILIPINO AMERICAN HISTORY MONTH: OCTOBER



October has been commemorating Filipino American History Month since 1992. Filipino Americans contribute to the history and culture of the United States in many ways including food!

SPICES & SEASONINGS

- sweet, savory & tangy flavors
- annatto, bay leaves, black pepper, chilies, garlic, ginger, kalamansi lime, lemongrass & tamarind

BASES & SAUCES

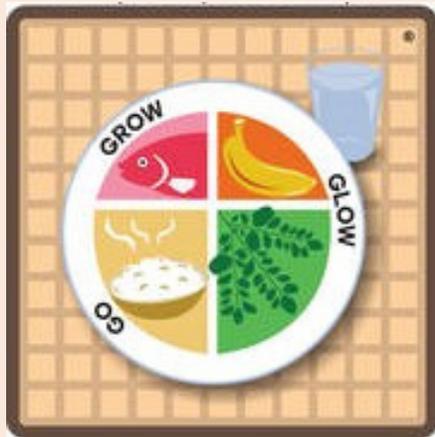
- Bagoong - seafood pastes
- Banana ketchup
- Patis - Filipino fish sauce
- Suka - vinegars
- Toyo - Filipino soy sauce

FRUITS & VEGETABLES

- Familiar...baby bok choy, baby corn, butternut squash, daikon, dragon fruit, edamame, enoki mushrooms, guava, kaffir lime, mung bean sprout, oyster mushrooms, persimmon, pineapple, shitake mushroom
- Less familiar...akebi, angled luffa, bael, banana blossom, bitter melon, buddha's hand, choy sum, chrysanthemum greens, ear mushroom, green mango, hairy melon, jack fruit, kangkung (water spinach), lanzones, lotus root, mangosteen, mini apple eggplant, mitsuba (Japanese Parsley), monk fruit, Okinawan sweet potato (purple!), yuzu

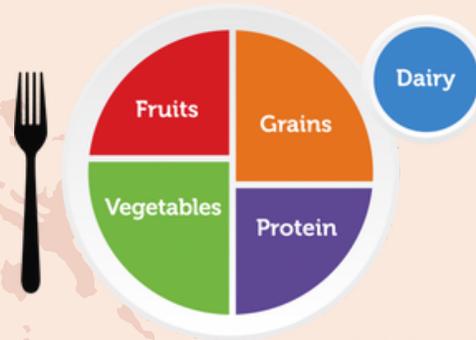


The Food & Agriculture Organization compiles food-based dietary guidelines across the globe. The Filipino daily nutrition guide, right, promotes exercise, water, grains & vegetables at its base.



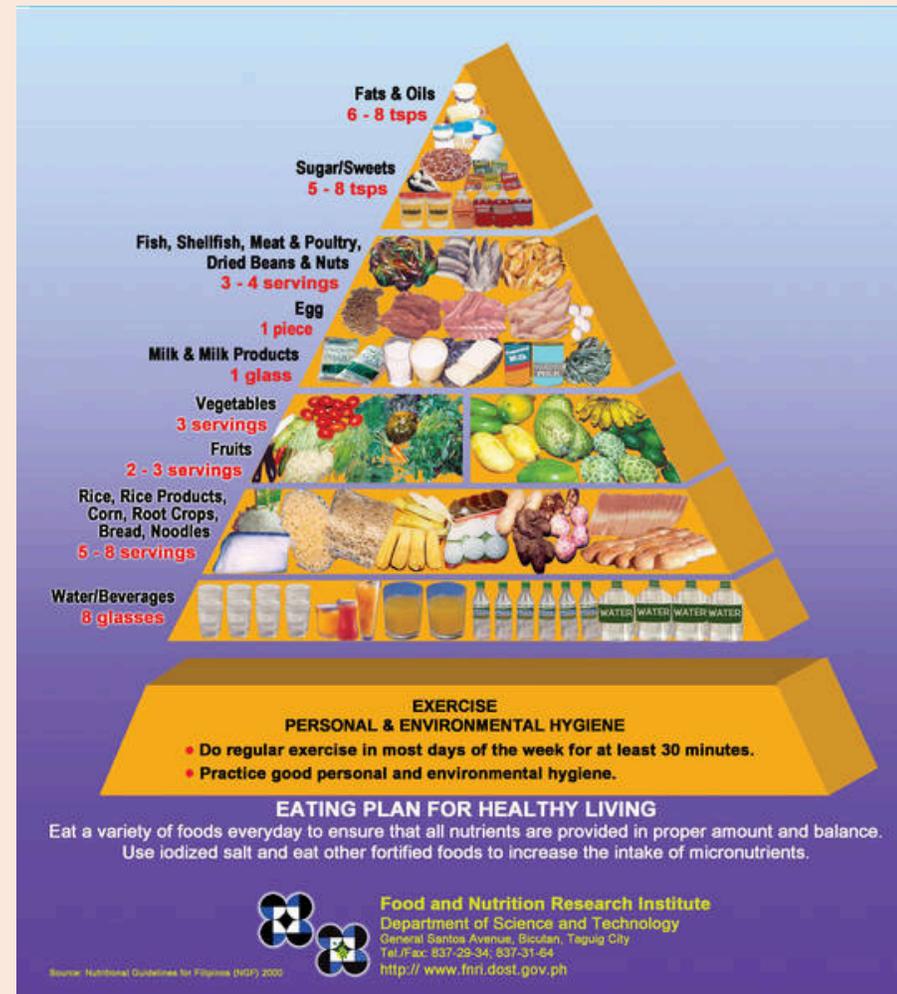
FILIPINO & US MyPlate share:

- 1/2: fruits & vegetables on half of the plate
- 1/4 grains
- 1/4 lean protein



TIPS FOR YOUR COMMUNITY

- Have your food & nutrition team visit a Filipino restaurant and/or market to experience the food and flavors.
- Meet with Filipino restaurant and market owners and ask for their ideas on what you can do for your residents.
- If your community has Filipino residents, ask them to share their favorites and feature them on the menu.
- Host a tasting demo with the spices, seasonings, bases, sauces, fruits & vegetables listed on the first page. Start with familiar items.
- Sauces add flavor and moisture which is key for IDDSI texture modification and may be one of the simplest ways to introduce a new flavor profile to your residents.



Kain tayo!
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Let's Eat!

