

CULTURAL COMPETENCE INFOGRAPHIC



Culturally Inclusive
Recipe Toolkit

Cultural Knowledge

Knowledge

Consider ways to learn as much as possible about working with people from different cultural backgrounds.

What are the core beliefs, values, customs, and traditions?

It is also important to learn as much as possible about common biases, stereotypes, and perceived behaviors of the group.

Cultural Awareness

Awareness

Consider your own culture, Ask, "Who Am I?"

What are your core beliefs, values, customs, and traditions?

What can you do to ensure your personal biases and/or perceptions do not impact your interactions with individuals of a different culture?

Cultural Sensitivity

Sensitivity

Consider whether you are projecting your beliefs onto others.

Are you open to accepting/respecting differences and avoiding judgement?

Are you treating others as THEY would like to be treated versus how YOU would like to be treated?
Are you applying what you learned about other cultures?

Cultural Competence

Competence

Consider whether you still expect others to behave as you would?

Do you explore adjustments you can make, in the way you behave, to function effectively in the context of cultural differences?

Most importantly, continue to seek new ways to improve your interactions with others.

Adapted from the Institute of Child Nutrition's [Training Culturally Diverse Groups](#).

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