

# AMERICAN SAMOA

## FOOD

	Traditional	Contemporary
<b>What are some favorite local dishes?</b>	<ul style="list-style-type: none"> <li>Taro, banana, breadfruit, and yam were steamed/baked and included in dishes such as <i>fa'alifu talo/fa'i/ulu/ufi</i> (green taro/banana/breadfruit/yam cooked with coconut milk and chopped onions), <i>taufolo</i> (baked breadfruit cut into pieces, placed in a <i>tanoa</i> [traditional Samoan bowl], and mixed with melted sugar and coconut milk), <i>tunu'ulu</i> (baked breadfruit served with coconut milk as a dipping sauce), and <i>oloolo</i> (baked, grated green and ripe bananas with coconut milk)</li> <li><i>Palusami</i> (baked coconut cream, onions, and corned beef wrapped in lautalo (taro leaves), <i>sua i'a / vaisu</i> (fish cooked/baked with coconut milk), <i>faiai fe'e</i> (octopus cooked with coconut cream), <i>afi i'a</i> (baked fish wrapped in laufa'i (banana leaves), <i>oka</i> (raw fish with coconut cream, lemon juice, and onions), and various seafood</li> <li>Breakfast dishes: <i>vaisalo</i> (grated coconut soup), <i>supo esi</i> (papaya pudding), <i>araisa fa'aopopo</i> (cooked rice with coconut cream), <i>koko Samoa</i> (locally-grown cocoa for tea), and <i>sofesofe</i> (ripe bananas steamed in coconut cream)</li> <li>Other favorites included locally-grown fruits (papaya, mango, sugar cane, pineapple, guava, etc.) and various dishes made with locally-grown vegetables</li> </ul>	Same as traditional
<b>What foods are eaten from other countries or Pacific Islands?</b>	None	Mostly American/ Chinese/ various cuisines. Other foods include yams, bananas, breadfruit chips, biscuits, and tuna fish

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<b>What are the taboos associated with food?</b>	<ul style="list-style-type: none"> <li>Only chiefs of high rank could eat certain types of fish and parts of meat (pork)</li> <li>Most foods were eaten freely</li> </ul>	Same as traditional
<b>What are the practices and beliefs about food giving, preparation, and handling?</b>	<ul style="list-style-type: none"> <li>Baskets of cooked foods containing taro, fish, and <i>palusami</i> (baked coconut cream, onions, and corned beef wrapped in leaves) were prepared by each family in the village and given to guests</li> <li>Similar food basket was presented on the last day that guests were in the village (<i>talimalo</i>)</li> <li>Ceremonial drinks of <i>kava</i> were prepared according to formal traditions</li> <li>Food trays were served to help families hosting guests</li> </ul>	Food preparation and practices have now changed with modern technology.
<b>What are the rules associated with meals within the family?</b>	<ul style="list-style-type: none"> <li>Older people or head of family were served first, then very young children, and then young adults and teenagers</li> <li>Some families served their chiefs first, then the rest of the family together</li> <li>Children and teenagers were served first only on White Sunday</li> </ul>	<p>Same as traditional</p> <p>Various changes to and flexibilities of traditional rules depend on individual family</p>
<b>What food/ dishes are related to good health?</b>	<ul style="list-style-type: none"> <li>Cooked banana was considered better than taro, yam, or breadfruits because of starch</li> <li>Locally-grown vegetable dishes</li> <li>Fish (especially fresh fish) and <i>palusami</i> (baked coconut cream, onions, and corned beef wrapped in leaves)</li> <li><i>Vaisalo</i> (coconut soup) and <i>supo esi</i> (papaya pudding) were suggested for snacks</li> </ul>	<p>Same as traditional</p> <p>Modern healthy foods and snacks</p>

	Traditional	Contemporary
<b>What are the rituals, stories, and proverbs associated with food?</b>	<ul style="list-style-type: none"> <li>• <i>Tapitofau ma Ofafau</i> (adopted meals)</li> <li>• Origin of <i>Tausala</i> and <i>Aumaga</i> (Young Lady and Young Man)</li> <li>• <i>E tusa lava pe mumu'a le niu, e fialia lava tagata e tausami</i>: No matter how young a coconut is, people will continue eating it because it is very delicious.</li> <li>• <i>Fa'amama muamua le i'a ae le'i tausamiina</i>.: Clean a fish before eating it so it won't smell like the ocean</li> <li>• <i>Ua ou nofo ma le mama ua lomi</i>: Words of thanks, often said after eating delicious meal</li> <li>• <i>Ai ma le foa mea a Losi</i>: Refers to someone who offers a meal then talks behind the receiver's back</li> <li>• <i>Ua mele le manu a Afono</i>: If you receive a meal from someone, always offer words of blessing, even if you do not like the food</li> <li>• <i>Le mama ma le potoi</i>: Combinations of food grouped/mashed together with hands</li> </ul>	Same as traditional
<b>What methods are used for gathering/acquiring food?</b>	<ul style="list-style-type: none"> <li>• Each family had some variety of plantation consisting of taro, banana, breadfruit, and coconut</li> <li>• Family members worked together to make plantations</li> <li>• Food was gathered at harvest; families without plantations bought food from others</li> <li>• Family members fished together; if family did not fish, they bought fish from others</li> <li>• Fishing nets/spears used for fishing; spears used for hunting</li> </ul>	Same as traditional
<b>Which seasons or times of year are associated with farming, hunting, and fishing?</b>	<ul style="list-style-type: none"> <li>• Plant foods were grown at any time of the year; some people observed and planted according to seasons</li> <li>• January to March: crops planted</li> <li>• April to June: growing times for plants</li> <li>• July to September: cleaning dates</li> <li>• October to December: crop harvest time</li> <li>• Hunting usually from January to March</li> <li>• Fishing October to December</li> <li>• Many people fished, hunted, &amp; harvested at will all year long</li> </ul>	Same as traditional

	<b>Traditional</b>	<b>Contemporary</b>
<b>How important is food in social activity?</b>	<ul style="list-style-type: none"> <li>• Very important part of any ceremonial gathering and social activity</li> <li>• Must be enough for everyone (food always prepared in large amounts)</li> <li>• Visitors and guests received food from the host village or family</li> </ul>	Same as traditional