

# OSNP: Cultural Menu Enhancement Pilot

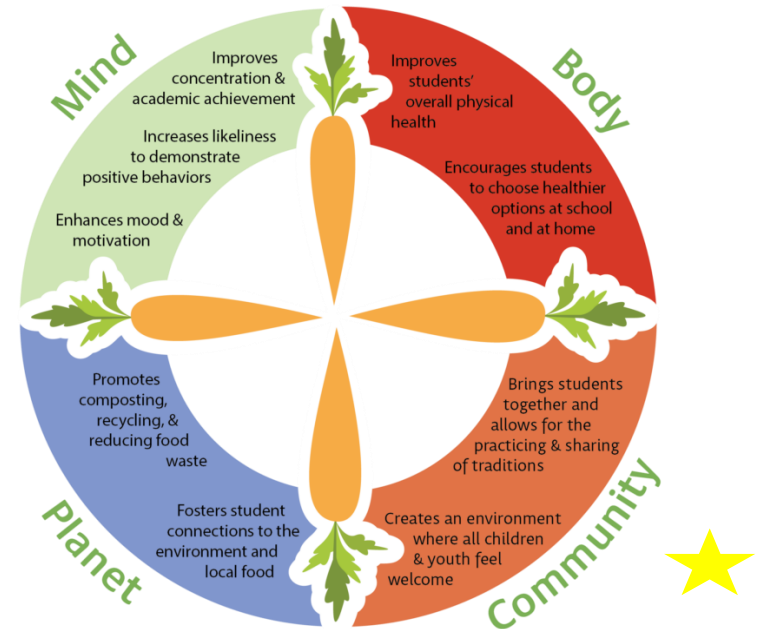
Partnership with VON-OSNP, Growing Chefs  
Ontario, TVDSB, LDCSB



# Cultural Menu Enhancement Framework and Goal



- Our goals for this project are:
  - 1) engagement of students that are historically unrepresented and an opportunity for cultural celebrations with the school community
  - 2) engaging in new dynamic partnerships, strengthening school community connections



[OSNP Gold-Standard PDF Link](#)

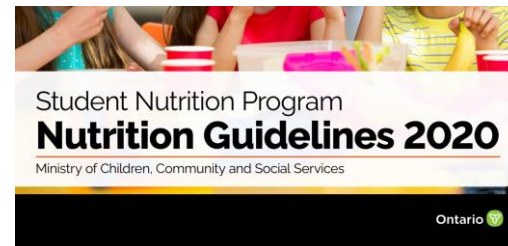
# Cultural Menu Enhancement Partners and Participants



# Cultural Menu Enhancement Literacy Resource



- Literacy Resource example coming up next
- These recipes are created with ingredients that are typically locally sourced and are easily replicable, providing a cost-effective option
- The GC chef ensures the recipe/ items meet the SNP food guidelines as close as possible





## Let's Learn About Daakwa!

**Daakwa:** Daakwa, also known as zowey, donkwa etc in different regions, is a spicy peanut snack ball and popular as a street food across West Africa. Countries such as Nigeria, Ghana, Togo and Benin all have their own ways of making daakwa.

Daakwa is traditionally made from ground peanuts, corn flour, and spiced with ginger, chili, pepper, cloves, nutmeg and formed into balls. Sometimes it's even dipped in chocolate for kids! **Our adapted recipe substitutes the peanuts for sunflower seed butter**, and includes rice flour as well.



**Food memories:** This recipe comes to us from our friend Chef Maryam Yaro of Yaya's Kitchen who hails from Northern Nigeria. Maryam started cooking and baking at the age of 8, helping her mom in the kitchen. As she grew older, she cooked for the whole house, and helped her mom with her baking business, and always loved getting creative in the kitchen. Daakwa is important to her as it is a sweet treat, and is a food that is associated with happy celebrations, like naming ceremonies and weddings. Maryam fondly remembers having daakwa

at her wedding and says her Auntie also made extra for her to share with friends and family after her wedding when they came to visit. In Nigeria, she was even given daakwa after the birth of her children to share with visitors!

**We hope you enjoy this snack as much as Maryam and we do!**



**Junior/Intermediate/Senior:**

1. Have you tasted daakwa before? How was it different? (if no one has, skip this question)
2. Have you tasted any foods that originate from the African diaspora (this could be from Africa, Latin America or the Caribbean)? Discuss the flavours and the ingredients.

Examples: jerk chicken, plantain chips, jollof rice, jambalaya

3. Does your family or household make any foods that have been in the family a long time? Are there any foods they make that you want to learn how to make yourself?
4. Do you have any special meals or foods that bring back good food memories when you eat them? Share your food memories!

**Primary:**

Sensory exploration encourages the use of descriptive language instead of just saying “yum” or “yuck”.

1. What are our five senses?
2. How does it smell?
3. How does it look?
4. How does it feel?
5. How does it taste?
6. How did it sound when you took a bite?
7. Do you have any special meals or foods that bring back good food memories when you eat them? Share your food memories!







## Daakwa

*"Daakwa, also known as zowey, donkwa etc in different regions, is a spicy peanut snack ball and popular as a street food across West Africa. Countries such as Nigeria, Ghana, Togo and Benin all have their own ways of making daakwa."*

*This recipe was written by Chef Maryam Yaro, of Yaya's Kitchen"*

**Yield: Serves 12**

**Level: Intermediate**

### Ingredients

1 cup sweet rice flour  
1 cup millet flour  
½ cup precooked corn flour  
1 cup sunflower seed butter  
1 cup maple syrup  
¼ teaspoon ground ginger  
⅛ teaspoon chili powder  
⅛ teaspoon ground nutmeg  
¼ cup candied ginger, finely chopped  
Splash of grapeseed oil

### Equipment

Mixing bowls, various sizes  
Measuring cups  
Measuring spoons  
Large frying pan  
Whisk  
Wooden spoon  
Sifter  
Baking sheet



# Cultural Menu Enhancement Quotes



- “ Students report they feel affirmed by their peers in the school community” – TVDSB Equity Officer
- “Opened up constructive dialogue within different community groups within the school” – multicultural club teacher lead



# Indigenous History Month – JK Class



# Kwanzaa - Grade 8 Class





# Hindu Heritage Month – Secondary School



# Black History Month – Secondary School



# Cultural Diversity Pilot

## Storytelling and Experiencing





# Cultural Diversity Pilot

## Takeaways and Next steps



- Resource can be used for years to come in schools settings
- Storytelling is EVERYTHING

### Next steps:

- with what is already developed – open it to all schools
- Secure funding for this to continue to grow .. More schools/ boards/cultural events



**Thank you!**  
**Questions ?????**

[www.osnp.ca](http://www.osnp.ca) – Resources OR Communities-  
London Middlesex ( info about)

