



Growing Ideas For Healthy Habits

Lexi Jose, MPH, Farm to Table Coordinator, Missouri
Department of Agriculture

Lisa Lauer, MS, Senior Nutritionist, Missouri Department of
Health and Senior Services

Welcome and Introductions



- Name?
- Where are you from?
- Favorite childhood school lunch?

A Healthy Child Nutrition Environment Provides



- Clear and consistent messages that reinforce healthy eating and physical activity.
- Opportunities to learn where their food comes from.
- Opportunities to make healthy choices.
- Opportunities to practice healthy habits.



NATIONAL
FARM *to* SCHOOL
NETWORK

CORE ELEMENTS OF **FARM to SCHOOL**

Healthy Child
Nutrition
Environment



• **EDUCATION**

- Agriculture
- Food
- Taste-tests

• **SCHOOL GARDENS**

- Experiential learning

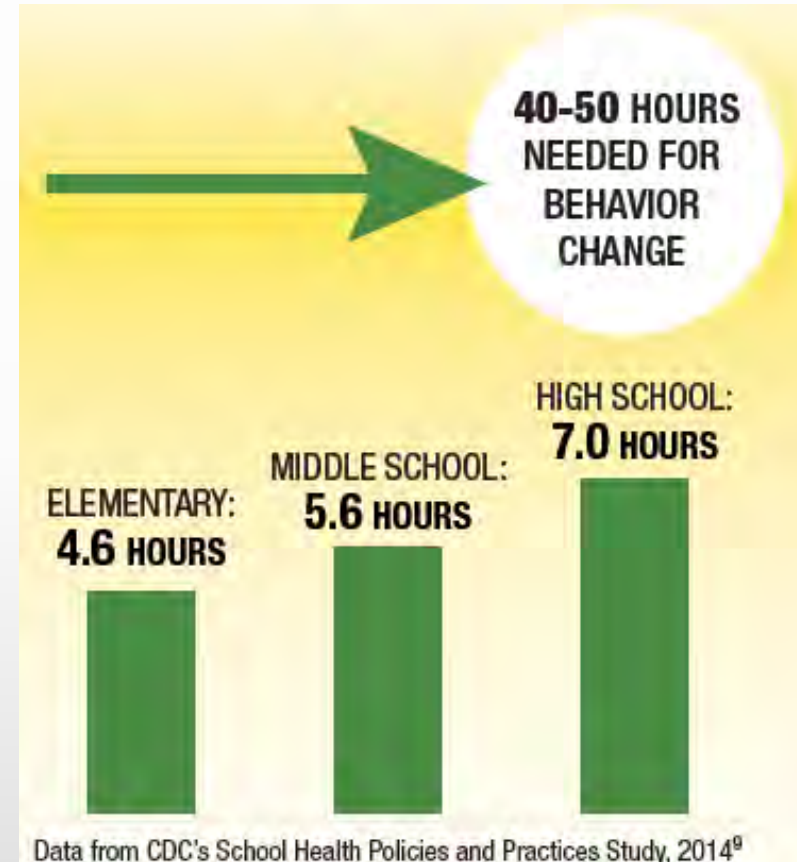
• **PROCUREMENT**

- Purchasing local or regional

Nutrition Education in Schools



- Include nutrition education throughout the school day.



US students receive less than 8 hours of required nutrition education each school year.

In the Cafeteria



Healthy Messages
– Charleston School District



School Nutrition Staff Prompts
- Waynesville School District



1st place winner - Pear Beef Banh Mi Wrap by Teresa McAdams

New Foods
– Westran School District



Balanced Meals
– Park Hill School District

Out of School and Afterschool Cooking Club



- Cooking-based nutrition activities.
 - 8 – 12 year olds.
 - 5 modules centered around a kid-friendly recipe.
 - **Family handouts** (packs of 10).
- Activity Guides:
 - Applesauce.
 - Scrambled Eggs with Spinach.
 - Corn and Zucchini Pancakes.
 - Grain Bowls.
 - Salad with Vinaigrette Dressing.

Afterschool Garden/Cooking Club



- Southern Boone School District

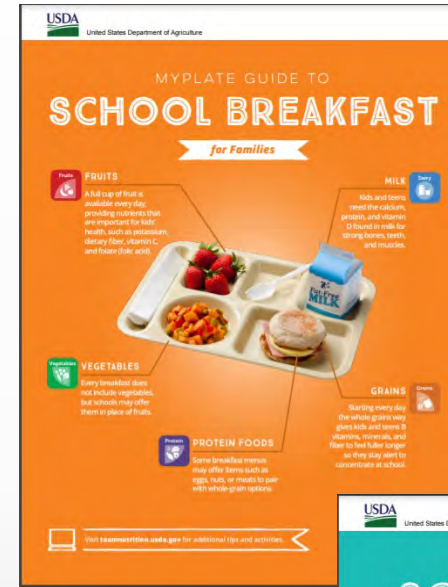
Elementary School: Garden Club

- Ag. education and nutrition.
 - Snacks made with produce grown in the garden.
 - Community volunteers: seniors, parents, college students.
-
- Middle School: Student Led
 - Local chef.
 - Local grocery store.
 - Volunteers.
 - Family and Consumer Science (FACS) room.

Educating Families – Back to School



- Ritenour School District



USDA
United States Department of Agriculture

FARM TO SUMMER:

Why Summer Meal Programs are Ripe for Local Foods and Agriculture-Based Activities

SUMMER IS A TIME of agricultural abundance: plump stone fruits hang heavy on trees, juicy melons and tomatoes explode from their vines, beans begin to dry in their pods, and livestock fed on the most nutritious spring grasses produce delicious meat and dairy products. In most areas of the United States, local harvests peak in the warmest months, just as the school year draws to a close. Luckily for local farmers and kids that participate in school meal programs, an increasing number of sites operating USDA's Summer Food Service Program (SFS) are capitalizing on the many opportunities that summer brings to offer fresh, local foods and outdoor activities that help children develop healthy habits.

Farm to summer benefits everyone
There are numerous benefits to "bringing the farm" to summer feeding sites:

- Sponsors can increase participation by improving the quality and appeal of meals and keeping kids engaged through fun, hands-on activities.
- Schools can get started with efforts to source locally during the summer months, testing out recipes using local foods and creating menus that kids will love.
- Food service operators that already source locally during the school year can build upon existing programming and contribute to a continuous year-round farm to school program.
- Regional producers benefit from a reliable outlet for their products during the summer months.
- Kids and teens access fresh, nutritious meals and experiential learning activities at meal sites, staying nourished and active while school is out.

What is the Summer Food Service Program?
The Summer Food Service Program (SFS) is a federally funded, state-administered program. The SFS reimburses providers who serve healthy meals to children and teens in low-income areas at no charge primarily during the summer months when school is out in session.

Sourcing summer's harvest
Summer meal sponsors can boost participation by improving the quality of meals with fresh products. Local foods span the entire meal tray, from fruits and vegetables to dairy, grains, meat, eggs, and beans. Sponsors can find seasonal products in their freshest state in the summertime through the same sources that schools use to source locally during the school year: direct from farmers, through food hubs, or through distributors, or food service management companies. But summertime may make the following sources even more accessible and may be worth specifically seeking out to supply your summer meals program:



Taste Tests

On the menu:

- BBQ Pork
- Apple Slaw
- Strawberries





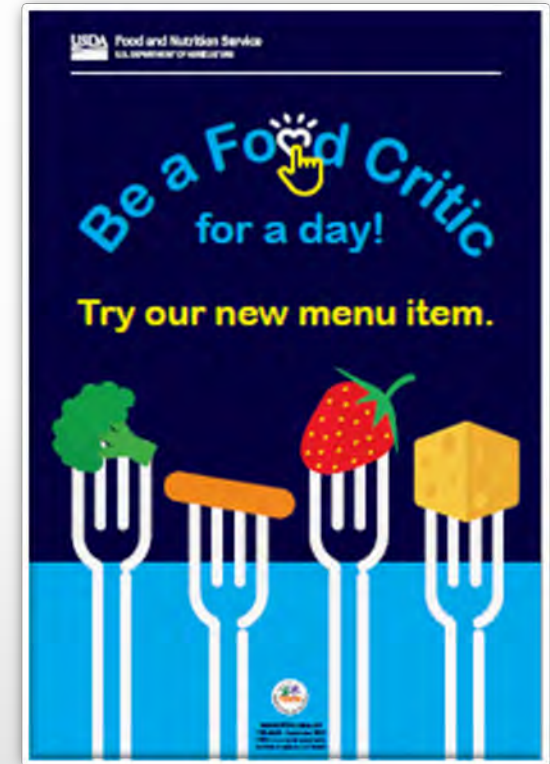
1. Recipe or food to taste.
2. Prime taste-test location.
3. Student engagement.
4. Simple ballots.
5. Food safety plan.
6. After taste-test action.



Ingredients for a Successful Taste-Test



Taste Test Resources



Missouri Grown

- www.missourigrownusa.com
- Connecting producers to consumers and consumers to agriculture.
- Largest database of Missouri farmers, ranchers and agriculture products.
- Provides funding, marketing and educational opportunities related to agriculture.



Farmers Markets

- Comprehensive list of Farmers Markets in Missouri – updated annually.
- Connection to producers with the Senior and WIC Farmers Market Nutrition Program (FMNP).
- Missouri Farmers Market Association Board.
 - Many are interested in working with PreK-12 schools.
- Meeting individual farmers or market manager for purchases.
 - Great for working within the community.

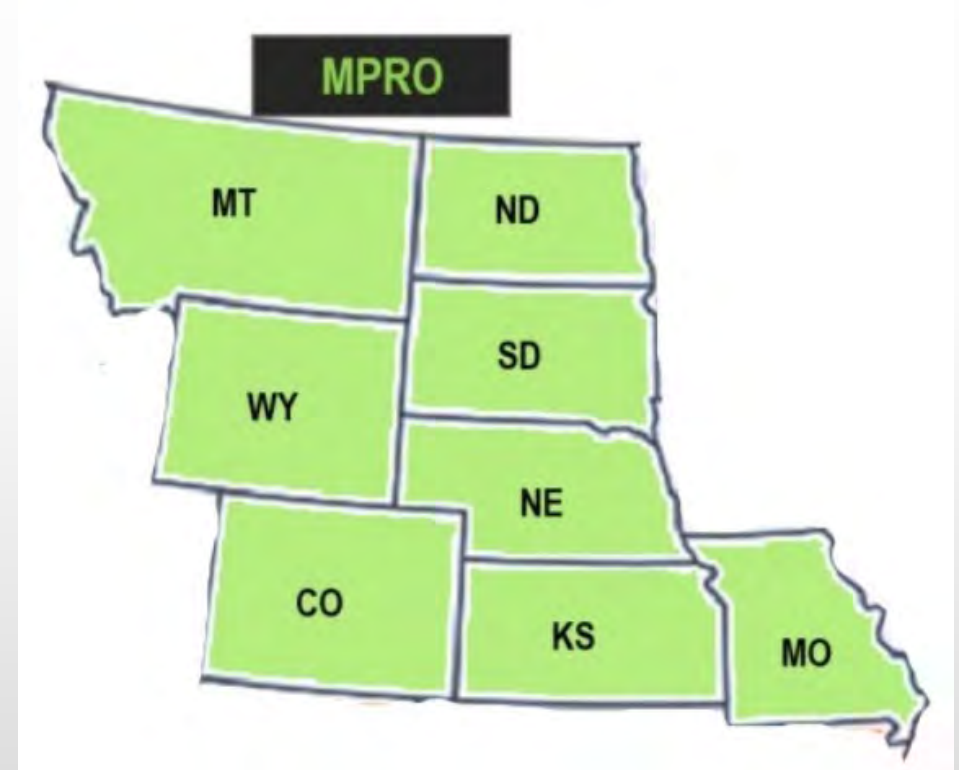


Promoting Specialty Crops in MO Schools/ECE's

- <https://agriculture.mo.gov/abd/financial/promotespecialtycrops.php>
- MDA reimburse schools/ECE's for the purchase of specialty crops
 - Up to \$1,000 per semester (4 times).
- Closes November 1, 2023.
 - Possible extension to 2024 (we will know more in September 2023).
- Purchases only for specialty crops that can be consumed from MO farmer/organization.
- Submit: PAID (zero balance) invoice and proof of payment.
 - Itemized invoice.
- Description of how produce was used with students.
 - **Cannot** be sent home.
- Educational lesson – would like to have a farmer involved, but not required.
- Application.

Celebrate Farm to School Month with a Crunch!

States in the USDA Mountain Plains Region compete to see which state can get the most “crunches” into a local apple, or other local produce per capita.



USDA Mountain Plains Region Office (MPRO)



Join the 2023 Missouri Crunch Off

1. Create a Crunch Team to plan event.
2. Register (August – September 2023).
3. Decide what you will crunch.
4. Locate local produce.
5. Promote your Crunch event!



Westran High School



Crunch Off Farmers

- Peter's Orchard - Waverly
- KC Food Hub – KC area
- Law Farms LLC – Gentry County
- Rasa Orchard- Lexington
- Buckeye Acres - Warrensburg
- Gardner's Orchard – Brighton (Polk)
- Turtle Gulch – Taney County
- Alldredge Orchard – Platte City
- Cedar Wind Orchard – Fulton
- Knowlan Family Farm – Cape Girardeau County
- Fischer Farms – Jefferson City
- Fritsche Hill Farms LLC – Perry County
- Noah's Nursery – Benton County
- 3 Girls and A Tractor –Warren County
- McKenna Family Farm - Branson
- Sunshine Valley Farms – Greene/Webster County
- The Heirloom – Pleasant Hill
- 4 County Produce Auction - Windsor
- Ivory Thistle LLC – Cameron
- Bader Farms – Campbell
- Burr Oak Farm – Nodaway County
- Thies Farm – Maryland Heights
- Heru Urban Farm – St. Louis

Taste Test – USDA Dried Cherries

USDA
United States Department of Agriculture

USDA Foods in Schools 100299 - Cherries, Dried
Category: **Fruit**

Product Description

- This item is U.S. Grade B or better whole, tart red dried cherries with added sweeteners and oil. This product is available in cases containing four 4-pound bags.

Crediting/Yield

- One case of dried cherries yields about 100 1/2-cup servings.
- ON Crediting: 1/2 cup dried cherries credit as 1/2 cup fruit in NLP and CAITP. 1/2 cup cherries credits as 1/2 cup fruit in SFSP and the Afterschool Snack program.

Culinary Tips and Recipes

- Dried cherries can be served plain or added to hot or cold cereals, baked items, granola, or trail mix.
- Dried cherries are also a sweet, colorful addition to salads and can be included as an offering on the salad bar.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Practices](#).

Visit us at www.fns.usda.gov/USDS-FS

December 2019

USDA is an equal opportunity provider, employer, and lender.

Nutrition Facts
Serving size: 1/4 cup (40g) dried cherries

Amount Per Serving	
Calories	133
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	5mg
Total Carbohydrate	32g
Dietary Fiber	1g
Sugars	27g
Protein	1g

Source: [USDA FoodData Central](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

National Quality Month



MONTH-LONG EVENTS

- American Heart Month
- Black History Month
- International Friendship Month
- National Cherry Month**
- National Grapefruit Month
- National Hot Breakfast Month
- National Library Lovers Month
- National Sweet Potato Month**
- National Women Inventors Month
- Potato Lovers Month

WEEK-LONG/MULTI-DAY EVENTS

- Women's Heart Week | Feb. 1-7
- Stun Awareness Week | Feb. 5-8
- National School Counseling Week | Feb. 6-10
- Pride in Foodservice Week | Feb. 6-10
- Random Acts of Kindness Week | Feb. 14-20

SINGLE-DAY EVENTS

- Groundhog Day | Feb. 2
- National Tater Tot Day | Feb. 2
- National Wear Red Day | Feb. 3**
- World Cancer Day | Feb. 4
- National Chopetidos Day | Feb. 6
- National Pizza Day | Feb. 9
- Super Bowl LVII | Feb. 10
- National Chocler Day | Feb. 11
- Valentine's Day | Feb. 14**
- Random Act of Kindness Day | Feb. 17
- President's Day | Feb. 20
- Fat Tuesday/Mardi Gras | Feb. 21
- National Pancake Day | Feb. 21
- Ash Wednesday | Feb. 22
- National Chili Day | Feb. 23
- National Pickleman Day | Feb. 27
- National Strawberry Day | Feb. 27

NOTABLE BIRTHDAYS + ANNIVERSARIES

- Oro | Feb. 3
- Rosa Parks | Feb. 4
- Facebook launches | Feb. 4, 2004
- Abraham Lincoln | Feb. 12
- Stalin B. Anthony | Feb. 15
- John Lewis | Feb. 21
- George Washington | Feb. 22
- W.E.B. Du Bois | Feb. 23
- Steve Jobs | Feb. 24
- Johnny Cash | Feb. 26

Sponsored by **CONAGRA** GrapeFoodservice

Other Opportunities During the School Day

- Incorporate messages into:
 - Morning Messages
 - School Assemblies
 - Materials sent home to parents and guardians
 - Staff meetings and parent teacher group meetings

Thank You For Your Time!



Lisa Lauer, MS
816-521-7740
Lisa.Lauer@health.mo.gov

Lexi Jose, MPH
573-301-0568
Alexis.Jose@mda.mo.gov