Farm to Everything

_Crash Course with CANS, Nov. 18th, 2021_
My experience with Farm to School is...

1. Actively participating
2. Have participated in the past
3. Have attempted unsuccessfully
4. No experience
South Dakota Crunch Off

- 20 registrations
- 3,026 crunches
  - 426 children ages 0-5
  - 1,986 children ages 6-18
  - 614 adults
- Largest Crunch – Dakota Valley
  - 1560 crunches
- 2x the crunches of 2020
Farm to School changes food purchasing and education practices of education settings to connect communities with fresh, healthy food from local producers.
Farm to School Activities

• Use local foods in any form in...
  • National School Lunch Program
  • School Breakfast Program
  • Fresh Fruit and Vegetable Program
  • Child and Adult Care Food Program
  • CACFP At-Risk Afterschool Program
  • Summer Meals
Farm to School Activities

• Serve local foods as a snack (classroom, a la cart, fundraisers, etc.)
• Serve local foods or provide farm to school activities as part of afterschool programs
• Serve products from school gardens/farms in any school meal
• Work with local producer to develop specific food products using local foods
Farm to School Activities

• Hold taste tests/cooking demonstrations of local or garden grown foods
• Promote local foods at school
• Use cafeteria food coaches to promote the consumption of local foods
• Invite farmers to visit the cafeteria or classroom
• Provide training to school food service staff on F2S or school gardens
• Celebrate National F2S Month (October)
Farm to School Activities

• Conduct educational edible school garden as part of curriculum
• Student field trips to farms
• Integrate F2S into Pre-K curriculum
• Host F2S related family and community events (parent lunch day, corn shucking contest, farmers market at school, etc.)
Percent of All SFA Respondents Serving Local Foods

Weighted National Average: 50%

Graphic courtesy of USDA OCFS MRPO
### Top 5 Benefits of F2S by SD SFAs
(participating in at least 1 F2S activity)

<table>
<thead>
<tr>
<th></th>
<th>Benefit</th>
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<tbody>
<tr>
<td>1.</td>
<td>Don’t know</td>
</tr>
<tr>
<td>2.</td>
<td>Higher quality foods</td>
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<td>3.</td>
<td>Increased consumption of items in school meals</td>
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<td>4.</td>
<td>Student knowledge about local and healthful foods</td>
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<td>5.</td>
<td>Lower school meal program costs</td>
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</tbody>
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Why Farm to School?

Kids Win

School Foodservice Wins

Communities Win

Environment Wins

Farmers Win
Why Farm to School?

• Students
  • +0.99 to + 1.3 servings F/V per day
  • Minimized risk of diet-related diseases
  • Knowledge about gardening, agriculture, healthy food, local food, seasonality
  • Willingness to try new and healthy food
  • Choose healthier food at school and home
Why Farm to School?

• Schools
  • Average increase of 9% in meal participation
  • Lowers school meal program costs
  • Increased offerings of fruits and vegetables
  • School wellness policy adherence
  • Improved foodservice staff morale and knowledge of local foods
  • Educators have positive diet and lifestyle changes and a greater intent to integrate F2S in the classroom
  • Greater opportunities for hands-on, active, and experiential learning
Local Food Directories

Dakota Rural Action
Grassroots Organizing for the Future

South Dakota Specialty Producers Association
Farm to School Examples
Kids recipe contest
Commercial Kitchen Partnership

Deubrook Area School District 05-6
Salad Bar
Salad Bar

- Flexible Quantities
- Seasonal
Fresh Fruit and Vegetable Program
Fresh Fruit and Vegetable Program

- New and different
- Smaller quantities
- Not a menu item
Percent SFAs that Use Local Foods in the Fresh Fruit and Vegetable Program

National weighted average 21%

Graphic courtesy of USDA OCFS MRPO
Sell in the Summertime
Sell in the Summertime

- More fresh produce available
- Smaller meal program
Percent SFAs that use Local Foods in SFSP/SSO

Graphic courtesy of USDA OCFS MRPO
Family and Community Events
Percent SFAs that Host F2S Related Family and Community Events

- CO: 23
- KS: 14
- MO: 8
- MT: 22
- ND: 17
- NE: 17
- SD: 10
- WY: 10

National weighted average 12%

Graphic courtesy of USDA OCFS MRPO
Invite a farmer to school!
Percent SFAs that Have Farmer Visits to Cafeterias, Classrooms, or other School Settings

Graphic courtesy of USDA OCFS MRPO

National weighted average 15.3%
Help Establish or Grow a School Garden
Percent SFAs with At least One Edible Garden

Graphic courtesy of USDA OCFS MRPO
Raised Beds
Resources
Chop Chop Culinary Skills Training
Nebraska, Montana, Vermont Case Studies
Frequently Asked Questions (FAQs) About Serving Bison and Beef in USDA Child Nutrition Programs in South Dakota
Farm to School Grant

• Request for Applications
  • October 22nd – January 10th

• Amount
  • $50,000 - $100,000 (different tracks)

• SD Webinar
  • Nov. 22nd, 12:30-1:30 MST & 1:30-2:30 CST
Grow Getters

Lessons

**Stupendous Soils**
In this Grow Getters lesson, you will answer the questions: “What is soil?” and “How can you make garden soil?”

**Plant the Seed**
In this Grow Getters lesson, students will learn to identify the parts of a seed and the growth and development of a seed to a plant.

**Pollinators Party**
In this lesson, participants will learn how plants reproduce and how to identify pollinators that help plants.

**Plant Part Powers!**
Following this lesson, participants will be able to identify basic plant parts and use more complex plant part vocabulary.

**Harvest Helpers**
At the completion of this lesson, learners will be able to identify root and non-root fruits and vegetables and learn harvesting skills.

**Preservation Station!**
At the end of this lesson, participants will be able to list the most-common methods used to preserve fruits or vegetables.
Don’t be afraid to start small!

I am here to help with planning!
Questions?

What ideas or comments do you have about kick-starting F2S programs?
CONTACT INFORMATION

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

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