

A Note to Presenters:

This slide deck must be edited before you use it. Making changes is as simple as deleting a slide from the deck. This training contains many quotes from farm to school educators. Any time there is a long quote, there are two slides to accommodate it. The first slide contains the written quote, and some small photos. The second slides contains a recording of the quote, and more photos. As the presenter, you have the option to: read the quotes out loud, allow time for the audience to read the quotes, or play the audio of the recorded quotes. If you choose to read the quote or have the audience read the quote, please delete the slide with the audio recording. If you use the slide with the audio recording, please delete the slide with the quote written on it. Please use the format that best suits your audience and the audio/vidual technology available to you during the presentation.

Any "quote" slide will have a "note to the presenter" in the top of the *notes section* for that slide with instructions.

Thank you!





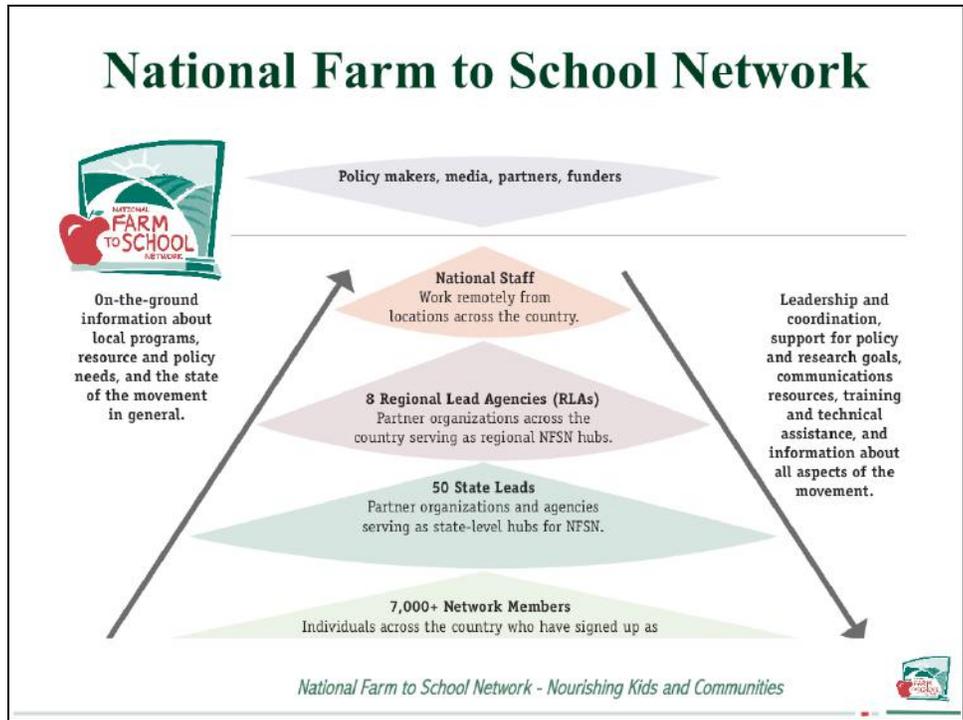
Farm to School 101: Getting Started

Insert Name of Presenters
Peer Leadership Network



National Farm to School Network - Nourishing Kids and Communities





This training is brought to you with support from the National Farm to School Network.

Established in 2007, National Farm to School Network seeks to create strong and just local food systems that ensure the health of children, farms, the environment, the economy and communities. NFSN provides vision, leadership and support to connect and strengthen the Farm to School movement, which now includes more than 12,500 schools spanning all 50 states.

National Farm to School Network (NFSN) provides vision, leadership and support to connect and strengthen the Farm to School movement across the country. NFSN sets national priorities and policy goals, generates a research agenda, creates and aggregates resources, provides technical assistance, convenes gatherings and promotes the movement. NFSN includes national staff, eight Regional Lead Agencies, 50 State Leads, a 16-member Advisory Board and thousands of on the ground Farm to School supporters.

Farm to School Peer Leadership Network

Goal: Strengthen farm to school training and technical assistance for stakeholders through peer learning.

- 20 Peer Leaders selected in 4 stakeholder groups:
 - Farmers
 - Child Nutrition Directors
 - Educators / Teachers
 - Early Child Education Providers
- 12 peer trainings developed and shared nationally
- Peer leaders available to provide one-on-one assistance
- The Peer Leadership Network is a project of the National Farm to School Network
- The project is supported by Newman's Own Foundation

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This training is part of the Peer Leadership Network supported by the National Farm to School Network

Note to Presenter:

Briefly explain to attendees that this training is part of a series from the Farm to School Peer Leadership Network. This training was created by professional educators to conduct farm to school activities, and was created with their peers in mind. This training, and two other trainings designed for educators is available on the National Farm to School Network website at www.farmtoschool.org

Farm to School 101: Outline

- Benefits of Farm to School Education
- Top 5 Tips for Starting Farm to School Programming
- Success Stories
- Resources



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Note to Presenter:

Welcome educators to the presentation, being sure to recognize the different types (i.e. teachers, principals) and levels (kindergarten, high school) of educators. You may even wish to do a quick round of introductions so that you can tailor your examples to the attendees. Please introduce yourself and your background to the attendees.

Note for Audience:

We will cover the following topics in this presentation. There are many anecdotes, success stories and lessons learned included to support the guidance provided in these trainings.

What is Farm to School?

Farm to school is the practice of sourcing local food for schools or preschools and providing agriculture, health and nutrition education opportunities, such as school gardens, farm field trips and cooking lessons. Farm to school improves the health of children and communities while supporting local and regional farmers.



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Note for Audience:

- Farm to school acts as an educational tool for students, teachers and parents about agriculture.
- Farm to school provides new or expanded market opportunities for farmers

F2S can help with development of economic base of your community. It also helps to create an economic impact for all farmers. Farm to school also circulates money in the local economy.

Farm to School Video

- <http://youtu.be/JuHx36yyG68>

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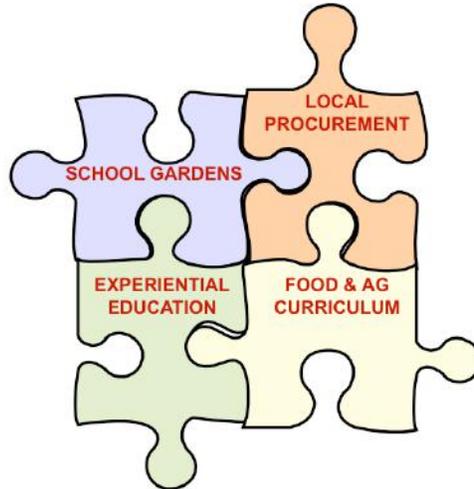


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Farm to School: A Holistic Approach



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Note for Audience:

Farm to School Definition: Farm to school is the practice of connecting schools (K-12) and early care education settings with local food producers with the objectives of serving local, healthy foods in school cafeterias; improving student nutrition; providing agriculture, health and nutrition education opportunities;

F2S has 4 distinct components – Local or regional procurement, School gardens, food and agriculture curriculum, and experiential education such as farm tours, cooking demonstrations, and taste tests.

The Farm to School approach – when taken in it's entirety - is the **HOLISTIC APPROACH WE NEEDED TO PROMOTE**. Not just one of these strategies, **BUT ALL OF THEM TOGETHER** to enable lasting change.

Top 5 Reasons to Incorporate Farm to School Education

Memorable, tangible experiences encourage students to:

- 1) Enhance overall academic achievement
- 2) Improve healthy eating behaviors
- 3) Promote active lifestyles
- 4) Increase students' food knowledge
- 5) Increase life and social skills & self-esteem



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Note for Audience:

Farm to school activities provide more than just education about their food and where it comes from. Holistic farm to school educational activities have proven positive impacts in the five areas above. Farm to school activities improve student, school and community wellness. See the summary document “The Benefits of Farm to School” compiled by the National Farm to School Network for full citations. http://www.farmtoschool.org/files/publications_514.pdf

- 1) Third, fourth, and fifth grade students that participated in school gardening activities scored significantly higher on science achievement tests compared to students that did not experience any garden-based learning activities (Cornell Garden Based Learning).
- 2) An article reports that school gardens can positively impact children’s food choices by improving their preferences for vegetables and increasing their nutrition knowledge (Cornell Garden Based Learning). Demonstrated willingness to try out new foods and healthier options (in early care and K-12 settings). Schools with a Farm to School program have seen increases in children’s participation in the school meals program and consumption of fruits and vegetables (National Farm to School Network).
- 3) Community gardens *enhance nutrition and physical activity* and promote the role of public health in improving quality of life. (Cornell Garden Based Learning).
- 4) Work on improving student knowledge of where their food comes from, how it is grown, and the benefits of eating locally. “Gardens are often the most accessible places for children to learn about nature’s beauty, interconnections, power, fragility, and solace.” Gardening has been shown to increase scores on environmental attitude surveys of elementary school children. (Children involved with community gardens) made new friends, and showed increased knowledge about nutrition, plant ecology, and gardening.(Cornell Garden Based Learning).
- 5) Students in a one-year school gardening program increased their overall life skills by 1.5 points compared to a group of students that did not participate in the school gardening program. The gardening program positively influenced two constructs: “working with groups” and “self-understanding.” Studies in Bexar County, Texas showed that school gardening increased self-esteem, helped students develop a sense of ownership and responsibility, helped foster relationships with family members, and increased parental involvement. (Cornell Garden Based Learning).

•The Benefits of Farm to School (National Farm to School Network):

http://www.farmtoschool.org/files/publications_514.pdf

•Summary of research findings on six key benefit areas of garden-based learning for children, youth, adults, and families (Cornell Garden Based Learning): <http://blogs.cornell.edu/garden/grow-your-program/research-that-supports-our-work/highlights-from-journal-articles>

More Reasons to Incorporate Farm to School Education

Beyond the student population...

- **Teachers & Staff:** Positive changes in diets and lifestyles
- **Parents:**
 - Increased ability and interest in incorporating healthier foods in family diets
 - Guide children to make healthier food choices
- **Family:** Improved household food security
- **Community:** Increase awareness and interest in local foods and healthy eating

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Note for Audience:

Farm to school activities benefit more than just students. Benefits extend to teachers, staff, parents, families and the larger community. See the summary document “The Benefits of Farm to School” compiled by the National Farm to School Network for full citations. http://www.farmtoschool.org/files/publications_514.pdf

- 1) Positive changes in teachers’ diets and lifestyles; positive attitudes about integrating farm to school related information in curriculum (National Farm to School Network).
- 2) Increased ability and interest in incorporating healthier foods in family diets and guiding children in early care and K-12 age groups to make healthier choices, positive changes in shopping patterns reflecting healthy and local foods. Increased knowledge in early care parents of farmers’ markets in the area. Increase in early care children asking their families to make healthier purchases (National Farm to School Network).
- 3) See above.
- 4) Increased community awareness and interest about purchasing local foods, and foods served in school cafeterias. Improved food security and positive diet changes. Each new farm to school job contributes to the creation of additional 1.67 jobs (National Farm to School Network). (A)

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5 Steps for Getting Started

- 1) Start small, grow slowly
- 2) Build relationships and partnerships
- 3) Assess your strengths, and your limitations
- 4) Identify existing resources
- 5) Create a farm to school plan



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Note for Audience:

Farm to school activities take many different shapes and forms. There is NO one 'one-size-fits-all' farm to school program or package to adopt. Instead, schools and communities should look at their resources, capacity and opportunities in order to select the aspects of farm to school that best fit your environment. As an educator, the easiest avenues for starting farm to school activities may be through educational avenues like starting a school garden, field trips, inviting a farmer to the classroom, using nutrition or food system curriculum, cooking in class or introducing small lessons or pieces in which students engage with food and where it comes from. The most important thing to remember is that successful farm to school activities and programs start small and grow slowly, and rely on a group of supporters and organizers to keep them going. Through the series of slides ahead we will discuss each of these 'tips for success' in more depth.

- 1) Start small, and grow as you build momentum, experience and support. Early successes go a long way in garnering support, so starting small increases the odds for early and frequent victories.
- 2) Know your resources, as well as your limitations. Examine what resources are available in your school, district and community. Explore what constraints may challenge you as well. This upfront preparation will allow you to capitalize on opportunities and avoid potential pitfalls.
- 3) Relationships are key to farm to school success, so take time upfront to establish and cultivate both internal and external relationships before jumping in to implementation.
- 4) Don't reinvent the wheel! There are many outstanding farm to school resources already out there. Start by checking out National Farm to School Network at www.farmtoschool.org or look for others in your community or state who might also have some farm to school experience and collaborate.
- 5) Gather your partners, compile your resources, concentrate on your strengths and develop a written farm to school plan. A clear and coherent plan will help guide farm to school education, keep in scale appropriate and help explain farm to school priorities to the school, district and community as you move forward.

1. Start Small, Grow Slowly

Farm to school programs are most successful when they start small and expand as support, awareness and resources grow. Choose one action item to incorporate as you begin your programming.

Suggestions include:

- School Gardens
- Chef or Farmer Visits
- Nutrition Education
- Experiential Education

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Note for Audience:

Start small, and grow as you build momentum, experience and support. Early successes go a long way in garnering support, so starting small increases the odds for early and frequent victories.

- **School Gardens Example:** Begin with a small planter garden and have students plant seeds, such as spinach or radishes, and harvest the food before school ends for the summer.
- **Chef or Farmer Visits Example:** Locate a local product and have the farmer or producer come the classroom to visit and share his or her experience.
- **Nutrition Education Example:** Taste a new fruit or vegetable and learn what nutrients it contains, how it benefits the body, when it grows and who grows it locally.
- **Experiential Education Example:** Take a field trip to a local farm or farmers' market

Don't feel like you have to have a fully-formed farm to school program at the outset. Find a few small activities to incorporate in your classroom, then expand to other classrooms, the cafeteria, and the larger school environment.

From the Classroom...

“Start small -- indoor plants on your window sill, one raised bed in the schoolyard, food tasting in your classroom or a field trip to a local farm -- and watch how the excitement grows. Students talk to other students, to their parents, to their other teachers and pretty soon others want to get involved. And don't forget to take lots of pictures. No one can resist a child having fun!”



Lindsey Arenberg
Fresh from the Farm Program Manager
Seven Generations Ahead
Oak Park, Illinois

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Note to Presenter:

This slide contains the written quote for you to read out loud, or for the audience to read. Please choose which format you would like to use, and delete the slide you will not be using.

If you have a great examples of ‘starting small’ to share from your experience, please include it in place of this slide.

Allow time for the audience to read this slide. Ask the audience if they have any other examples of ‘starting small’ or ‘starting small’ success stories to share.

From the Classroom...

On starting small...



Lindsey Arenberg
Fresh from the Farm Program Manager
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Seven Generations Ahead
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2. Relationships & Communications

- Strong teams – diverse and committed
- Partnerships – inside and outside of school

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

– Margaret Mead

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Note for Audience:

- Relationships are key to farm to school success, so take time upfront to establish and cultivate relationships both internal and external to the school before jumping in to implementation.
- Along with strong relationships come strong communication. Be sure to establish open communications with your partners, and establish set channels for communications
- Relationships can be built within the school, but also within the larger community

Note to the Presenter:

Depending on your audience, you can select from some of the notes below to share in your presentation

Start with building a solid relationship with the superintendent first before moving forward with anyone else in the school district. Come prepared with statistics on the benefits of school garden programs and examples of successes in the region if possible. Example: Montezuma School to Farm Project has established solid relationships with the superintendents of the two smaller school districts in the county. Programs have gone well over the past 2 years and now we are moving into the largest school district with a history of integrity and good communication in our programming. The Cortez School District Superintendent had already heard of our programs and our high level of integrity and immediately said yes to our proposal to install a school garden on the Cortez Middle School campus. From there, we met with the principal and teachers interested in the program establishment. Doors were opened easily due to our initial meetings and forethought into what steps to take first.

Relationships & Communications

In-School Partners

- Administrators
- Teachers
- Nurse
- Maintenance Staff
- School Nutrition Staff
- Wellness Committee
- PTA/PTO
- Students!

Out-of-School Partners

- Local Non-Profits
- Extension
- Ag in the Classroom
- Master Gardener
- AmeriCorps or FoodCorps
- Local Businesses
- Neighbors
- Volunteers

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From the Classroom...

"As I began the process of bringing farm to school programming to my school district, I spent as much time building a relationship with the school's Food Service Director as I did building raised beds for a school garden. This directed my efforts to ensure that the design, purpose and outcome of the gardens fit with the needs of the cafeteria menu. Any food that was successfully grown was sure to be used and would support the Food Service Director's efforts to source quality vegetables. This helped to make the gardens beneficial and relevant to the school, both academically and economically."



Erin Bohm
Mancos School Garden Coordinator
Montezuma School to Farm Project
Mancos, Colorado

National Farm to School Network - Nourishing Kids and Communities



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Allow participants enough time to read this slide. After sufficient time, ask the audience if they have thoughts about the content of this slide, or personal examples of building relationships for farm to school that they would like to share with other training participants.

From the Classroom...



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Mancos School Garden Coordinator
Montezuma School to Farm Project
Mancos, Colorado

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From the Classroom...

"Gain the support of the maintenance department at the school, through communication and rapport-building, before attempting to change or build on the school campus. These are the people whose jobs may be directly impacted by the addition of a school garden (raised beds affect lawn mowing, school irrigation systems and, additionally, there will probably be periods of "mess", when soil and other planting supplies are delivered (and stored) on the school property. Since building a solid relationship with the maintenance men at the school where I work, these staff have provided some of my most critical support by answering important questions around problem solving, design, planning, and maintenance of the school garden. This has led to a school garden design and implementation that continues to take into account the realities of school campus maintenance that I would have otherwise not been aware of."



Erin Bohm
Mancos School Garden Coordinator
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Lessons Learned...

“An elementary school received a \$25,000 grant from the local energy company to install a school garden and start a farmers market. The grant was written by a teacher who left the school before the garden project even began. No one else at the school knew about the garden plans or even how to go about setting up a garden.



When a garden project – or any farm to school project – is started, some sort of committee and plan to carry out the program needs to be in place at the outset.”

Dana Bessinger
Oklahoma Ag in the Classroom Coordinator

National Farm to School Network - Nourishing Kids and Communities



Note to Presenter: (quote slide)

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Note for Audience:

Farm to school programs may not be sustainable without sufficient communication, planning and “people on the ground”.

Lessons Learned...



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Note for Audience:

Farm to school programs may not be sustainable without sufficient communication, planning and “people on the ground”.

Activity – Building Partnerships

Do a scan of your school, district and community environment, then answer the following two questions:

- 1) Who are the key people in your school and community to include in your farm to school discussions and planning?
- 2) What are the most effective methods of communication to keep these partners informed and engaged?

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Note to the Presenter:

Ask training participants to answer the two questions, making notes in their handout.

After allowing about 3-5 minutes for participants to brainstorm, ask participants to share a few of their thoughts.

Ask participants to take notes on their handout, and then take action steps to communicate and build partnerships with the people they have listed once they get back home.

3. Strengths & Limitations

- Understand existing strengths, resources and partnerships in your school or district
- Leverage your existing strengths to strategically start education programs
- Avoid starting programs or projects with insufficient funds, staff, equipment or support
- Remember, starting small is OK, it's even encouraged!

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Note for Audience:

Know your resources, as well as your limitations. Examine what resources are available in your school, district and community. Explore what constraints may challenge you as well. This upfront preparation will allow you to capitalize on opportunities and avoid potential pitfalls.

As an example, if your school has a large, empty, neglected school yard and you are a science teacher or Ag Ed teacher who is also a Master Gardener...starting a large school garden may be a great fit! However, if you are a school administrator who is new to gardening, and your school is urban without much open space, a small, windowsill garden may be the best fit. Although this example is specific to gardens, the analogy works for any aspect of farm to school education.

A committed, long-term volunteer or paid school garden coordinator is not imperative to success, but can be a valuable asset. Volunteers are great but they generally won't make it through the long haul of the 3-5 year start up time necessary to have success. Example: "For example, a middle school in LaPlata County, Colorado, had some great school garden beds that were started and maintained by a teacher who volunteered her time. That teacher retired and the school garden is left without a leader and no funds to hire a garden coordinator. An initially successful program is now falling into disarray. In contrast, just down the road, in Montezuma County, Colorado, the school garden programs attribute their ability to avoid this pitfall by prioritizing funding for paid School Garden Coordinators. These staff members build relationships with teachers, administrators, parents and community members, resulting in steady and consistent successes."

Lessons Learned...

"As an educator, I knew the valuable experience students have when they grow food and then eat that food in the school lunch line. I wanted students to experience both, but we hit some bumps in the road along the way. We had a great garden program that produced excellent and delicious crops. However, our school nutrition department wasn't ready to handle fresh product and serve it to students. A lot of product went to waste as it lingered in the kitchen before being served. It took a lot of training and communication to get the kitchen on board and trained to serve the fresh product in the lunch line. Looking back, we could have focused on growing the food, and using it as classroom snacks, then only serving it in the lunch line after staff understood the shelf life of fresh product."

Patti Armbruster
Ag-Ed Teacher and FFA Advisor
Hinsdale School, MT



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Allow the audience sufficient time to read the slide, then ask for feedback or suggestions on what steps could have been taken in planning the garden, or planning in the use of the garden produce, to maximize effectiveness. Discuss!



Lessons Learned...



Patti Armbruster
Ag-Ed Teacher and FFA Advisor
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Allow the audience sufficient time to listen to the slide, then ask for feedback or suggestions on what steps could have been taken in planning the garden, or planning in the use of the garden produce, to maximize effectiveness. Discuss!

4. Use Existing Resources

Find what's already out there!

- Many excellent farm to school resources already exist to help you start or grow your program
- Learn from the resources and lessons of others as you move forward with farm to school
- Get to know others in your state or local area who are willing to share their experience

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Note for Audience:

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Don't reinvent the wheel! Especially for farm to school and gardening curriculum. There are many outstanding farm to school resources already out there. Start by checking out National Farm to School Network at www.farmentoschool.org for resources ranging from how-to's, to case studies and curriculum guides. Also peruse the site for others in your community or state who might also have some farm to school experience and collaborate.

Educational Activity Ideas

- Lessons about where food comes from
- Taste testing with seasonal snacks
- Cooking with local foods
- Farm field trip
- School garden sessions
- Nutrition lessons
- Integrate activities into diverse curriculum areas



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Note to Presenter:

Before your presentation, take a moment to review the following resources. Pick one or two that seem most relevant to your audience and provide the attendees with the names of each of the resources. You can offer to provide them with additional information or the URL following the presentation.

Resources:

University of Minnesota Extension:

<http://www1.extension.umn.edu/food/farm%2Dto%2Dschool/educators/curriculum/>

<http://www1.extension.umn.edu/food/farm-to-school/toolkit/promoting-food/taste-testing/>

[Sustainable Agriculture Resources and Programs for K-12 Youth:](#)

<http://www.sare.org/Learning-Center/Courses-and-Curricula/Sustainable-Agriculture-Resources-and-Programs-for-K-12-Youth>

Food for Thought Curriculum:

<http://oregonprogress.oregonstate.edu/fall-2009/food-thought-curriculum>

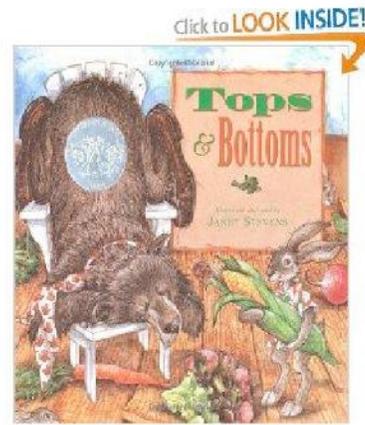
Design your own farm to school curriculum:

Rethinking School Lunch: A Visual Guide to Linking Food, Culture, Health and the Environment:

<http://www.ecoliteracy.org/downloads/linking-food-culture-health-and-environment>

From the Classroom...

"Oklahoma Ag in the Classroom provides multiple, short, easy-to-incorporate lessons that can be used in classrooms in Oklahoma or across the country. The lessons are seasonal, and can be used to suit the appropriate time of year. For example, in the spring a teacher can incorporate "A Field of Beans", which includes activities that connects beans to bean-related expressions, a bean sorting map and an "AgLibs". In the fall, educators can use the lesson "Plant Parts We Eat", or in the winter select a lesson about root vegetables from "Oklahoma's Roots and Leafy Greens". Each lesson plan is linked to Oklahoma Academic Standards and Common Core Standards, so educators can use these lessons to meet their teaching needs."



Dana Bessinger
Oklahoma Ag in the Classroom

National Farm to School Network - Nourishing Kids and Communities

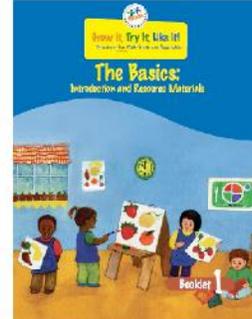
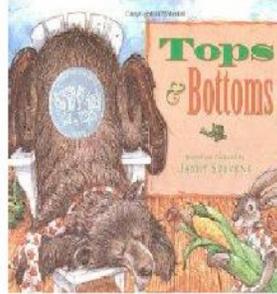
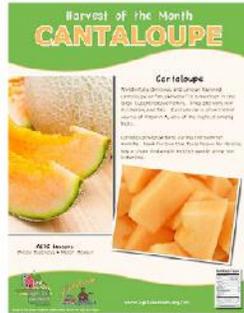


Note to Presenter:

Allow the audience time to read the slide, then ask the audience for their favorite existing farm to school resources. These could include curricula, lesson plans, activities, field trips etc. Discuss as a group.



From the Classroom...



A Field of Beans

Objective

Students will learn the name and location of the origins of various legumes. Students will conduct scientific experiments with legumes. Students will use beans to solve various math equations. Students will learn about figurative language using expressions related to beans.

Oklahoma C3 Standards

GRADE 1

Science Process—1.1,2; 2.1; 3.1,2; 4.1

Life Science—2.1.2

Social Studies PALS—1.A.1.2; 3.A.2, B.4

Social Studies Content—3.2,3; 4.3

Physical Education—2.5; 3.3; 4.4

COMMON CORE

Note to Presenter:

This slide contains the audio quote for you to play out loud for the audience. To play the audio, click on the speaker icon in the upper left hand corner when you are in slide show mode. Please choose which slide format you would like to use, and delete the slide you will not be using.

Original Quote:

“Oklahoma Ag in the Classroom provides multiple, short, easy-to-incorporate lessons that can be used in classrooms in Oklahoma or across the country. The lessons are seasonal, and can be used to suit the appropriate time of year. For example, in the spring a teacher can incorporate “A Field of Beans”, which includes activities that connects beans to bean-related expressions, a bean sorting map and an “AgLibs”. In the fall, educators can use the lesson “Plant Parts We Eat”, or in the winter select a lesson about root vegetables from “Oklahoma’s Roots and Leafy Greens”. Each lesson plan is linked to Oklahoma Academic Standards and Common Core Standards, so educators can use these lessons to meet their teaching needs.”

There are lots of existing farm to school curriculum and lesson plans that exist. Find what’s out there and use it! Allow the audience time to read the slide, then ask the audience for their favorite existing farm to school resources. These could include curricula, lesson plans, activities, field trips etc. Discuss as a group.

Farm to School Learning



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Note for Audience:

Educational activities can take place in the classroom...or they can take place in the garden, outdoor learning space, kitchen, farmers' market or farm field. Be creative and use the resources in your community.

From the Classroom...

"Taste tests with children are a powerful teaching tool. In one Chicago Public School, the children had never tried jicama. A farm to school lesson was delivered to the students featuring jicama and concluded with a tasting using all 5 senses. The children were surprised at jicama's wonderful crunchy texture and sweet flavor. In fact, some students liked jicama so much, they went home and asked their parents to buy it. Then they started bringing it to school for healthy snack time. They even brought enough for the entire class to share."



Lindsey Arenberg
Fresh from the Farm Program Manager
Seven Generations Ahead
Oak Park, Illinois

National Farm to School Network - Nourishing Kids and Communities



Note to Presenter: (quote slide)

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Note for Audience:

Not all farm to school activities require formal curriculum or lesson plans. Some activities are simple, but can still be tied in to district or state benchmarks.

From the Classroom...



Lindsey Arenberg
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Note for Audience:

Not all farm to school activities require formal curriculum or lesson plans. Some activities are simple, but can still be tied in to district or state benchmarks.

5. Make a Farm to School Plan

Bring your farm to school stakeholders together for 'strategic planning':

- Develop a written list of farm to school actions and goals
- A clear plan keeps stakeholders engaged, and provides the community with a vision for the program
- A written plan can help gain stakeholder buy-in
- A clearly articulated plan allows a program to stay in place as participants join or leave the program

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Note for Audience:

Gather your partners, compile your resources, concentrate on your strengths and develop a written farm to school plan. A clear and coherent plan will help guide farm to school education, keep in scale appropriate and help explain farm to school priorities to the school, district and community as you move forward. A written plan can help gain stakeholder buy-in, especially if the plan details the scale, scope and reasons for starting a farm to school program.

The Power of Planning

“Sometimes it's hard to get people to buy into your farm to school plans. While you may see the value of F2S, there may be resistance from others around you.”



Teachers enjoying farm to school lunch

Lindsey Arenberg
Fresh from the Farm Program Manager
Seven Generations Ahead
Oak Park, Illinois

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From the Classroom...

"It takes a Village" -- Hillary Clinton

"The hardest part of farm to school is often making sure you spend time upfront recruiting stakeholders and making a plan. While it's often more exciting to get straight to planting in the garden or holding fruit and vegetable taste tests, don't skip the first step of generating organizational interest from a wide variety of people who are committed to your project, and deciding how to move forward. Also, make sure the stakeholders aren't all volunteer, but include staff, to minimize turnover. While a farm to school initiative can certainly start with one dedicated person, it takes more than one to sustain it."

Lindsey Arenberg
Fresh from the Farm Program Manager
Seven Generations Ahead
Oak Park, Illinois

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Note to Presenter: (quote slide)

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Note to Presenter: Ask the audience to share any good planning or preparation tips they have learned. **Note to Presenter: (quote slide)**

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Follow the 5 Steps to Success...

Combine these five tips for success with a few other helpful strategies and this will lead to a sustainable, impactful farm to school education program:

5 Tips for Getting Started:

- Start small
- Build relationships
- Assess strengths and limitations
- Use existing resources
- Make a plan

Other Helpful Strategies:

- Celebrate your successes
- Promote projects
- Follow-up after trainings
- Engage students!

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Note to Audience:

In the following 1-2 slides, we will share some farm to school success stories that highlight the five tips for success and the excellent, creative outcomes that can follow.

Farm to School Success Story

"One success story I like to share is about the relationship our school formed with a local dairy. The story starts with the purchase of local milk, but grows to be so much more. In order to connect students to the farm, the people and cows responsible for producing it we arranged several events to strengthen the community bond. First we invited one of the Hansens to speak at an elementary school assembly. Finally, we arranged several field trips to the dairy. Students were able to see where the cows lived and how milk and cheese are produced. Students from kindergarten through high school made a connection with a local farmer and learned how their food was produced. When the Hansen's milk truck made deliveries students always waved, excited to see the milk arrive."

Jacque Bilyeu-Holmes
Local Food Program Specialist,
Farm to School Coordinator
University of Northern Iowa

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****Note to Presenter:**

The following two slides highlight farm to school success stories where many of the 5 tips for success have been used. You can use one or both of these success stories, depending on the time allotted for your presentation and/or your audience. There is also a template slide for you to use if you would like to share a success story for your school, district, community, state or region.

Note to Presenter: (quote slide)

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 **Farm to School Success Story**

Hansen Dairy Success Story



Jacque Bilyeu-Holmes
Local Food Program Specialist,
Farm to School Coordinator
University of Northern Iowa

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Photo from Hansen Dairy Website: http://www.hansendairy.com/Site/Hansens_Dairy__Fresh_milk,_great_ice_cream.html

Photo R from: Iowa State University <http://stories.cals.iastate.edu/2011/06/til-the-cows-come-home/>

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Farm to School Success Story

"Last school year, one of our Ag-Ed classes did a "Food Miles" lesson, taking time to study where their food comes from and what products could be purchased closer to home. When applying the "Food Miles" lesson to the cafeteria, students found that the school was ordering beef products from Houston, Texas (1805 miles from our school). The students' research revealed a USDA beef packing plant in Chinook, Montana (108 miles away). The students encouraged the school food service partners to order the "Montana Beef" and the results was overwhelmingly positive! The beef was fantastic, the students cleaned their plates! Once the word got out; people are coming into the school from the community to eat the new Montana beef meal and the school kitchen serves 100% of the school's population on days they served the Montana Beef meals. Through a lesson about food miles, students were able to educate themselves, and encourage a change in the lunch room."

Patti Armbruster
Ag-Ed Teacher and FFA Advisor
Hinsdale School, MT



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Farm to School Success Story



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Farm to School Success Story

"This is a template for the presenter. Please add your own success story here if you like."

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Note to Presenter:

If you have a great farm to school education success story, please use this template to share it with members of your training group.

Final Thoughts...

- Farm to school is an avenue to improve children's health, wellbeing and academic performance
- Start small and celebrate your successes... and learn from your mistakes
- Take time to build a strong team to ensure your efforts can be sustained
- Many F2S resources already exist: don't reinvent the wheel
- Communication is key
- Let the children take ownership



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Resources

- National Farm to School Network
- USDA Farm to School
- Farm Based Education Network
- California School Garden Network
- Life Lab & Other Existing Curricula
- Ag in the Classroom
- Vermont Feed & Other Non-profits focused on farm to school education

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Note to Presenter: Please let attendees know that these resources are all listed on the handout, including links.

- National Farm to School Network
 - www.farmtoschool.org
- USDA Farm to School
 - <http://www.fns.usda.gov/f2s/farm-school>
- Farm Based Education Network
 - <http://www.farmbasededucation.org>
- California School Garden Network
 - <http://www.csgn.org/>
- Life Lab Garden Pathways
 - <http://www.lifelab.org/2010/03/garden-pathways/>
- Oklahoma Ag in the Classroom
 - <http://www.clover.okstate.edu/fourh/aitc/lessons/extras/hom.html>
- Vermont Feed
 - <http://www.vtfeed.org/farmtoschoolnetwork>
- Action Strategies for Healthy Communities
 - <http://www.leadershipforhealthycommunities.org/index.php/action-strategies-toolkitmenu-122/quality-nutrition-in-schools-toolkitmenu-133>
- *Math in the Garden: Hands-On Activities that Bring Math to Life. Ages 5 -13*
 - <http://www.amazon.com/Math-Garden-Hands-On-Activities-Bring/dp/091587346X>
- Edible School Yard
 - <http://edibleschoolyard.org/resources-tools>
- D.U.G. (Denver Urban Gardens)
 - <http://dug.org/school-garden-curriculum/>
- Growiing Minds – Literature List
 - www.growing-minds.org



Note to the Audience:

Now I would like to share with you some farm to school resources available through the National Farm to School Network:

- National Farm to School Network’s website is www.farmtoschool.org and is a great starting point for your farm to school journey.
- The website contains many helpful resources including an interactive, clickable map to help you best connect with farm to school people, organizations and resources in your state.
- Monthly “Lunch Bites” webinars that share detailed farm to school information and are archived on the website
- Join the network to receive regular news and updates on farm to school
- Search the website for informational resources, webinars, events, and conferences
- Click on the map and connect with your state leads and regional lead agencies who can assist you.

National Farm to Cafeteria Conference



April 15-18, 2014 in Austin, Texas

www.farmtocafeteriaconference.org

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Note for Audience:

Premier conference for all things farm to school and beyond. This is a great opportunity to network with farm to school practitioners and learn about best practices, tools and resources.

The National Farm to Cafeteria Conference: Powering Up will convene a diverse group of stakeholders from across the farm to cafeteria movement—more than 1,000 food service professionals, farmers, educators, youth leaders, policy makers, advocates, state/federal agency professionals, entrepreneurs, public health professionals and others—working to source local food for institutional cafeterias and foster a culture of food and agricultural literacy across America. The farm to cafeteria movement is at the forefront of the fight to end obesity and strengthen local food systems.

October is National Farm to School Month

NATIONAL
FARM to
SCHOOL
MONTH



More information at www.farmentoschoolmonth.org

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Note to Presenter:

National Farm to School month occurs each October. If you are hosting a training in August, September or October (or if Farm to School Month is relevant to your audience) please include this slide. Otherwise, please delete this slide if it is untimely.

Note for Audience:

In October we are celebrating National Farm to School Month. This is a great opportunity for you to start or highlight your farm to school activities.

Evaluation and Future Assistance

This training is part of the Farm to School Peer Leadership Network

- Complete Evaluation Forms
- Future opportunity for one-on-one training with expert

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Note for Audience:

This training is part of the Peer Leader Network of the National Farm to School Network, and funded through Newman's Own Foundation. We would like you to please complete an evaluation form at the end of the training today. The evaluation from will provide us feedback on this training, but it will also allow you the opportunity for future one-on-one training with a farm to school expert. You will also be contact in two to three months to complete a follow up evaluation form. Thank you in advance.

Note to Presenter:

Please hand the evaluation forms out to the audience at the beginning of the presentation. If that is not possible, please hand them out when you transition to this slide and explain the content. Encourage attendees to fill out as much of the evaluation as they are able to, with a reminder that comments/ suggestions are greatly appreciated. Collect all evaluations and send them in for data collation.

Thank You!



Name:

Title:

Organization:

Phone:

E-mail:

Website:

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Note to Presenter(s):

Please customize this slide with your contact information and the logo of your organization (if applicable).