The Pacific Island Food Model Toolkit: Ten Years of a Community-Developed Multicultural Nutrition Education Tool

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Ahi limu poke – cubed fish with seaweed and onion
ʻUlu – breadfruit
Haupia – coconut pudding
Kalua pig – earth-roasted pig
Bok choy – Chinese cabbage
Kabocha – Japanese pumpkin
Hōʻiʻo salad – fiddlehead fern salad
Mango – fruit
Poi – steamed, mashed taro root
Saimin - Japanese noodle soup
Challenge #1 – Changing demographics
Solution #1 – Reassess food list
Challenge #2 - Expensive
Challenge #2 – Include nutrition information
Challenge #3 – Set items
Solution #3 - Customization

Community

We were fortunate enough to receive Pacific Island Food Model Kits donated from the Community Engagement Division at the Department of Native Hawaiian Health, John A. Burns School of Medicine.
Conclusion
Mahalo nui loa!
Thank You!