

FARM TO SCHOOL & LOCAL PROCUREMENT

Connections to food through the
garden and cafeteria

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United General District 304



Overview - United General District 304



Active Living

Offering programs and promoting places to encourage physical activity



Community & Professional Education

Coordinating educational and enrichment opportunities for community members and professionals



Engaged Youth & Communities

Empowering teens and adults with strategies to create safe, inclusive, and healthy communities



Healthy Eating

Providing access to affordable, nutritious foods and encouraging patterns of eating that sustain wellbeing



Thriving Children & Families

Supporting caregivers and children to achieve optimal health and wellness right from the start



Stewarding Community Assets & Opportunities

- Maintaining the hospital district facilities and resources to ensure access to healthcare
- Acting as a fiscal agent to support other organizations
- Applying for grants to provide continuous prevention and wellness programming

FARM TO SCHOOL Growth and Support in Sedro-Woolley and Concrete 2012 - Today



Concrete Farm to School Programming



- Garden and cooking classes for all students grades k-6
- Integration with high school CTE classes, utilizing greenhouse and school farm
- Integration with middle school and high school environmental science courses
- Summer job program hiring high school students to maintain school farm and market produce/flowers at Concrete Saturday Market
- Summer garden/cooking classes for elementary students
- **Collaboration with Food Service staff to promote and serve local produce**

Sedro-Woolley Farm to School Programming

- School gardens at four SWSD elementary schools
- Fall and spring garden lessons, summer programming with the SW Boys & Girls Club
- Growing partnership with SWHS Agriculture classes for elementary assistantships and special projects
- Piloting summer job program with HS
- **Collaboration with Food Service staff to promote and serve local produce**



Supporting Changes in the Cafeteria



Local Sourcing



Scratch Cooking



Student &
Community
Connections



LOCAL SOURCING

Ways to support change:

- Relationship building with local producers
- Test-run purchases and Harvest of the Month
- Infrastructure assessments
- Starting small and finding easy-ins

Local farmer Giana of The Crows Farm shows off a field of broccoli



LOCAL SOURCING

Key partners:

- Viva Farms
- Puget Sound Food Hub
- Water Tank Bakery
- Ovenells Farm
- Sauk Farm
- Long Hearing Farm
- Grace Harbor Dairy
- Bow Hill Blueberries, Silva Family Farms, Barbies Berries
- Many more!

Types of items sourced:

- Bread, yogurt, beef, berries (fresh and frozen), peas, squash, and much more



Delicata squash smiles (above) and Rachel Sobzcak of Water Tank Bread showing off her ovens (right)

SCRATCH COOKING

Ways to support change:

- Recipe creation and adaptation
- Scratch cooking trainings
- Equipment and infrastructure – crafting the F2S perspective
- Center staff and student perspectives

Building positive relationships and meeting Food Service Staff where they are at has always been key to change



SWSD Food Service staff member practicing with a Robot Coupe, which cuts down on prep time for fresh produce!



Student and Community Connections

- **Harvest of the Month:** taste tests accompanied by classroom activities, interviews with farmers, and recipes
- **Garden-based education:** growing their own vegetables encourages kids to try them with an open mind
- **Kitchen Classroom/Cooking Lessons:** de-mystifying the process- letting kids experiment with flavors and try new things outside the cafeteria setting
- **Farm Field Trips:** meeting the people who are growing the fruits and vegetables students see in the cafeteria
- **Recipe kits** (during remote learning): locally sourced vegetables in recipe kits exposed families to new flavors and recipes and let children share their experiences with their families



CONCRETE FA

Locally Grown
Vegetables

Concrete Farm to School
SUGGESTED DONATION
BASIL
\$2/BUNCH
Originally Grown by students in the Concrete School District.
Thank you for your support!



Concrete Farm to School
SUGGESTED DONATION
RED ROMANIAN STORAGE GARLIC
\$2 ea 3/5
Grown by students in the Concrete School District.
Thank you for your support!



LONG HEARING FARM
LETTUCE
\$3/head
SUGGESTED DONATION
Thank you for your support!



Concrete Farm to School
SUGGESTED DONATION
CUCUMBERS
↓ FIELD \$2 ea
↑ ENGLISH \$3 ea
Original all of them in Concrete in the Concrete School District.
Thank you for your support!



Concrete Farm to School
SUGGESTED DONATION
HEIRLOOM TOMATOES
LARGE \$3 ea.
SMALL \$2 ea.
As by students in the Concrete School District.
Thank you for your support!

Concrete HS Summer Employee with stand at Saturday Market



Elizabeth and Kelly of Long Hearing Farm
having fun with beets!

Key to Success- Strong Partnerships

- United General District 304
- Sedro-Woolley and Concrete School Districts
- Washington State SNAP-Ed
- Washington Service Corps and AmeriCorps VISTA
- Viva Farms
- USDA Farm to School Grant Program
- Skagit Valley Food Co-op 4% Friday
- Skagit Community Foundation
- Skagit County Boys and Girls Club
- Community members and local farmers!





THANK YOU!
QUESTIONS?

Contact Info

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