

Clallam Farm to School & the PASD Good Food Movement

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WSU Clallam County Extension
Community Health Program



WSU EXTENSION
Clallam County

Defining "Farm to School"

Food Procurement

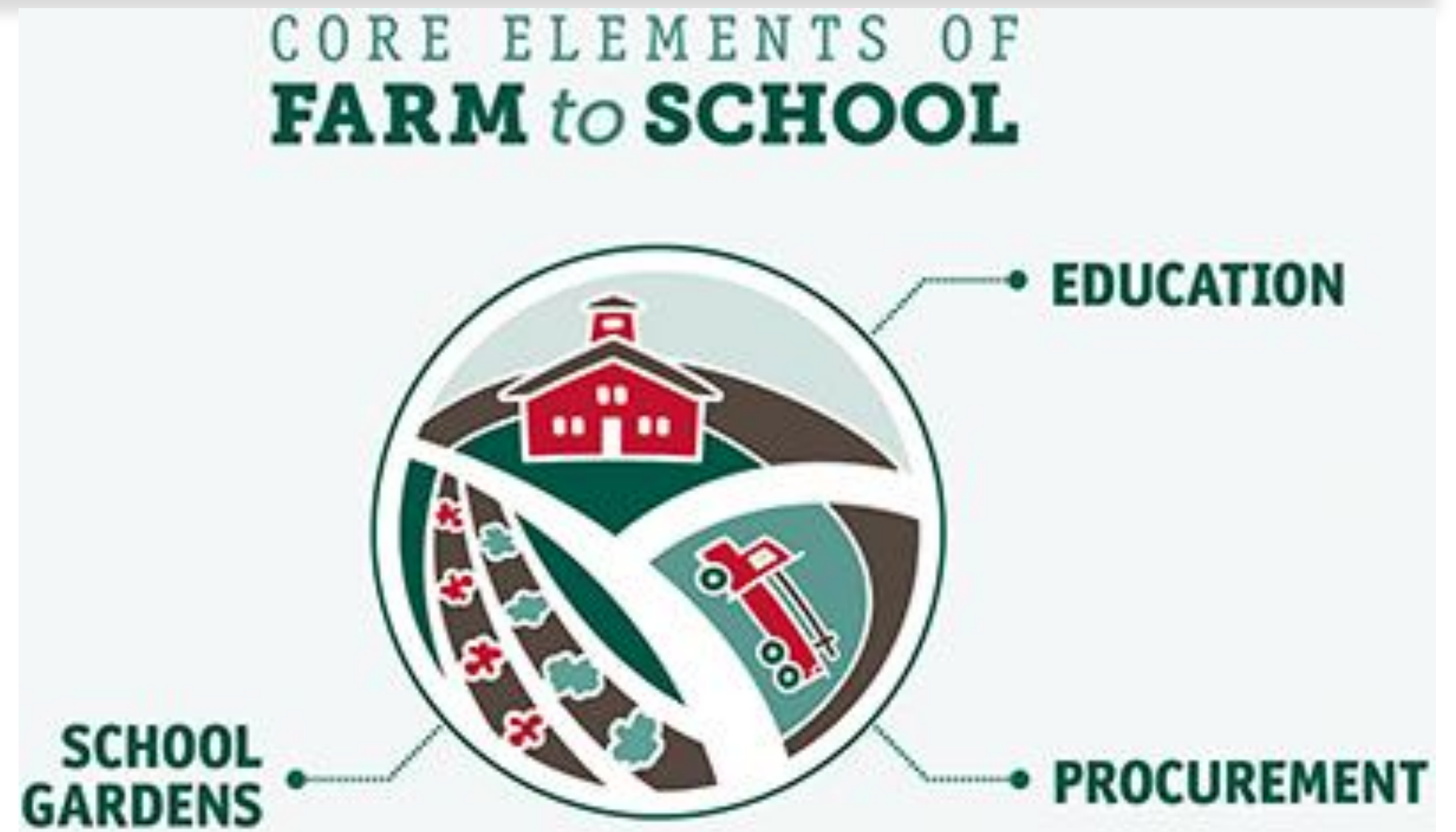
Locally sourced school meals, Harvest of the Month, Scratch cooked meals

School Gardens

School Garden programming for nutrition education and reinforcing academic curriculum

Agricultural, food systems and Place-based Education

Farm Field trips, food systems awareness, service learning



Farm to School on the North Olympic Peninsula

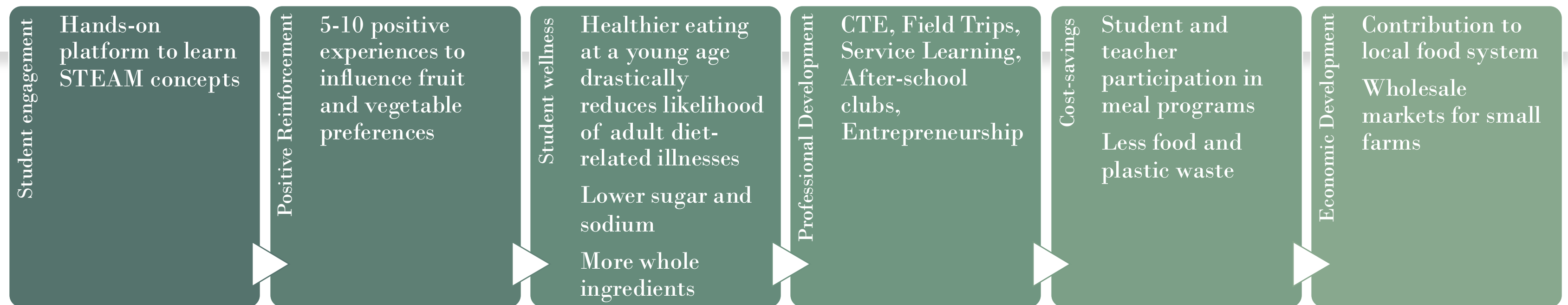
At least 40% of the school districts West of Sequim serve low-income families

Of the School Districts we reach:
5 Self-operated food service
3 FSMC-operated food service

Of the School Districts we reach:
2 previously had a culture of sourcing local produce and protein
3 had pre-existing garden spaces

Our Farm to School program is two years old

Why should Farm to School matter to your local school district?



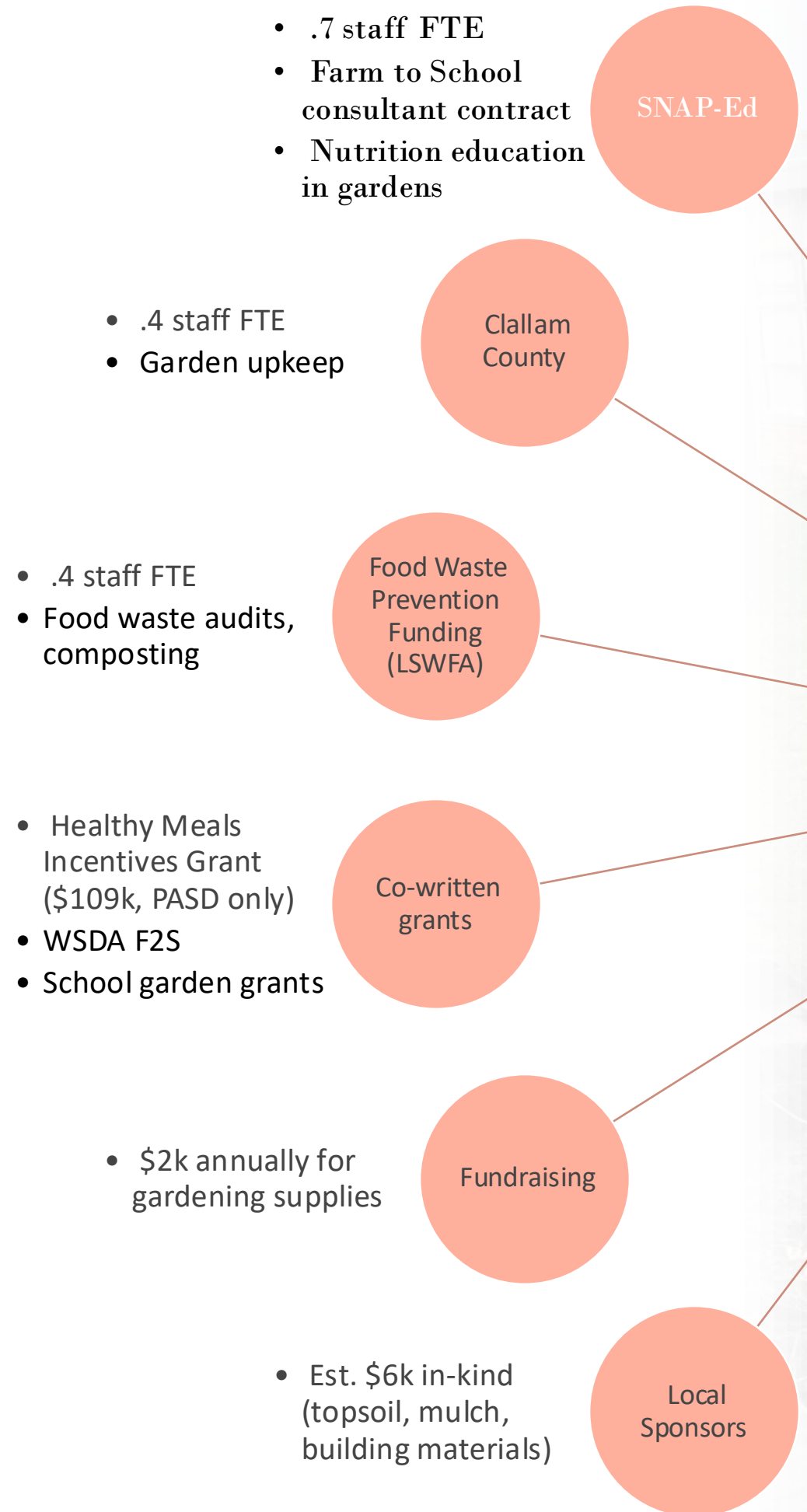
65% of school districts nationwide have adopted school garden programs || Studies of schools with F2S programs saw **3x higher** consumption of fruits and veggies || School gardens provide Social-Emotional Learning opportunities; gardening reduces cortisol levels || 2013 study: 20 years of U.S. school garden studies showed **93% higher science scores, 80% higher math scores and 72% higher language arts scores** among students engaged in garden-based curricula (Williams and Scott Dixon, 2013)

Stacking PSE strategies

- Taking inventory
- Providing capacity
- Securing funding
- Creating a network
- Organizing champions
- Organizing students
- Starting with small change
- Identifying leverage points
- Building capacity
- COMMUNICATIONS!
- Approaching critical mass

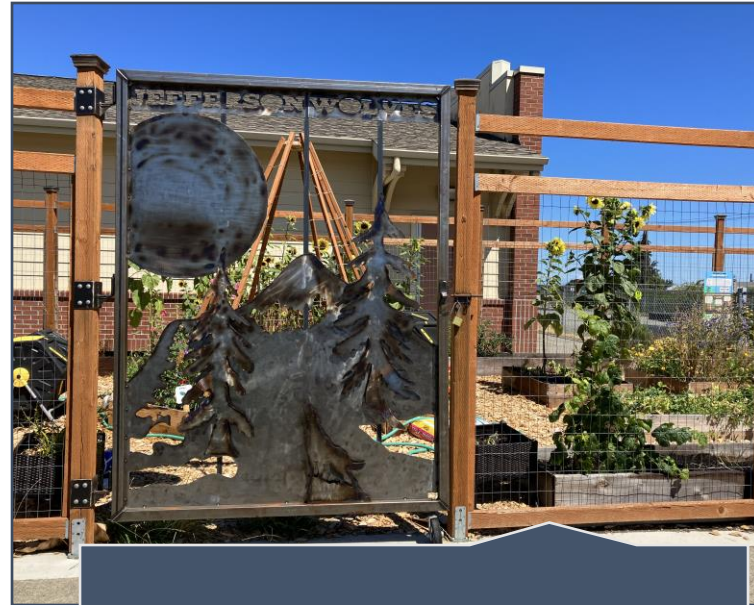


Funding Farm to School



Taking inventory

- Space
 - Kitchen assessments
 - Garden spaces
- Initiatives
 - Has this work been done or attempted previously?
- Champions
 - Who can meet you part way?
- Barriers
- Opportunities



Jefferson ES garden



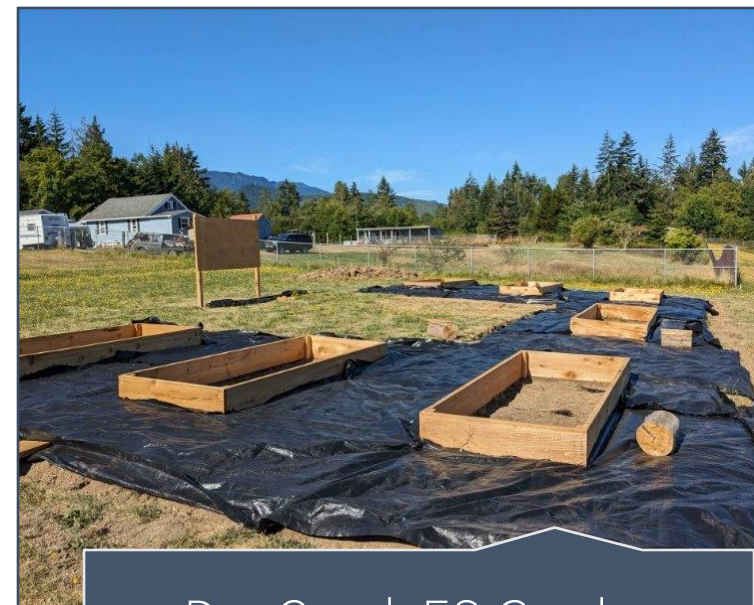
Lincoln High School garden



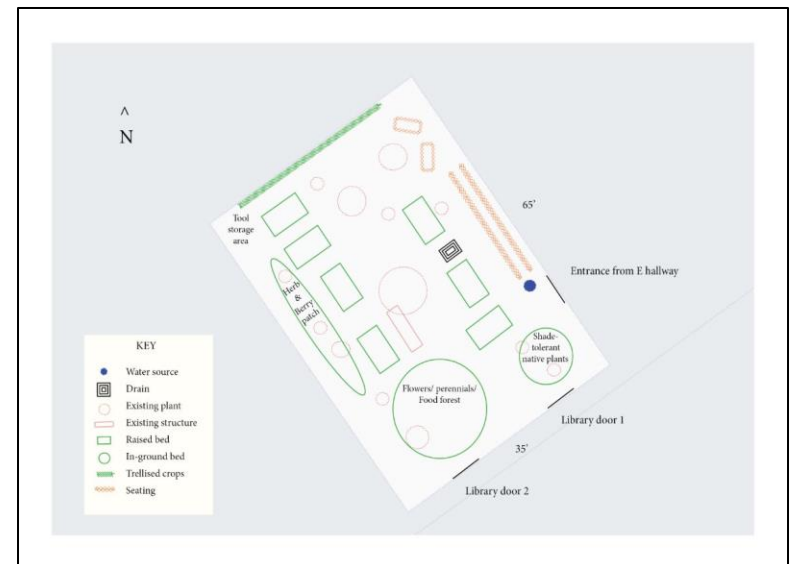
PAHS Community Garden



Franklin ES



Dry Creek ES Garden Expansion



COMING SOON: Roosevelt Elementary garden!



Providing capacity (to build capacity)

Modeling garden-based education

Grant writing

Building connections with growers

Organizing meetings

Building relationships with antagonists



Healthy Meals Incentives Initiative
Improving the nutritional quality of school meals through food systems transformation, school food authority recognition and technical assistance

ACTION FOR HEALTHY KIDS
In partnership with

rmc Health Healthy Schools Start Here
CHEF ANN FOUNDATION

USDA
Supplemental Nutrition Assistance Program
 Putting Healthy Food Within Reach

Securing funding

Primary goals:

- To help PASD Meals reflect upcoming requirements to align with DGAs, as well as increase student engagement in meal program, through student-led menu change towards scratch cooked, locally sourced and healthier meals
- To make garden-based education available for all students in the Port Angeles School District through teaching gardens, partnerships with educators and curriculum development

Farm to School
 WSDA



Creating a network & organizing champions





Organizing & Motivating students

Getting kids in the garden

Fostering place-based experiences

Taste Washington Day and Harvest of the Month

After School Garden clubs:

- Plant sales
- "Farmpreneurship"

Food waste audits

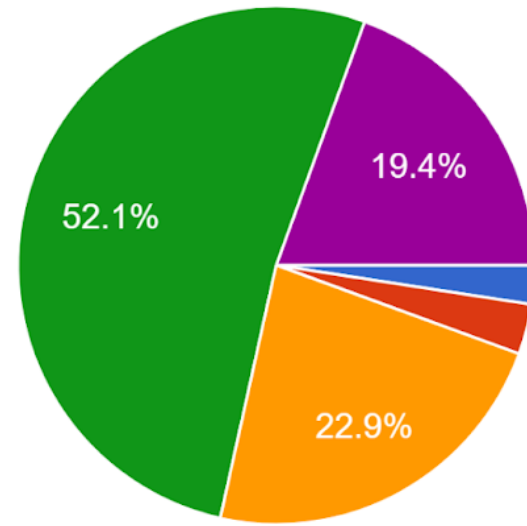
Student surveying

Give students a voice!



How would you rate the overall flavor of school food?

288 responses



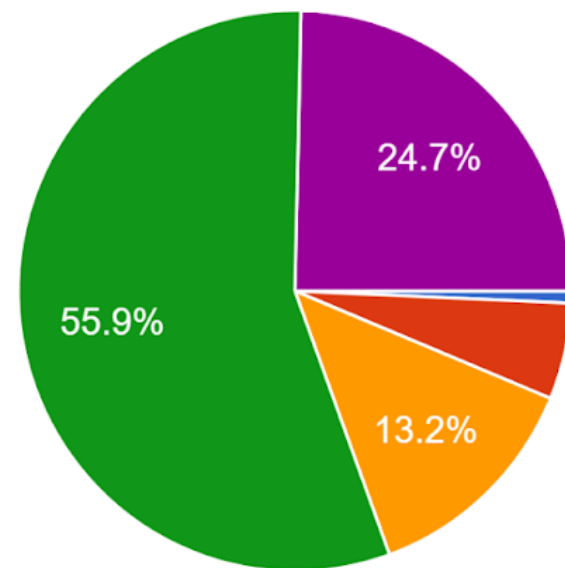
- Delicious
- Flavorful
- Pretty Good
- Okay
- I don't like it

I don't like how much food is thrown away, and how packaged and removed the food is from its original source or flavor.

I appreciate that all students are given access to free school breakfasts and lunch and I love the variety of options students are given for lunch. I do not like the options currently offered for breakfasts for students as many of the options are high in sugar. not only does that not promote healthy eating habits for young children but it also doesn't set them up for success in the classroom if they have sugar highs and big crashes.

Do you think the school food offerings are healthy?

288 responses



- Very healthy
- Pretty healthy
- Healthy
- Somewhat Healthy
- Not Healthy



Fr/Soph
Student +
family Su
rvey
results

Starting with small changes: "Taster Tuesdays"

- Kale-cabbage-apple salad
- Bell peppers and carrots with homemade ranch
- Curry roasted cauliflower
- Sweet and savory roasted squashes
- Potato leek soup
- Roasted potatoes
- Mashed potatoes
- Kale chips
- Breakfast sandwiches
- Smoothies
- Veggie-based nacho cheese



PASD
GOOD FOOD
MOVEMENT



WHAT DO YOU
WANT TO EAT?

TEXT "TASTERTUESDAY" TO:

82257

Identifying leverage points

- Have a voice on the school wellness committee
- Stay plugged in to legislation and incentives
- Wellness Policy overhaul - WellSAT 3.0

NUTRITION AND FITNESS

Policy No. 6700
Management Support

The board recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight students are at a higher risk for developing severe long-term health problems, and overweight students are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases.

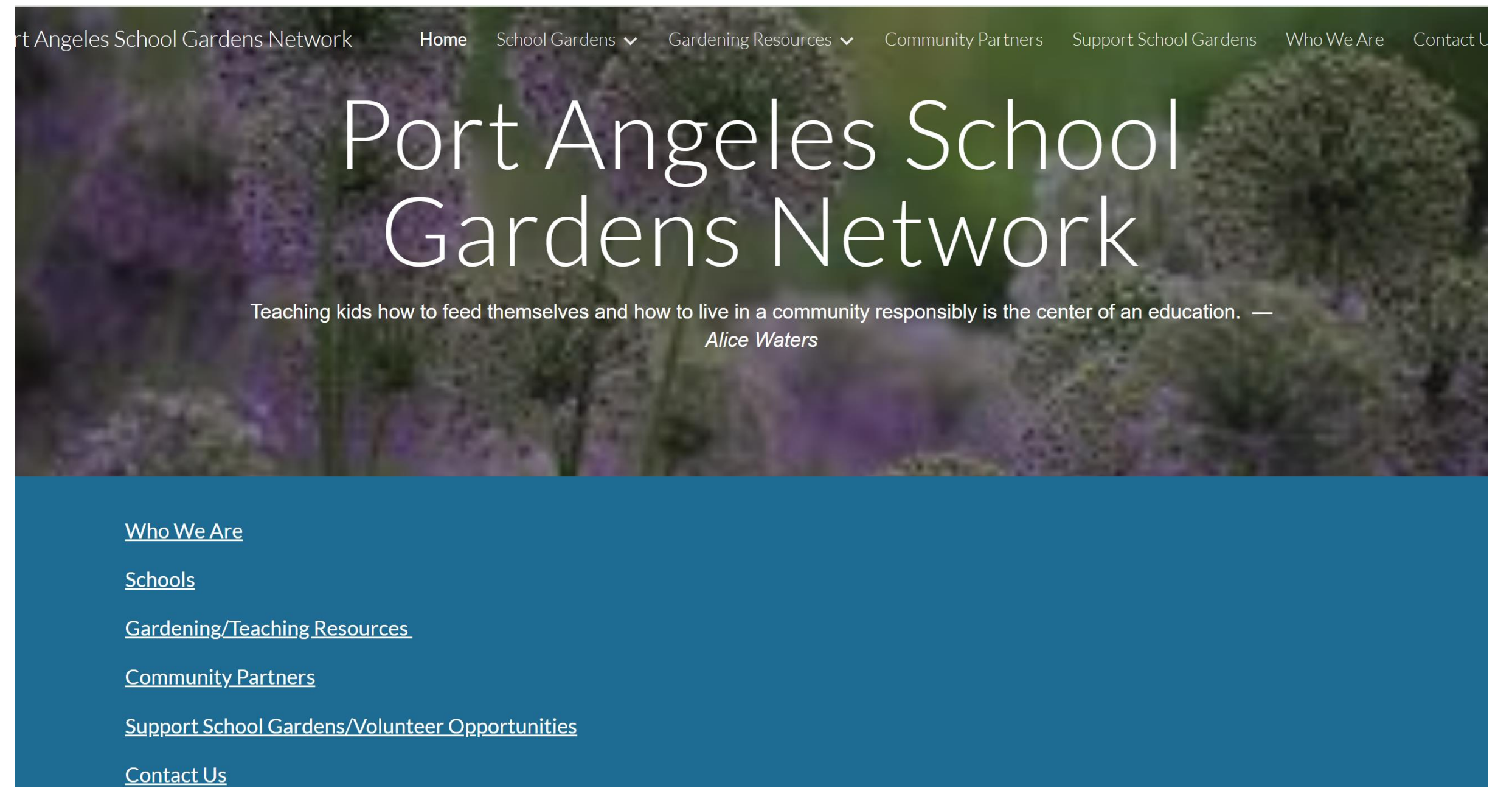
Students who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the board to provide students:

- Access to nutritious food;
- Opportunities for physical activity and developmentally appropriate exercises;
- A physical education program as required by law, and
- Accurate information related to these topics.

The Port Angeles School board of directors is committed to the optimal development of every student. The Board of Directors believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

To clarify the district's role in supporting students, the following core wellness beliefs are adopted:

- Students should have equitable access to healthy foods and potable water throughout the school day – both through reimbursable school meals and other foods available throughout the school campus that meet or exceed Federal and State nutrition standards; that encourages healthy eating;
- Students should receive quality evidence-based health education, physical education, and nutrition education allowing them to develop lifelong healthy behaviors;
- Students should have adequate opportunities to be physically active before, during, and after school, including adequate recess and regular physical activity breaks;
- Students should be provided equitable access to healthy food and opportunities for nutrition education with appropriate accommodations and modifications to school meals; Foods that do not meet USDA Smart Snacks standards should not be marketed or sold on school grounds during the school day;
- School staff should be encouraged to promote healthy nutrition and support physical activity; including not using food as a reward, scheduling recess before lunch, and practicing healthy celebrations;
- Each school should include a Wellness Goal in their Comprehensive School Improvement Plan (CSIP)



Building capacity to guide structural change

Training and professional development for teachers and food service staff || "Modeling" garden-based education

Cultivating community engagement || Online resource hub || Grant writing support and orientation

Communication is key!

Connect with newspapers, radio, school communications staff, and your local public health department.

We are working to positively impact most of the youth and families in our community. That's worth shouting about!

[View this email in your browser](#)

Did someone share our newsletter with you? [Subscribe here!](#)



Farm to School



Want to see more fresh and local food in school lunches?



Let's make it happen.

Every month, we provide a list of available grants at the bottom of our Farm to School newsletter. This month, the Washington State Department of Agriculture has opened applications for Round 2 of the Farm to School grant, of which Round 1 has made local purchasing possible for several local school districts over the past few months.

Ask your School District's Food Service Director if they are planning on applying, or reach out to WSU Extension's Farm to School Consultant at seedspringwa@gmail.com for support.

[APPLY HERE!](#)

Farm to School grant success story:

Crescent School is on a roll!

Thank you!

Danielle Carson

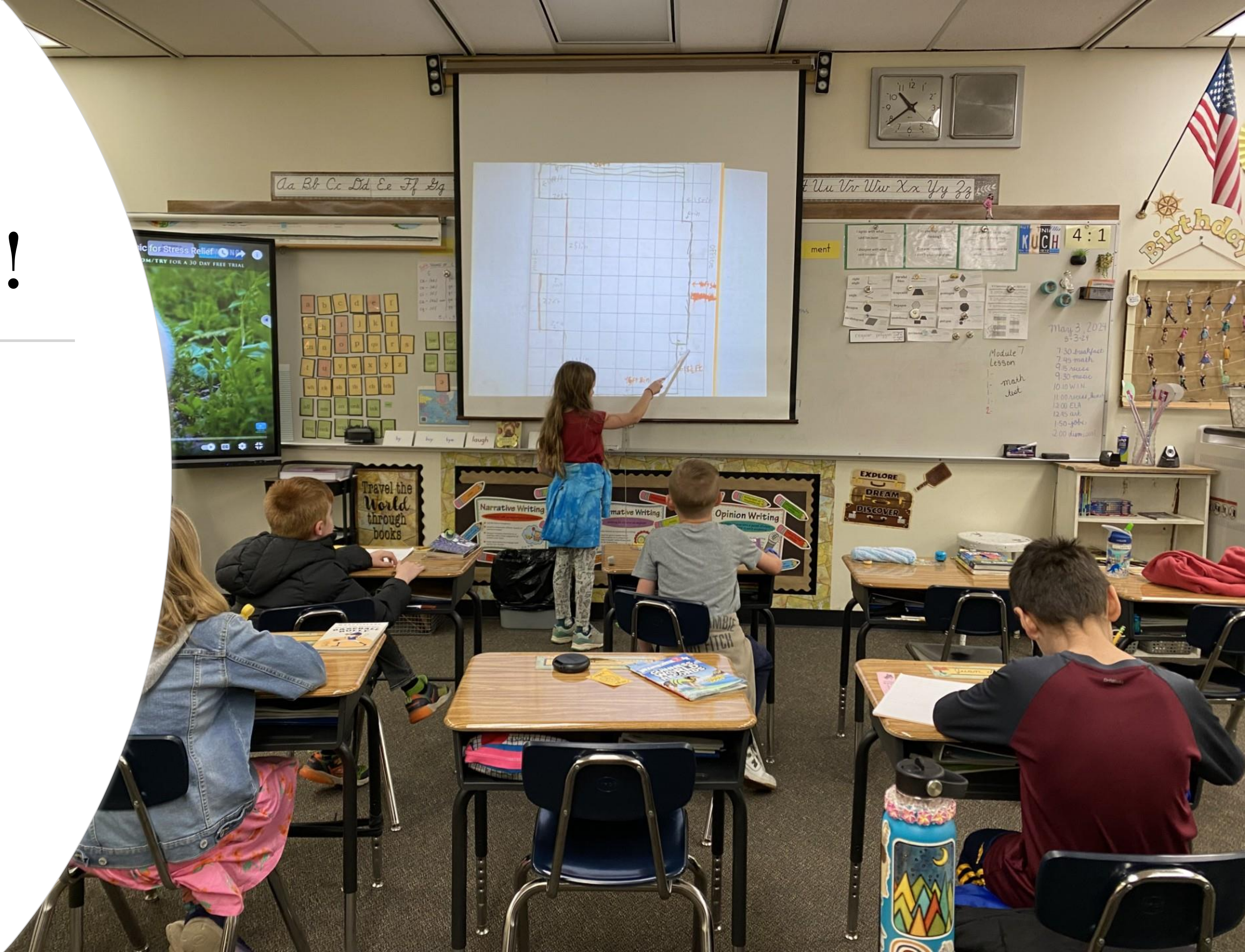
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WSU EXTENSION
Clallam County



Growing Farm to School: Lessons Learned in Skagit County

Rachel Muia, Healthy Eating Pillar Supervisor



Building Healthier
Communities

Background

- 2013 USDA Farm to School Planning Grant established the Concrete Farm to School Program
- AmeriCorps VISTAs 2014-2018 in conjunction with additional grant funding built the program and established the elementary school garden and kitchen classroom
- In 2018, a USDA Community Food Projects grant helped expand our program to the middle/high school, offering connections to CTE and Science classes, and building a greenhouse and school farm.





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 science courses



Summer job program hiring high school students to maintain school farm and market produce/flowers at Concrete Saturday Market

Find Your Champions

- Farm to School Advisory Teams in Concrete and Sedro-Woolley include key individuals from school district, community, and partnering organizations
- Don't meet just to meet- important to have action items, opportunities for feedback, and tangible engagement
- May need to reassess purpose/membership once program is established.



Show Up

- Ask if you can attend staff meetings
- Meet with partners on campus
- Table at Back to School Nights, PTO/PTA events, etc.
- If you can, attend school events with or without materials (Community Dinners, band concerts, graduation)- Get a VISTA!
- Community events- Youth Activity Day, Back to School Fairs,



Have a Plan for the Summer

- Our program started with summer camp
- Now partner with Boys and Girls Clubs in Sedro-Woolley and Concrete to offer garden/cooking enrichment activities
- High School vocational program in Concrete
- Farmers Market outreach
- Freege in Concrete for summer produce
- Working with Food Service to freeze peak season produce



Partner with existing opportunities

- Early success with summer camp- used as a pilot for school meal changes and cooking with kids
- Work with other experiential educators to coordinate schedules
 - Ex. Trading class times with Glacier Peak Institute to keep time open in elementary class schedules- less coordination for us and less work for the teachers



Don't try to be everything all at once

- Choose strategies that have a good chance of early success
 - HOM program, taste tests
- Go where there is an open door
 - For us, the elementary school was an early adopter, while the high school principal never responded to emails. Over time, we were eventually able to bring programming into the high school, but it took our elementary kids moving up and asking for it, and then finding invested teachers who wanted to partner.



Diversify Funding Streams

- Our program was established with USDA Farm to School Planning and Implementation grants
- Received additional support through foundational grants (General Mills/Cascadian Farm), community groups (Rotary, Leadership Skagit), and local businesses and funders
- Received SNAP Ed funding for the first time in 2016
 - PSE efforts in Sedro-Woolley and Concrete School Districts including HOM, Food Service support and changes, local purchasing, school gardening, summer market outreach, Fruit and Vegetable Prescription Program
- Working on engaging donors through fundraising efforts



Share successes!

- Invite local newspapers, radio stations etc to visit and interview students
- Submit stories to your school district newsletter- find out if there is a communications person and invite them to events
- Send a newsletter/report to partnering teachers, administrators, and other partners- include pictures of them and their classes

Concrete Fall Gardening 2023 Highlights

TK explored the garden with egg carton scavenger hunt. They learned to plant Garlic and harvest sunflower seeds. In our third lesson, we mulched our garlic with straw and played in the season of –props and objects that represent each season of the year: “snowball” fights in wintertime, insect spring, being a farmer in summer with sunhats and sunscreen, and exploring harvested seeds, pumpkins, and corn in the fall.



Mason Holt in Ms. Becky's TK class shows off his scavenger hunt treasures

Kindergarteners practiced two-handed picking when making garden bracelets. On our rainy day, we helped clean potato harvest. We read *I will Never, Not Ever, Eat a Tomato*. Lastly, we learned about the four seasons with props and did a color hunt.



Mrs. Dills' class cleaning the potato harvest

First Grade learned about the six plant parts with a song and scavenger hunt, including Ms. Cram finding all the pumpkins growing in the compost pile! We also saved seeds from sunflowers and runner beans and used them to practice counting. For our final lesson we planted fava beans and

Thank you!

Rachel Muia

United General District 304

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FARM TO SCHOOL WITH ESD 101

SNAP-ED FORUM



KENDRA DEAN
Farm to School Partnerships Grant Coordinator



Agenda

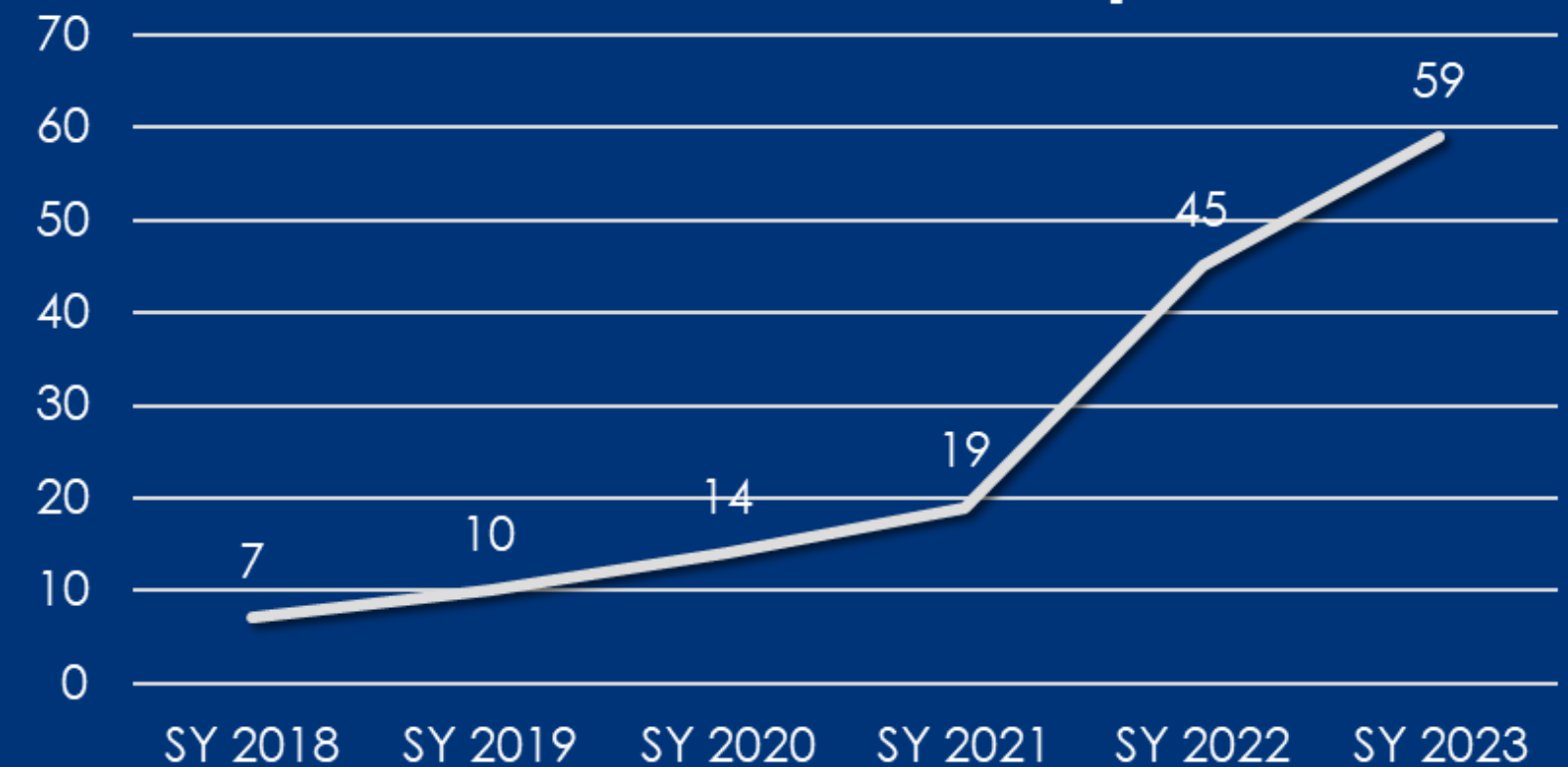
- History and Overview of the Nutrition Cooperative and Farm to School Programming
- Goals of the Farm to School Program
- How we support Farm to School in our School Districts
- Lessons Learned

Child Nutrition Cooperatives at ESDs

Goals of the Nutrition Cooperative

- Make life easier for foodservice professionals
- **Improve program quality**
- Meet federal regulations

School District Participation



Support Provided by the Child Nutrition Cooperative

- Ongoing Mentorship/Support
- Menu Planning Support
- Culinary Schools Training
- Administrative Support
- Networking Opportunities
- Grant Writing
- Audit Prep
- Rules/Regulation Guidance
- Farm to School Assistance



Our Farm to School Story

2019

Began with a USDA F2S Planning Grant in 2019

- Began with identifying partners
- F2S Planning teams at school districts
- Harvest of the Month program development

...Covid hit!

2021

WSDA began offering F2S Purchasing Grants

- Round 1: 4 schools applied
- Round 2: 14 schools applied

Schools needed additional support with procurement and menu planning around local foods

2023

Received Regional Food System Partnerships (RFSP) Grant

- Statewide expansion
- Supporting 40 districts

Statewide Expansion

Currently, five F2S programs are operated by Educational Service Districts (ESDs) located throughout Washington state.



Goals of the Regional Farm to School Program

- Regional Farm to School Program Goals
 - Increase availability of local foods/whole foods in school meals
 - Increase knowledge of seasonality of foods and where food comes from
 - Increase the amount of scratch cooking in school meals
 - Streamline and simplify systems for both farmers and school districts
 - Support local producers and develop strong, sustainable relationships between producers and schools

Types of Farm to School Support Offered to School Districts

- Procurement/Connecting local producers and school districts
- Menu planning around local foods
- Recipe development/standardization
- Training (culinary skills, equipment)
- Events and indirect education
- Garden support
- Curriculum support
- Monthly newsletters



Procurement and Connections

- Conduct farmer outreach
- Attend farmer meetings/farmers markets
- Meet with local food hubs
- Identify common products that can be used in the schools - find sources
- Develop delivery systems



Menu Planning



- Review School Cycle Menu
- Identify items that can be procured locally
- Are there new menu items that they would like to add that feature local foods?

Recipe Development and Standardization

- Develop/Identify recipes that utilize local products
- Test new recipes
- Assist with crediting recipes



Training - Culinary Skills and Equipment

- Identify equipment needs and help write grants
- Connect schools with trainers who can help with equipment use
- Incorporate farm to school into culinary trainings



Events and Indirect Education

- Meet your Farmer Days
- Farm Field Trips
- Taste Tests
- Classroom Visits
- Mushroom/Microgreen kits
- Mini Nutrition Lessons



Garden Support

- Provide assistance with garden planning
- Connect school gardens to community partners (i.e master gardeners, farmers)
- Help schools to understand regulations around gardens in schools
- Help develop sustainability plan



Curriculum Support

- Helping schools to identify curriculum to use
- Connecting schools with local SNAP-Ed providers who do direct education



Monthly Newsletters

- Provide F2S updates to schools
 - Grant opportunities
 - Recipes
 - New producers
 - Harvest of the Month

Farm to School with ESD 101

NEW ESD 101 NorthEast Washington Educational Service District 101

NOVEMBER

Our Harvest of the Month item is BUTTERNUT SQUASH

Butternut squash is a super delicious winter squash. It is a good source of vitamin A, vitamin C, fiber, niacin, and folate. Check out some of these great recipes below for breakfast or lunch!

- Butternut Muffins
- Squish Squash Lasagna
- Butternut Squash Soup

Celebrating F2S Month Highlights!

You all did such an amazing job celebrating Farm to School Month!

Above: Local Apple parfait at Colville, Apple Crunch at Northport, Chili Meal at Valley

Apple Crunch at Washtucna

Down serving chili at Valley

Above: Meet your Farmer Day at Northport, Local Beef served at Colfax, Taste WA Day Menu at Palouse

ESD 101 received the USDA Regional Food Systems Partnership Grant for over \$1,000,000!

This grant will allow us to replicate F2S systems across the state at 4 other ESDs over the next three years. We are so excited to see this program grow!

WSDA Farm to School Purchasing Grant

We had 22 school districts in the Nutrition Cooperative apply for the Farm to School Purchasing Grant!! We are so excited to expand this program and continue to build systems to incorporate more local foods into your breakfast and lunches!

WSDA plans to release awards mid-November. We will keep you updated if that changes!

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

SNAP-Ed

Harvest of the Month BUTTERNUT SQUASH

Tasty Trivia

- Butternut squash is a winter squash. Winter squash are actually picked in the fall
- Winter squash are gourds
- Squash is botanically a fruit because it contains the plant's seeds, but is commonly classified as a vegetable
- California grows the most squash in the US

Try it at home!

Roasted Butternut Squash
Makes 4 servings

Ingredients:
1 large butternut squash
1 1/2 Tablespoons oil
Salt and pepper, to taste

Peel butternut squash and cut in half. Remove seeds and cube into 1/2" pieces. Preheat oven to 400F. Toss butternut squash cubes with oil, salt, and pepper. Roast 30-35 minutes or until golden brown.

How does it grow?

- Butternut squash grows best in 70-90 F temperatures
- After the flowers are pollinated, they turn into the squash that we eat
- Squash grows as either a bush or a vine
- Squash are native to North America

Nutrients

- Butternut squash is a good source of vitamin A, vitamin C, fiber, niacin, and folate
- Carotenoids (related to vitamin A) found in butternut squash include beta carotene, lutein, and zeaxanthin

Harvest of the Month spotlights a seasonal produce item grown by a local farmer each month. Keep an eye out for it on your school menu and get ready to try new fruits and veggies!

Funding our Current Farm to School Program

- Braided Funding Model - allows for stronger wrap around and individualized support
- Regional Food Systems Partnership Grant
 - Partially funds 4 F2S Coordinators (.5-.625 FTE)
- SNAP-Ed
 - Partially funds 3 F2S Coordinators (.25-.5 FTE)



Lessons Learned

- Build strong relationships with food service programs and administration
 - Ask questions and offer support
- Develop an understanding of the School Meals program and how to work within it
 - NSLP and SBP are complicated programs!
- Individualized support
 - All schools are starting from different places with different needs



Lessons Learned (cont.)



- Get to know your local food system and potential partners
 - Communicate often!
- Start small - celebrate those wins!
- You can't do it all
 - Lean on your partners and identify strengths

Partnerships are KEY!

- WSDA
- OSPI
- Food Service Directors
- Farmers/Producers
- Food Hubs
- Delivery Partners
- Other SNAP-Ed Providers

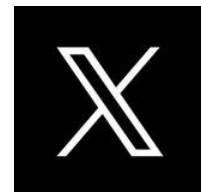
Thank you!

Kendra Dean

NEW ESD 101

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509-789-3560



Farm to School Best Practices: What Works?

QUESTIONS

