“Grow it, know it, try it ... love it!”
“School Lunch – Let’s Grow Healthy”

National School Lunch Week
October 10-14, 2011
School Meals - The Facts

School meals are healthier than ever!

- Fresh fruits and vegetables
- Whole grains
- Reduced or zero trans fats
- Salads and salad bars
- Low fat dairy items
- Baked items rather than fried
- Healthy cooking/preparation techniques

Fall 2011 Leadership Connections * Child Nutrition & Wellness, Kansas State Dept. of Education
School Nutrition Programs

• National School Breakfast Program (SBP)
• National School Lunch Program (NSLP)
• After School Care Snack Program (ASCSP)
• Fresh Fruit and Vegetable Program (FFVP)
• Summer Food Service Program (SFSP)
Farm to School Key Goals

• Emphasize the overall benefit that school lunch helps kids grow healthy.

• Promote farm to school and locally grown foods.

• Encourage the foods and nutrients required for kids to grow healthy and strong.

• Educate students where food comes from.
The Farm to School initiative is an effort to connect K-12 schools with regional or local farms in order to serve healthy meals using locally produced foods.
Why is local produce better?

- Harvested at peak ripeness
- Brought to consumer in shortest time possible
- Highest quality
- Attractive to the eye
- Pleasant odor, flavor, texture and feel
- High nutritional value
What local products can you purchase?

- Unprocessed locally grown or locally raised agricultural products.
- Some food handling and preservation is allowed (cooling, refrigerating, freezing, drying/dehydrating; washing, packaging, addition of ascorbic acid or other preservatives to prevent oxidation of produce).
Unallowable food handling and preservation techniques

- **Heating/canning** - the inherent character of the product is not retained because the heating process involved in canning changes the agricultural product into a product of a different kind of character.
Uninspected Agricultural Products

- Local agricultural products such as eggs, meat, poultry and milk cannot be purchased by schools unless they come from a licensed facility and have been inspected.
Purchasing Options

- Informal bid to local farmers
- Cooperative bidding
- Farmer’s market
- School vendor or distributor
Ways Vendors May Identify Local Products

• A sticker with a “GAP” seal.

• The word ‘local’ on weekly product list.

• “Kansas” listed in the product description.
Geographic Preference Rule

- Encourages Child Nutrition Program operators to purchase unprocessed locally grown and locally raised agricultural products.

- Allows point allotment in the bid process: School sponsors may assign a point value (such as +10 points) for products within a locally defined area.
Food Safety Resources

• Good Agriculture Practices (GAP)
  www.ams.usda.gov/gapghp

• Cooperative Extension,
  www.csrees.usda.gov/Extension

• www.kn-eat.org, School Nutrition Programs, Food Service Facts, Chapter 32, Fresh Fruit & Vegetable Program
KSDE HACCP Resources

- www.kn-eat.org, School Nutrition Programs, Guidance, Food Safety, HACCP Resources
  - Farm to School HACCP Guidance
  - Farm to School Sample Vendor Letter
  - HACCP Help Newsletters
Use of Donated Produce

• Donated fruits and vegetables that are not processed can be used in Food Service facilities.

• KSDE’s vendor/supplier letter is required to be kept on file to document the source of the product.

• A dated list of the produce items received and estimated value of the product is recommended documentation.
School Gardening

- Start with an Indoor Garden or Container Garden
- Form a Garden Committee
- Make a Plan
- Find a Site
- Develop Community Support
- Use Resources
Growing and Harvesting Produce

• Provide training

• Monitor handwashing and personal hygiene

• Clean and sanitize harvest containers

• Clean harvest tools
Using Garden Produce in School Meals

- Safe handling practices should be followed
- Receive and inspect
- Store properly
- Maintain traceability
School Gardening: April 2012

Featuring:
Sacred Heart Catholic School, Emporia
Lawrence Public Schools
Where to Start?

• Conduct a self-assessment
• Research existing resources
• Set a goal
• Bring everyone to the table
Resources

• Kansas Green Schools, www.kansasgreenschools.org
• USDA website, www.farmtoschool.org
• Other Kansas websites:
  - www.ourlocalfoods.org
  - www.ksfarmersmarkets.org
  - www.buyfreshnck.com
  - www.goodnaturally.net
  - www.greenabilitymagazine.com
Watch for Grant Opportunities

- Team Nutrition School Gardening Initiative
- Kansas Health Foundation
Mini-Grant Opportunities
- $325 per site
- Webinar Training
- Master Gardener or Extension Mentor

Eligibility
- Fresh Fruit and Vegetable Program Participants
- Summer Food Service Program Participants
Kansas Team Nutrition Gardening Initiative

Want more information?

Visit kansasteamnutrition.org

or

Contact: Jill Ladd RD, LD
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Applications Due December 1, 2011
Lawrence Pilot Garden Project
2010-11
2011-2012 KSDE Pilot Gardening Projects

- Xavier Elementary School - Leavenworth
- Goessel Elementary - Goessel
- Weskan School District - Weskan
- Iola School District - Iola
- Sunset Hill Elementary - Lawrence
How can locally grown produce fit into child nutrition programs?

- School Breakfasts
- School Lunches
- After School Snack Programs
- Salad Bars
- Fresh Fruit & Vegetable Program
- Summer Food Service Program
Serving Locally Grown Produce

• Start small – menu seasonal fruit/veggies
  ▪ Apple
  ▪ Pumpkin

• More complex – switch out ingredients in an existing recipe
  ▪ Carrots or cabbage in Coleslaw

• Get ambitious – serve a new recipe featuring locally grown foods
Bring Everyone to the Table

- School Food Service
- School Administrators
- State Agencies
- Farmers
- Community Partners
- Parents
- Students
Nutrition/Agriculture Education Resources

- www.growing-minds.org/nutr-ed.php
- www.cookingwithkids.net
- www.agclassroom.org/kids/index.htm
- www.kn-eat.org, Team Nutrition
- www.eatsmartplayhard.org
- www.kn-eat.org, Food Service Facts, Chapter 32, Kansas Fruits and Veggies Facts
- www.healthykidschallenge.com
- KSDE classes - How to Promote Fruits and Vegetables, Preparing Fabulous Fruits and Vegetables, Build a Healthy Salad Bar
Locavore
(lo-ka-vor)

One who eats foods grown locally when possible.
“The strongest Farm to School programs start small and grow like pumpkin plants extending vines in many directions and producing fruit that slowly ripens! If you’re inspired to plant the seeds of a Farm to School or gardening program, start with a manageable project and have fun!”

-Community Alliance with Family Farmers
Announcements & Recognition