

Central Washington Farm to School Guide

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Second Edition

ACKNOWLEDGMENTS

Development of this F2S Guide was made possible with generous funding from a **USDA Farm to School Grant** to the **Washington Sustainable Food and Farming Network** (now Food Action) and support from the **Whatcom Community Foundation**.

Special thanks to Ellen Gray for her leadership and to Harper Stone for graphic and cover design.

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This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture (USDA). The contents of this publication do not necessarily reflect the view or policies of the USDA nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.



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WHAT IS IN THIS GUIDE?

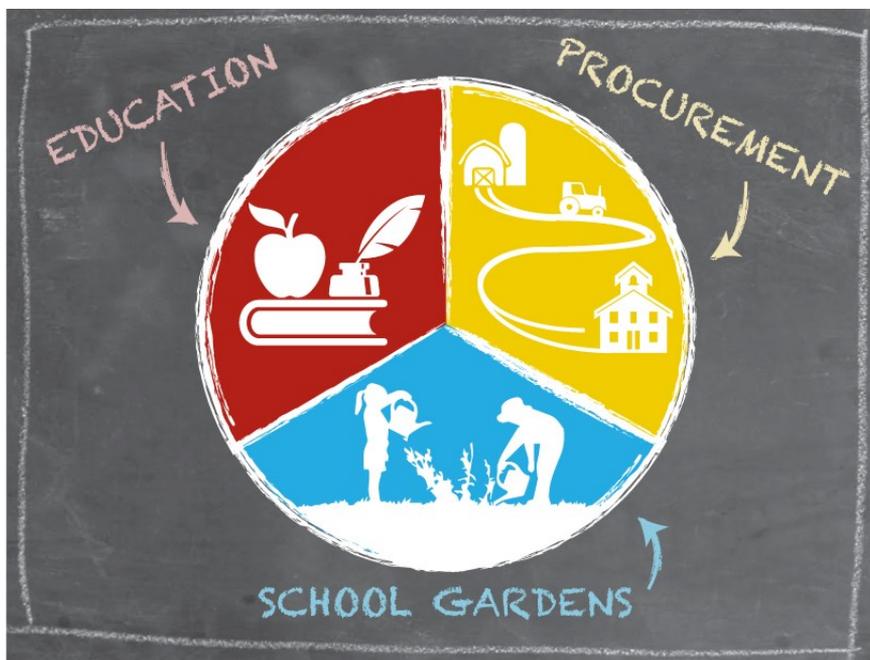
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WELCOME!

This **Central Washington Farm to School Guide** is loaded with valuable information for schools in **Chelan, Grant, Kittitas, and Okanogan** counties that are making farm to school work. This guide is for parents, teachers, administrators, food service staff, school board members, and community organizations. It will help you connect with others who are committed to the same vision – the health of our kids and our communities.

WHAT IS “FARM TO SCHOOL”?

For kids to be healthy, they need to be eating healthy food. Our region grows some of the healthiest food around and we want kids and their families to be eating more of that fresh, wholesome, delicious food every day. Farm to school is about ensuring that kids have access to healthy food, and are exposed to consistent, meaningful food education. With staggering rates of hunger, childhood diabetes, and obesity, the time has come to change the way we think about food and what we teach our children to eat. What we feed our kids matters!



THE “GO TO” ESSENTIALS

NATIONAL FARM TO SCHOOL RESOURCES

- [The National Farm to School Network](#) is an information, advocacy, and networking hub for communities working to bring local food sourcing and food education into school systems and preschools.
Contact: www.farmtoschool.org/about/staff
- [USDA Farm to School Planning Toolkit](#) guides you through questions to consider and helpful resources to reference when starting or growing a farm to school program. It is designed for use by schools, school districts, and community partners. The toolkit is filled with tips, insights, and examples, and lists of resources for further research.
- [A Roadmap for Farm to Early Care and Education](#) – This comprehensive resource by the National F2S Network is designed to help stakeholders from diverse sectors navigate the early care and education (ECE) landscape and better understand opportunities and leverage points for farm to ECE. The Roadmap also includes a step-by-step approach to getting started with farm to ECE, and links to key ECE agencies (e.g. CACFP, Head Start, licensing) that can help expand and institutionalize farm to ECE in each state.
- [The Lunch Box](#) shares best practices from around the nation by building a network of school food change-makers. It includes a wide range of in-depth tools and resources to help with menu creation, financial management, procurement, marketing, and engagement strategies.
Contact: www.thelunchbox.org/about/faq-contact/
- [Center for Ecoliteracy](#) promotes ecological education through providing strategic consulting and professional development for local, regional, state, and national programs.
Contact: info@ecoliteracy.org
- [The Edible Schoolyard Project & Network](#) presents K-12 curricula, resources, and a world map of edible education programs to connect educators.
- [Life Lab](#) cultivates children's love of learning, healthy food, and nature through garden-based education.
Contact: education@lifelab.org



WASHINGTON STATE RESOURCES

- [Washington State Dept. of Agriculture Farm to School Toolkit](#) is designed to provide Washington farms, schools, families, and communities with resources to help meet farm to school goals. The toolkit highlights farm to school and school garden successes throughout the state and draws together best practices and tips from in-state and national network partners.
Contact: ciberle@agr.wa.gov



- [Anti Hunger and Nutrition Coalition](#) advocates for policy and funding to address hunger by maximizing federal nutrition programs, reinforcing emergency food assistance systems, and linking local farmers with the needs of the hungry. **Contact:** ahnc@wsahnc.org
- [Food Action](#) works as an advocacy organization to create a healthy, just, and sustainable food system for all.
Contact: info@foodaction.com

PROMOTING HEALTHY EATING AT SCHOOL

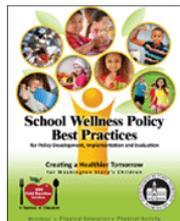
Strong relationships between community partners and key stakeholders in schools – administrators, teachers, food service staff, recess/lunch supervisors, custodians, students and parents – creates a foundation upon which farm to school programming can flourish. Cultivating trust includes demonstrating that farm to school values are aligned with the implicit and explicit values of the school culture. It may take work to clarify these values and help the school community understand the importance of healthy food and food education for students’ school experience.

- [Focusing on School Culture to Strengthen Farm to School](#) – A research brief by Shelburne Farms and Vermont FEED that explores the importance of school culture in successfully integrating farm to school programs. Major themes and recommendations are presented.

WELLNESS POLICIES

Developing a school wellness policy and implementation plan presents an opportunity for districts to specify values and practices for what food is offered, how and when food is served, and what food education will be provided.

- [School Wellness Policy Best Practices for Policy Development, Implementation and Evaluation](#) by OSPI is a toolkit designed to help schools implement the requirements of the Healthy, Hunger-Free Kids Act. Document includes examples of the great things schools across Washington are doing to improve nutrition and physical activity.
- [Model Wellness Policy](#) template by Alliance for a Healthier Generation has been thoroughly reviewed for compliance with federal standards and can make it easy for school districts to easily create a school wellness policy.
- [USDA School Nutrition Environment and Wellness Resources](#) includes various tools for developing a school wellness policy, and additional resources for assessment (i.e., conducting an initial needs [assessment](#), monitoring implementation, and measuring the impact of a school wellness policy).



THE CAFETERIA ENVIRONMENT

The cafeteria is an important classroom where children can learn to develop healthy eating habits, nurture social relationships, and nourish their bodies in order to thrive. Research has shown that the cafeteria environment makes a difference in what students eat which, in turn, affects their physical well-being, academic achievement, and classroom behavior.

- [Creating Cafeteria Environments that Promote Healthy Eating](#), Whatcom Farm to School Support Team, 2017. This compilation of resources includes techniques, strategies and best practices for promoting healthy eating in school lunchrooms. It addresses many topics including scheduling and transitions, the physical design of the cafeteria, and behavior management.
- [How Mealtimes Can Set the Stage for Better Learning, Behavior and Health in Children: Handouts for School](#), Montana Team Nutrition, 2011. These handouts provide rationale, mealtime philosophy, and best practices for creating a positive cafeteria environment.
- [Re-thinking School Lunch – A Planning Resource](#), Center for EcoLiteracy, 2010. This planning framework looks at all aspects of improving school meals including facilities, dining experience, and waste management.
- [The Cafeteria: Creating a Positive Mealtime Experience](#), American Occupational Therapy Assoc., 2013, considers features of the cafeteria classroom with regard to therapeutic benefits for students with disabilities.
- [Washington Smarter Lunchrooms Toolkit](#) and [The Smarter Lunchrooms Strategies](#) draw from research done at the Cornell Center for Behavioral Economics in Child Nutrition Programs. These resources present simple, low or no cost ways to modify cafeteria environments so students make healthier food choices, consume more, and reduce food waste.



HEALTHY LUNCHROOM DESIGN

Physical Design

There are many physical features of the school cafeteria structure to consider in creating a healthy eating environment.

- [Healthy Eating Design Guidelines for School Architecture](#), Tuang, T.T. et al, Preventing Chronic Disease, 2013. Theory-based strategies for making school environments more conducive to healthy eating.
- [A Cafeteria Designed for Me](#) – How Ideo Helped the San Francisco Unified School District Redesign its Food System.
- [Lunch'd](#) – A video about implementing Smarter Lunchrooms strategies in school cafeterias.
- [Washington Smarter Lunchroom Toolkit: Making the Healthy Choice the Easy Choice](#) – Tools for implementing Smarter Lunchrooms strategies in school cafeterias.

Cafeteria Atmosphere

In addition to the physical structure of the cafeteria, there are other features of the physical environment that contribute to the overall atmosphere and affect students' food choices and consumption in school cafeterias.



- [Best Practices for Lunchroom Atmosphere](#) – Strategies included on the Smarter Lunchrooms Scorecard.
- [Cafeteria Tables Can Change the Whole School Atmosphere](#), Carroll Seating, 2016.
- [Ideas to Make an Elementary Lunchroom Quieter](#), Annabelle Brown.
- [The Cafeterias Are Alive with the Sound of Music](#), Cheyenne Meyer, 2016.

TIME TO EAT

Allowing enough time for students to eat affects both the quantity of fresh fruits and vegetables they eat and the total quantity of food they eat. Ensuring that students are consuming enough nutrients, in turn affects academic achievement and school behavior. Adequate time for lunch also reduces food waste. Research has found that giving students 20-30 minutes of seated time (after they have received their meal) is adequate for eating lunch at a good pace.

- [Lunch Time at School: How Much Time is Enough?](#) Policy Brief, Seattle Schools.
- [In School Cafeterias, a Longer Lunch is a more Healthful Lunch](#), Karen Kaplan, Los Angeles Times, Sept. 11, 2015.

Breakfast After the Bell

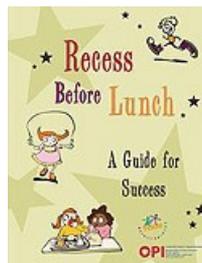
Students often do not eat a proper breakfast, offered either by the school or by their parents, because of the rush to get to class on time. Offering a simple nutritious breakfast to all students after school has started helps students concentrate throughout the day and perform better academically. Offering breakfast to all students reduces any stigma associated with breakfast before school in the cafeteria. In fact, many schools can fund free breakfast for all students with the federal “[Community Eligibility Provision](#),” and most schools find that a successful breakfast program improves their whole meal program.

- [Making Breakfast Part of the School Day: What’s the right alternative breakfast service model for my school?](#), Food Research Action Center (FRAC), handout describes several breakfast after the bell models.
- [Secondary School Principals’ Breakfast After the Bell Toolkit: Tips and Resources for a Successful Breakfast Program](#), FRAC and National Association of Secondary School Principals (NASSP). This resource assists middle and high school principals with implementing breakfast after the bell models as a strategy to increase school breakfast participation.
- [School Breakfast Program](#), FRAC, provides rationale, statistics, and best practices for expanding school breakfast participation.
- [School Breakfast: Start the Day Right](#), Action for Healthy Kids, report.

Recess Before Lunch

Recess Before Lunch (RBL) is just what it says – the students go to recess first and then eat lunch. Schools have found that by implementing RBL, students have decreased behavioral problems in the hall and lunchroom, are more settled upon returning to class, and consume more food (which results in less food waste). A variety of resources are available to provide guidance in establishing a new schedule, evaluating RBL, and overcoming barriers to the transition.

- [Recess Before Lunch](#) by Lance Fuller for the National Education Assoc. A short article presenting benefits and drawbacks to RBL, and advice for getting started.
- [Recess Before Lunch](#) by Peaceful Playgrounds. Research findings, podcasts, and how to implement RBL.
- [Recess Before Lunch, A Guide for Success](#) from Montana’s Team Nutrition program. A variety of information to assist schools in initiating RBL.
- [Recess Before Lunch Can Mean Happier, Healthier Kids](#), Education World, article discusses RBL with ideas for making the change.
- [Recess / Recess Before Lunch Resources](#), USDA, list of resources which includes best practices, barriers and how to address them, and lessons from several districts that have studied the impacts of RBL.



FOOD SERVED AT SCHOOL OUTSIDE OF MEALTIMES

School Celebrations

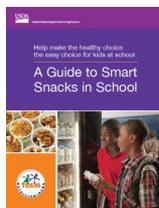
There are a variety of ways that schools offer and serve food before, during, and after school hours. School celebrations are one opportunity for schools and staff to focus on healthy food choices and food education.

- [Celebrate WELL toolkit](#) – Classroom celebration ideas for making healthy eating fun and exciting.
- [Healthy Birthdays, Celebrations, Holidays](#) – Ideas for parents, teachers, and administrators for shifting the focus of school parties to healthy fun.
- [Healthy Classroom Celebrations](#) – A list of resources for celebrating special days in healthy ways.

Snacks Sold at School

Smart Snacks Standards are a federal requirement for any foods and beverages sold to students outside of the school lunch or breakfast program, including from school stores or snack bars, and fundraisers.

- [A Guide to Smart Snacks in School](#), USDA, explains Smart Snacks Standards.
- [Tools for Schools: Focusing on Smart Snacks](#), USDA webpage that provides additional resources.



Healthy Fundraisers

Finding ways to make school fundraisers more healthy is a concern for both school district administrators and parents. There are many ways raise money for schools and promote healthy choices at the same time.

- [Healthy Fundraising](#), USDA, list of links to healthy fundraising ideas from districts around the country.
- [A+ Fundraisers for High Schools: A guide to having a successful fundraiser while keeping your community healthy](#), New York City Healthy High Schools Initiative. This thorough guide presents lots of ideas for healthy, junk food-free fundraisers such as family dinner events, flea markets, fitness-based fundraisers, plant sales, and more. Resources, pricing and profit information, tips, and steps are provided for each idea.
- [Fun Fundraisers](#), San Francisco Unified School District, example of school guidelines for healthy fundraisers.
- [Healthy Fundraisers](#), Action for Healthy Kids, tip sheet.
- [Healthy Fundraising Toolkit](#), Oakland Unified School District, guide for schools, families, and community partners.
- [Healthy School Fundraising Success Stories](#) - Examples from schools that have implemented healthy fundraisers.

REDUCING FOOD WASTE & WASTE MANAGEMENT

The strategies described above help increase the amount of fresh and healthy food students eat. The flip side is reducing the amount of food that is thrown away. Encouraging students to “take what they want and eat what they take,” is one of many strategies to reduce the amount of healthy food that goes to waste. Other strategies include cafeteria production efficiencies, reducing packaging, and establishing environmentally-friendly ways to manage waste in school cafeterias, rather than throwing everything in the garbage. Proper waste disposal and waste reduction are important lessons that students learn in the cafeteria. Raising awareness among students and parents about how to pack a waste-free lunch from home also helps reduce the tons of plastic garbage that can enter the school cafeteria waste stream.

- [Reducing Food Waste: What Schools Can Do Today](#), USDA, infographic illustrating ways to reduce food waste in schools.
- [Schools Strive for Waste Free Lunches](#), Education World, 2010. Simple ideas for helping students reduce waste at school.
- [Waste Free Lunches](#) – Presents research, examples, and strategies for packing waste-free school lunches.
- [What You Can Do to Help Prevent Wasted Food](#), USDA, 2016. This booklet presents ways schools can reduce, recover, and recycle food before it goes to waste.



Functional Waste Disposal Systems

Setting up a waste station in the cafeteria requires a commitment from a team of school staff. Factors to consider when setting up a system are: where the waste station is located, how the students access it, and how the flow of traffic moves through it. Employing older students to help younger students separate waste into correct bins is a way to increase student engagement with waste management in the cafeteria.

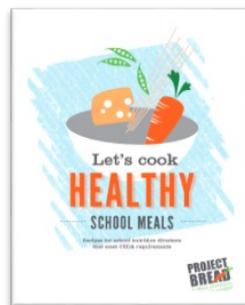


- [Reducing School Cafeteria Waste](#), Get Energy Smart! Now!, 2010, detailed ideas for setting up a waste station.
- [Creative Solutions to Ending School Food Waste](#), USDA, 2017.

TOOLS FOR THE FOOD SERVICE PROGRAM

MENU DEVELOPMENT

- [Fish to Schools](#) a guide to serving local fish in school cafeterias.
- [“Fresh from the Farm”: The Massachusetts Farm to School Cookbook](#) is a resource for school cafeterias including several engaging educational activities for linking the cafeteria to the classroom.
- [I Veg Out: Vegan Quantity Recipes for School Lunch Programs](#) includes 13 vegan recipes scaled for 50 and 100 portions, compiled by Physicians Committee for Responsible Medicine.
- [Let’s Cook Healthy School Meals Cookbook](#) is a tool developed by Project Bread in partnership with Chef Didi Emmons and the Chefs in Schools Program. They solicited recipes from school food professionals across Massachusetts, then tested and refined them to compile this valuable resource designed to help school administrators and kitchen staff plan and prepare healthy meals for students that they will want to eat. It meets the 2012 USDA school meal requirements, and offers 100 recipes that have been kid-tested in cafeteria kitchens.
- [The Lunch Box](#) is an online collection of hundreds of recipes developed for the Boulder Valley School District. Menu cycles for lunch and breakfast are offered as well, along with USDA verification worksheets and nutritional analysis.
- [New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks](#) is a cookbook full of recipes from food service staff across Vermont, compiled by Vermont FEED organizations, 2013.
- [Recipes for School Food Service](#), is a USDA webpage with links to many recipe collections, cookbooks, and menu development tools specifically for school meals.
- [School Meals Featuring California Food: 50 and 100 Servings](#), Center for Ecoliteracy, 2013, includes 21 recipes for school meals scaled for 50 and 100 servings.
- [Washington State Schools “Scratch Cooking” Recipe Book](#), OSPI, 2013, includes recipes used by food service programs across Washington state with meal pattern contribution and nutrition information. An appendix has resources for developing your own standardized recipes and calculating meal pattern contribution information.



FOOD SAFETY

Food Handler Training and Certifications

- The Washington Restaurant Association offers **ServSafe Food Handler and Manager Certifications**. Their [training programs](#) deliver consistent food safety training to employees in five key areas: Basic Food Safety; Personal Hygiene; Cross-contamination & Allergens; Time & Temperature; Cleaning & Sanitation. A manager-level certification not only provides advanced food safety knowledge, it also helps food service establishments comply with the Demonstration of Knowledge and Person in Charge (PIC) requirements of the Washington State Food Code, and includes some allergen training. The Advanced Food Safety Certificate is valid for five years.
- Washington State Health Department offers the convenience of **online food worker training and testing** at www.foodworkercard.wa.gov for all staff and volunteers who handle food. Allow about one hour to complete the process. The training and test are offered in English, Cambodian, Cantonese, Korean, Mandarin, Russian, Spanish, and Closed Caption.

Handling Fresh Produce in Schools

- [Best Practices: Handling Fresh Produce in Schools](#), University of Mississippi. This fact sheet includes best practices for handling all types of produce with specific practices for leafy greens, tomatoes, melons and sprouts.
- [Handling Fresh Produce in Classrooms](#), University of Mississippi. Gives guidance for school district staff working in classrooms and serving fresh fruits and vegetables.
- [Handling Fresh Produce on Salad Bars](#), University of Mississippi. Follows recommendations for precautions to take when serving fresh produce on salad bars and self-serve lines.
- [SAFE Salad Bars in Schools: A Guide for School Food Service](#), WSDA, WDOH, OSPI, & WSU. The guide clarifies food safety standards for salad bars in Washington State schools, including use of local and school garden produce.



FOOD SERVICE STAFF TRAINING

- [Cook for America](#), LLC, offers 5-day “Culinary Boot Camps” which aim to raise the skills and self-respect of school food service personnel with a comprehensive culinary training program.
- [Creative Culinary Solutions for School Food Service](#) Kent Getzin, chef and former Food Service Director for Wenatchee School District, now consults with school food service programs working to improve the quality of school meals, with a focus on fresh, local ingredients.
- [Garrett Berdan](#) is a chef and registered dietician nutritionist who offers training to school food professionals with a focus on flavor, health, plate presentation, and marketing.
- [Healthy Food Choices in Schools Webinar Series Courses](#) – Free online courses for food service professionals with a focus on encouraging students to eat healthy foods. School Nutrition Association members can receive 1 CEU per course upon satisfactory completion.
- [Lunch Lessons](#), LLC, leads school food service programs through the steps of transforming meal programs to scratch cooking with fresh, sustainably grown, locally sourced ingredients beginning with a detailed assessment and strategic planning for accomplishing districts’ goals.
- [School Food Institute](#) offers online courses presented by Chef Ann Cooper for school food service staff to develop operational skills and strategies to prepare scratch-cooked school meals.



BUILDING YOUR F2S PROGRAM

MARKETING YOUR PROGRAM

- [Elementary School Lunch Menu \(for parents\)](#), Berkeley Unified School District, beautiful monthly menus that include a letter home to parents, the district's wellness policy, recipes, and more.
- [Farmer Trading Cards: A Unique Promotional Tool](#), David Eddy, Growing Produce, 2013. Reminiscent of baseball cards, farmer trading cards help people know about local farms and encourage them to buy local.
- [Local Food is Good Food Poster](#), Massachusetts Farm to School Project, a fun, colorful poster that features local food and local farmers.
- [Menus, Calendars, and Recipes](#), Minneapolis Public Schools, attractive and informative resources are an example of how beautiful design and clever marketing can make healthful, local foods seem even more appealing.

FUNDING YOUR PROGRAM

- [Action for Healthy Kids](#) – School Grants for Healthy Kids: Lists funding resources to implement health and wellness activities in schools.
- [Farm to School and School Garden Expenses: Memo SP 06-2015](#) - This November, 2014 memo clarifies that funds from the nonprofit school food service account can be used for many school garden and farm to school expenses as long as the activities are supporting the school meal programs.
- [Farm Raisers](#) are an alternative fundraising method that brings healthy, farm-fresh foods to schools, raises funds for school programs, and supports local family farms. Highlighted in this brief resource are some examples of farm-raisers that emphasize a direct connection with farms and schools
- [Let's Move Salad Bars to Schools Grants](#) is a comprehensive grassroots public health initiative to mobilize and engage stakeholders at the local, state and national level to support and fund salad bars in schools.
- [National Farm to School Network “Funding Farm to School” Fact Sheet](#): Tips for acquiring funds for your farm to school program through grants, donations, and special events.
- [USDA Grants, Loans, and Support](#), USDA Know Your Farmer Know Your Food Initiative. This webpage lists over two dozen programs at USDA that can help build local and regional food systems.
- [USDA Know Your Farmer, Know Your Food Compass](#), a guide to help stakeholders navigate USDA resources and efforts related to local and regional food systems.



EVALUATING YOUR PROGRAM

- [Evaluation for Transformation: A Cross Sectoral Evaluation Framework for Farm to School](#), National Farm to School Network. This framework offers common language, guidelines and metrics to evaluate the impact of farm to school. The framework is organized around four key sectors – public health, community economic development, education, and environmental quality.
- [Bearing Fruit: Farm to School Program Evaluation Resources and Recommendations](#), Urban and Environmental Policy Institute. This comprehensive resource introduces readers to different types of farm to school evaluations, and the tools and resources available for measuring program impacts.
- [Colorado’s Farm to School Evaluation Toolkit](#), Colorado Farm to School Task Force and the Spark Policy Institute provides clear, easy instructions on how to implement an evaluation of farm to school activities. The toolkit contains many resources for selecting outcomes and measurement tools to evaluate student, community, food service, producer, parent, school leadership, and community impacts. It includes a five-part webinar series as well as written materials.
- [Evaluation of the Davis Farm to School Program](#), University of California Sustainable Agriculture Research and Education Program at Davis, example of an in-depth evaluation of four farm to school related goals: 1) increase farm fresh food in school offerings; 2) reduce solid waste through a comprehensive district recycling program; 3) provide education opportunities to promote a healthy lifestyle and develop the whole child; and 4) engage the community and evaluate programs to provide information to the community.
- [Farm to School Evaluation Toolkit](#), National Farm to School Network and the University of North Carolina, a collection of survey instruments and other evaluation tools aimed at assessing several different farm to school-related outcomes.



FOOD EDUCATION AND CURRICULUM RESOURCES

HARVEST OF THE MONTH

Each month, a locally-grown fruit or vegetable is featured on the school lunch menu and educational materials are provided for students, teachers, and parents. Harvest of the Month provides a great opportunity to encourage healthy choices and talk about where our food comes from. It also allows food service staff to experiment with preparing and serving local produce. This can involve finding a local farm to procure the product, trying new recipes, and doing taste tests in the cafeteria.

Some schools highlight their Harvest of the Month item on a single day of the month, and others feature it multiple times. Harvest of the Month connects the cafeteria, classroom, school garden, and community in learning about and sharing food that grows in our region.

The [Whatcom Harvest of the Month](#) program is available (and can easily be adopted) by any district in the Northwest.

[WSDA's Farm to School Toolkit](#) provides a range of Harvest of the Month materials and resources to help schools in Washington State promote their efforts to students and families. WSDA's [Harvest Posters](#) highlight seasonal Washington fruits and vegetables and are available for download, and their [WA Grown Food Kit](#) offers information, recipes, sample menus, and nutrition facts.

Recommended Harvest of the Month materials from other counties and states include:

- [King County – Seattle Public Schools Harvest of the Month](#)
- [California Harvest of the Month](#)
- [Oregon Harvest for Schools](#)
- [Vermont Harvest of the Month](#)

TASTE TESTS

Research has shown that children need to try a new food twelve times or more before they decide that they like it. Taste tests are a way to give children an opportunity to try new foods, introduce new menu items, and encourage healthy food choices. Some school districts do taste tests in conjunction with the Harvest of the Month program to highlight the monthly fruit or vegetable and incorporate educational resources.

- [A Guide to Taste Testing](#), Vermont FEED, 2010
- [Tips for Hosting a Successful Taste Test](#), Action for Healthy Kids
- [Try It, You'll Like It! The Benefits of Taste Testing](#), Michigan



SCHOOL GARDENS

USDA supports school gardens as a proven tactic for improving children's attitudes and consumption of produce, and for incorporating experiential nutrition and agriculture education into school curricula. Research that demonstrates positive impacts associated with school gardens has been compiled by the [Collective School Garden Network](#), [Kids Gardening](#), [Slow Food USA](#), and the [USDA School Garden Research](#).

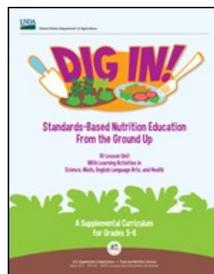


- [Getting Started: A Guide for Creating School Gardens as Outdoor Classrooms](#), Center for Ecoliteracy, a comprehensive, step-by-step guide to starting a school garden, from selecting and preparing a site, to raising funds, to involving stakeholders.
- [The GREEN Tool for Well-Integrated School Gardens](#), Aug. 2016, is a research brief that maps key components needed to establish, integrate, and sustain a school garden. The study focuses on New York City schools, but much of the material is relevant to school gardens in general. Similar research about integrating and sustaining school gardens is being conducted in Seattle Schools starting in 2017.
- [School Garden Project of Lane County](#), Amoreena Guerrero, a resource packet for garden educators focusing on gardening with students who have special needs. Includes: [Increasing Inclusion in the School Garden](#), [Growing Success with School Gardens](#), and [On-site Composting at Schools](#).
- [School Gardens: Using Gardens to Grow Healthy Habits in Cafeterias, Classrooms, and Communities](#), USDA Fact Sheet, June 2016, provides a brief overview of what is involved in starting a school garden.
- [Starting and Maintaining Your Garden](#), Slow Food USA resources that include a [literature review](#), comprehensive [School Garden Guide](#), [funding information](#), and examples of [garden signage](#).
- [Gardens in Tribal Communities](#), USDA Fact Sheet, March 2017, offers case examples of tribal communities using gardens for educating students about traditional foods and healthy eating.
- [Youth Farm Stands Toolkit](#), Slow Food Denver, 2017, explains the process of planning, marketing, pricing, and evaluating a Youth Farm Stand to sell produce from school gardens and/or local farms in school neighborhoods.
- [Food Safety Tips for School Gardens](#), University of Mississippi, 2016. Includes food safety practices that will help garden coordinators and nutrition program operators enhance the safety of fruits and vegetables grown in school gardens.

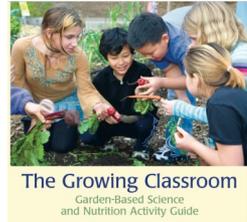


CURRICULUM RESOURCES

- [Ag in the Classroom Curriculum Matrix](#), National Organization for Agriculture in the Classroom, offers an extensive list of agriculture-related lesson plans and other resources organized by grade level.
- [Dig In!](#), USDA Team Nutrition, includes 10 inquiry-based lessons that engage 5th and 6th graders in growing, harvesting, tasting, and learning about fruits and vegetables.
- [Eat Together Eat Better](#) from WSU: Educational materials focusing on family meals. Resources support nutrition, parent, and youth educators in teaching the importance of family meals in setting healthy roots for a lifetime.
- [Farm to School Knowledge Base for Educators](#), FoodHub, a list of farm to school educational resources organized by grade level.
- [Farm to School Lesson Plans](#), Growing Minds, farm to school activities that incorporate national curriculum standards for different grade levels.
- [Farm to School Youth Leadership Curriculum](#), Institute for Agriculture and Trade Policy, designed to empower 11th and 12th grade youth, teach them about their local food system, engage them in meaningful, hands-on learning activities that also strengthen their school's farm to school program, and link them directly with farmers in their community.
- [Fish to Schools](#) a classroom guide for “stream to plate” unit lesson plans.
- [Food is Elementary](#), Food Studies Institute, includes 28 age-appropriate lesson plans for pre-K through 2nd grade and 3rd grade through 8th grade. The participatory one-hour lessons integrate art, geography, history, language arts, writing, mathematics, and science and encourage students to engage all their senses while they study whole foods, nutrition and cooking.
- [Food Span: Teaching the Food System from Farm to Fork](#), Johns Hopkins Center for a Livable Future, a free downloadable high school curriculum that teaches students about critical food system issues, how to make healthy food choices, and become advocates for food system change.
- [GOOD: Enjoying the pleasures of healthy and delicious food](#), Slow Food USA & Gigia Kolouch, 2014, is a school garden curriculum for grades K-5 that presents lessons in sensory education and cooking skills.
- [CLEAN: Enjoying the pleasures of healthy and delicious food](#), Slow Food USA & Gigia Kolouch, 2015, for grades K & up, presents school garden lessons as well as recipes and instructions for cooking in the classroom. Both GOOD & CLEAN are designed to help teachers meet Common Core and Next Generation Science Standards in multiple subject areas.



- [The Great Garden Detective Adventure](#), USDA Team Nutrition, an 11-lesson curriculum for 3rd and 4th grades includes bulletin board materials, veggie dice, fruit and vegetable flash cards, and ten issues of Garden Detective News for parents/caregivers.
- [The Growing Classroom](#), UC Santa Cruz, a garden-based Science and Nutrition curriculum for 2nd through 6th grades published by the National Gardening Association.
- [The Edible Schoolyard Project](#): Educational resources for the garden classroom, kitchen classroom, academic classroom, and cafeteria, organized by type, grade level, and season.
- [Sustainable Agriculture Resources and Programs for K-12 Youth](#), Sustainable Agriculture Research and Education, a guide to sustainable agriculture-oriented educational programs and curricula that includes direct links as well as program contact information.
- [Teaching the Food System](#), John Hopkins Center for a Livable Future, a curriculum for 9th-12th graders comprised of 11 classroom-ready modules that help educators deliver compelling lessons with minimal preparation.



FARM FIELD TRIPS

- [Farm Field Trip Toolkit for Teachers](#), Willamette Farm & Food Coalition, 2016. Lists 12 important steps to a successful farm field trip and appendices that include a sample schedule, pre and post field trip lessons, and prep checklist.
- [How to Make a Local Farm a Classroom for a Day](#), WSU King County Extension. This Fact Sheet offers tips and guidelines for organizing school field trips for students to learn about farming.
- [Making the Farm Connection: A Guide to Field Trips for Farmers](#), Community Alliance with Family Farmers, a guide for farmers to plan and conduct farm visits for school groups.
- [Cloudview Farm Ephrata](#) is a ten-acre educational farm that offers field trips for school groups from pre-school to 12th grade in either Spring or Fall. Students will see how many crops are grown and can interact with some of the many animals who live on the farm.
- [The Hayride](#), Appalachian Sustainable Agriculture Project, a resource for educational farm field trips, includes guided questions for planning.



NUTRITION EDUCATION

- [Northwest Indian College Traditional Plants and Foods Program](#) is a resource for learning about the traditional Northwest Coastal Indian diet. The Northwest Native Foods curriculum includes native foods principles, information on harvesting and cooking many foods, and the nutritional importance of a native foods diet.

Contact: ysegregst@nwc.edu

- [The Real Food Show](#) is a 40-minute show produced and sponsored by the Community Food Co-op in Whatcom County, available to schools throughout the region. The show is designed to motivate and teach students to make healthy food and lifestyle choices. With comedy and circus arts, the show aims to increase nutrition and health knowledge while inspiring a positive change in attitudes, habits, and behaviors. Shows are available for school assemblies and events at reasonable and negotiable rates.



Contact: karlm@communityfood.coop

- [WA State University Extension SNAP-Ed](#) provides nutrition education and support of policies and practices that promote healthy lifestyles for low-income individuals and families. Education is delivered through hands-on lessons at sites where people live, learn, work, shop, and play. Interventions to improve the policies, systems and environment in these settings are aimed at improving the likelihood that program participants will make healthier food choices and be physically active. Program staff also work to connect local farms with schools and other institutions to increase access to healthy, locally produced food for SNAP participants.

Contact: viebrock@wsu.edu

- [SNAP-Ed Library](#) has over 150 nutrition education curricula and lesson plans as well as social marketing campaigns, evaluation tools, and other resources.

ADDRESSING CHILDHOOD HUNGER

FREE/REDUCED LUNCH PROGRAM

- [Hunger-free Vermont Toolkit](#) includes posters, sample letters, and tips to increase enrollment in school breakfast and lunch. While focused on Vermont, these materials offer strategies and samples that can be adapted by districts in other states.
- [The National School Lunch and Breakfast Program](#) funds participating school meal programs by reimbursing schools for feeding children at low or no cost based on specific eligibility criteria. OSPI Child Nutrition Services administers these programs for Washington State and provides comprehensive information and resources.

SUMMER MEAL PROGRAMS

In Washington State, OSPI administers the Summer Food Service Program funded by the USDA. The program serves children age 18 and under in low-income communities where at least 50% of children are eligible for free and reduced-price school meals. An overview of the program is provided in the [Summer Food Service Program Reference Sheet](#), or call 1-866-EAT-MEAL.

SCHOOL SNACK AND DINNER PROGRAMS

Fresh Fruit and Vegetable Program

The USDA's [Fresh Fruit and Vegetable Program](#) (FFVP) provides all enrolled students in selected elementary schools with a free snack of fresh fruits and vegetables during the school day. The goals of the FFVP are to expand the variety of fruits and vegetables that children experience, increase fruit and vegetable consumption among children, and impact children's present and future health. Elementary schools may apply annually and must meet criteria for selection, including having a very high percentage of students eligible for free and reduced meals.



After School Snack Program

The [Afterschool Snack Program](#) is a federally assisted snack program for public schools, nonprofit private schools, and residential child care institutions that participate in the National School Lunch Program. They must provide an afterschool care program that includes education or enrichment activities in a supervised environment.

At-Risk Afterschool Meal Program

The [At-Risk Afterschool Meals](#) component of the Child and Adult Care Food Program (CACFP) offers federal funding to afterschool programs that serve a snack or meal (e.g., dinner programs), and provide educational or enrichment activities to children in low-income areas. Specific requirements do apply.

COMMUNITY FEEDING PROGRAM

Students who rely on free and reduced school meals can go hungry during school breaks. [Small Miracles](#) is a non-profit organization dedicated to ending hunger among children in the Wenatchee Valley. Small Miracles staff and volunteers provide lunches Monday through Thursday during the summer to children in the community at various locations.

HOW TO RUN A FOOD DRIVE

School food drives are a great way for kids to learn about food insecurity and contribute to their community. The University of Rhode Island has an excellent guide on [planning a food drive](#), with tips for how to make it fun.



FOOD ACCESS RESOURCES

- SNAP (Supplemental Nutrition Assistance Program, a.k.a. Basic Food or Food Stamps) is the foundation of preventing hunger. An informative [brochure](#) about food assistance is available in many languages.
- [Eat Right When Money's Tight](#) is a list of SNAP Ed resources which includes tips for shopping on a budget.
- [Good and Cheap: Eat Well on \\$4/Day](#), Leanne Brown, a cookbook designed to help families eat healthy meals on \$4 a day. It is available as a free download in Spanish and English. This cookbook is also a great resource for high school culinary classes.
- [Growing Connections](#) includes extensive resources for food programs looking to support procurement efforts through Farm to Food Bank strategies to increase the amount of fresh, healthy foods in the hunger relief system. Counties targeted include Okanogan, Chelan, Douglas, Yakima, Grant, Adams, Benton, and Franklin.

BUYING LOCAL

FOOD HUBS

Food hubs offer local food aggregation and distribution with convenient online ordering and invoicing, for schools and other institutions.

- [LINC Foods](#) in Spokane is the nearest Food Hub in the Central Washington region at this time. LINC Foods is a one-stop shop for locally grown, sustainable food marketed to colleges, hospitals, restaurants, and schools. LINC has the capacity to do some minimal processing such as washing, slicing, dicing, and peeling.



- [FoodHub](#) is an online food buying and marketing forum covering much of the Pacific Northwest and California. Background and ratings of producers are included along with contact information.
- [Using Food Hubs to Create Sustainable FTS Programs](#), A study of four regional food hubs in Vermont demonstrating how food hubs can support farm to school and build markets for local producers.

LOCAL FOOD DIRECTORIES

- [Puget Sound Fresh App](#) is a free mobile app offering quick and easy access to a growing list of farms and farmers markets, farm products and activities in Washington State.
- [Central Washington Local Food Directory for Schools and Farms](#) is a print booklet and online downloadable document. Schools interested in buying from local farms are listed with contact information. Farms interested in selling directly to schools follow with farming practices and products grown. There is also a useful crop index to find farms by crop for requesting bids.



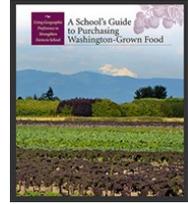
HARVEST SCHEDULES

Find out when products are in season in your area.

- [Washington Grown Vegetable Seasonality Chart](#)
- [Washington Grown Fruits, Legume, and Herbs Seasonality Chart](#)

FOOD PROCUREMENT

- [A School's Guide to Purchasing Washington-Grown Food](#) is designed for school food service personnel to help clarify the rules about applying a geographic preference in procurement of Washington-grown foods for school meal programs.
- [Food from Farms: Toolkit for Direct Purchasing of Local Food](#), Minnesota Institute for Sustainable Agriculture, 2017, provides adaptable tools and examples and templates to start farmer-direct local purchasing.
- [The Good Food Purchasing Program](#) provides tools and technical support to establish institutional food purchasing practices based on five core values: local economies, health, valued workforce, animal welfare, and environmental sustainability.
- [Ingredient Guide for Better School Food Purchasing](#), School Food Focus, 2017, highlights a list of unwanted ingredients in school food.
- [Local Food for Little Eaters: A Purchasing toolbox for the Child and Adult Care Food Program](#) – Michigan State University Center for Regional Food Systems. The tools included provide step-by-step instructions for purchasing from a variety of local food sources and highlights from successful early childhood local purchasing initiatives throughout the country.
- [WSDA Farm to School Toolkit – Procurement and Geographic Preference](#) – This webpage includes the templates schools can use for making quote requests and samples of other useful documents for procuring local produce.
- [USDA Pilot Project for Procurement of Unprocessed Fruits and Vegetables](#) – Washington is one of eight states participating in this USDA Pilot Project which enables school districts to use their USDA entitlement funds to purchase locally grown, minimally processed products from USDA-approved vendors. The WSDA's farm to school team and OSPI's Food Distribution Program can help schools determine how much entitlement they would like to set aside, connect with vendors, and navigate procurement procedures. The USDA webpage on [Procuring Local Foods](#) offers a wealth of documents, toolkits, and resources to facilitate purchasing local foods including this guide to [Procuring Local Foods for Child Nutrition Programs](#).



FORWARD CONTRACTING

Mid-sized farms and the school districts who buy from them may decide that they want to enter into a forward contracting arrangement. This usually takes place early in the calendar year, so that farms know how much of any crop they need to plant and so that school food service can rely on receiving a certain volume of that crop during the growing season. These contracts work well for crops such as carrots, potatoes, and onions. For more information, please contact Joan Qazi at jqazi@nwi.net.

“FIFTH SEASON”

“Fifth Season” refers to processing and freezing bountiful local foods in season for use during the school year. For example, [The Orcas Island Farm to Cafeteria Program](#) arranges for several Island farms to deliver organic fruits, vegetables and herbs to the school kitchen in late summer. Volunteers then slice, dice, peel, process and freeze the produce to be used in school meals during the school year.

- [Orcas Island Farm to Cafeteria Program – Fifth Season](#) – Site includes a video and information about implementing a fifth season program.
- [Farm to Cafeteria: Implementing a Fifth Season at Your School](#), WSU Ext. Skagit County, 2017, guidance for starting fifth season food processing in schools.

F2S PROGRAMS IN CENTRAL WASHINGTON— GET CONNECTED!

Get connected with others in your region to share resources and keep building the network of support!

Chelan County

- [Wenatchee Farm to School](#) buys fresh produce and meats from about a dozen regional farms to serve Wenatchee School District students truly fresh and often organic foods. It also connects students to the local food system through school gardens at both elementary and secondary schools.
Contact: holmer.j@wenatcheeschools.org
- [Cascade Fresh Food in Schools](#) is participating in the USDA Pilot Project for the Procurement of Unprocessed Fruits and Vegetables. Cascade School District Food Service and CSD Wellness Team are committed to expanding the Farm to School program’s purchasing of locally grown produce.
Contact: clevi@cascadesd.org



Grant County

- [Ephrata Schools Farm to School](#) supports Healthy Celebrations at School to promote healthy options during meal or snack times. Ephrata students enjoy locally grown foods as healthy options and learn how their food is grown through farm field trips to Cloudview Ephrata Farm.
Contact: agrizzel@ephrataschools.org
- [Wahluke School Nutrition Services](#) participate in the Fresh Fruit and Vegetable Program along with buying fruits and vegetables from local farms.
Contact: llyndman@wahluke.net

Kittitas County

- [Ellensburg Food Services](#) celebrates Farm to School month. ESD Farm to School seeks grant funding opportunities and community connections to support scratch cooking and fresh foods in school meals. Washington-grown chicken is featured weekly on the menu.
Contact: patrick.garmong@esd401.org

Okanogan County

- [Classroom in Bloom](#) in the Methow Valley has an interdisciplinary curriculum with lessons taught in the garden, work groups for garden maintenance and harvest, plus a sensory kitchen for kids to taste what they have grown.
Contact: classroominbloom@gmail.com



MAKE IT FUN!

Have students identify fruits and vegetables, talk about their favorites, and suggest they try all the colors. They can really eat a rainbow!

