

# Ohio Farm to School Newsletter

National, Regional and State Updates

January 2015



*Chef Katie McGushin demonstrates two healthy school lunch recipes for participants at the Central Ohio Farm to School regional workshop last October.*

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If you haven't heard, the statewide Farm to School conference is coming up March 05 in Columbus. See page 3 for details and mark your calendars! Registration opens soon at [farmtoschool.osu.edu](http://farmtoschool.osu.edu).

According to the 2013 USDA Farm to School Census, about one-third of school districts in Ohio participate in some type of F2S activity. We want to see that number grow! Flip to page 2 for some inspiration from the six regional farm to school workshops held in 2014.

## Looking Back and Moving Forward

### Results from the 2014 Ohio Farm to School Regional Workshops!

Thank you to those that were able to attend the workshops! While the overall goal of these workshops was to increase the capacity of local communities to provide locally produced foods in schools, each workshop had a unique local planning committee, audience, and topics. Out of over 300 total workshop participants, one-third said they plan to apply what they learned over the next year. Let's keep growing these connections! Get in touch with the organizations that helped to plan a workshop in your region...

#### Northwest Ohio

Fifty teachers, food service & public health professionals, producers, and community volunteers came together in Perrysburg thanks to the planning efforts of Ohio Action for Healthy Kids (Zone 1); OSU Extension Community Development; OSU Extension Lorain County; Fremont City Schools; Veggie U; & Ohio Farm to School.

#### Northeast Ohio

Nearly sixty participants, including many dietetics students, shared the day and a locally sourced meal at Walsh University during the first annual Hunger Dialogue. This workshop was developed by the OSU Extension teams of Clark, Franklin, Mahoning, Portage, Stark, & Summit Counties; Stark County Schools; & OSUE Family and Consumer Sciences

#### Western Ohio

Nearly forty teachers, food producers, non-profit members and extension educators came together at Antioch College in Yellow Springs thanks to the planning efforts of Greene County Extension and Ohio Farm to School.

#### Central Ohio

Forty food producers, food service personnel, school educators and administrators, and non-profit organization members came together at Mid-Ohio Foodbank. This workshop was planned by OSUE Franklin Co.; Birds Haven Farm; DNO Produce; Hocking College Culinary Institute; ODH Creating Healthy Communities; OH Department of Education; & OSU Extension Community Nutrition Program

#### Southwest Ohio

Fifty teachers and food service professionals came together in the school cafeteria of Mt. Orab Elementary thanks to the planning efforts of OSU Extension Brown County; Adams-Brown Creating Healthy Communities; University of Cincinnati Area Health Education Center (AHEC); Adams County Ohio Valley Schools; OSU Extension Lorain County; OSUE Franklin County; & Ohio Farm to School

#### Southeast Ohio

Over sixty teachers, food service personnel, producers, and non-profit members shared the day and a locally sourced meal at the Inn at Hocking College, thanks to the planning efforts of Athens Co. Health Dept.; Hocking College Culinary Institute; Rural Action; Live Healthy Appalachia; & Ohio Dept. Education.

**You can view presentation slides from the regional workshops by going to our website at [farmtoschool.osu.edu](http://farmtoschool.osu.edu). For more information contact us at [farm2school@osu.edu](mailto:farm2school@osu.edu)**

# News

## Pass It Along!

OHIO STATE UNIVERSITY EXTENSION



### LOCAL FOODS ACROSS THE SCHOOL MEAL TRAY

All producers, parents, and food service professionals are invited! Join others for a day of connecting and learning from state and national speakers how to source healthy local foods to improve school food environments.

**Topics will include:**

- Getting started with farm to school
- Break-outs featuring ways Ohio products can be served in schools, focusing on meats, dairy, whole grains & fruits, vegetables and legumes
- Student panel and cook-off

### STATEWIDE FARM TO SCHOOL CONFERENCE



Location: The Ohio 4H Center, Columbus

**SAVE THE DATE  
MARCH 05, 2015**

**PRESENTED BY  
Ohio Farm to School**

**Agenda and Registration  
Will be posted at:  
[farmtoschool.osu.edu](http://farmtoschool.osu.edu)**

**Questions:  
[farm2school@osu.edu](mailto:farm2school@osu.edu)**

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**THE OHIO STATE UNIVERSITY**  
COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

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# Funding Opportunities

## **Fruit Tree Planting Foundation - Orchard Donations**

The Fruit Tree Planting Foundation (FTPF) is dedicated to planting fruitful trees and plants to alleviate world hunger, combat global warming, strengthen communities, and improve the surrounding air, soil, and water. FTPF programs donate orchards where the harvest will best serve communities for generations, at places such as community gardens, public schools, city/state parks, low-income neighborhoods, Native American reservations, international hunger relief sites, and animal sanctuaries. Recipients must be nonprofits, public schools, or government entities. In addition, the "Fruit Tree 101" program creates outdoor edible orchard classrooms at public schools of all levels, across the country, to provide generations of students with environmental education opportunities and a source of organic fruit for improved school lunch nutrition.

**Deadline: Rolling**

## **Home Depot's Retool Your School - Campus Improvement Grant**

Home Depot's Retool Your School program provides grants through a two-tier structure for campus and facility improvements at historically black colleges and universities. The program awards Tier I and Tier II grants based on a combination of consumer voting and advisory board panel selections. The college with the highest score will receive a \$50,000 Tier I grant; thirteen other applicants will receive Tier II grants of \$10,000 each. An additional three Campus Pride grants of \$25,000 each will be awarded to the schools with the most votes and social media activity, as determined by Home Depot. Grant funds will go toward an improvement project at each school that is likely to have impact on the lives of students, faculty, and alumni for generations to come. **Deadline: Rolling**

## **Awesome Food \$1000 Project Grants**

Each month, Awesome Food will give one applicant \$1,000 to help pull off an awesome idea involving food. The ideas must relate to food in some form, and the definition will be more inclusive than exclusive. Examples could include educating the public about DIY-farming, creating an ad-hoc eatery in a subway car, or recording videos of immigrants' recipes. Anyone is eligible to apply: for profit, nonprofit, individuals, companies, schools, adults and children. Applications are reviewed as they are received. One grant is awarded each month.

**Deadline: Rolling**

**Let's Move Salad Bars to School Foundation** believes that salad bars + schools = more fruits and vegetables for children. They could get a free salad bar (or multiples for multiple school sites) into your schools by end of November. A fairly easy application is now open, and must be initiated by the school district nutrition director. Word has it that they are flush with funds right now so sooner is better for applying. For great ideas for other equipment, recipes and procedures with real-world examples go to <http://www.saladbars2schools.org/>

## **Simply Organic 1%**

The Simply Organic 1% fund supports and promotes the growth of organic and sustainable agriculture, including research, education and efficient/quality improvement projects.

**Deadline: Rolling**

# Funding Opportunities

## Scotties Facial Tissues annual Video and Essay Contest: TREES ROCK!

Did you know that Scotties Facial Tissues (which plant 3 Trees for Every 1 they use) puts on an annual Video and Essay Contest called TREES ROCK!? The contest is for 3rd through 8th graders in the 50 United States and Washington D.C. They are sure you are always looking for ways to engage your kids in the classroom or in a club. TREES ROCK! is an excellent way to get kids to be creative on their own or as a team when learning about trees and the environment.

There are lots of prizes to be won and 2 schools will receive \$10,000. To learn more, check out their videos on the Growing School Gardens Home Page. To download all of the important documents to get started, go to [www.scottiestreesrock.com](http://www.scottiestreesrock.com)

## Healthy Playground Makeover Sweepstakes

Anyone can now enter on behalf of a Pre-K or elementary school to win our annual Healthy Playground Makeover Sweepstakes. Entering once a day, everyday increases the chance to make a big difference at a local school. Enter today! Little kids have a chance to make big changes too! Pre-K Schools and Head Start programs are eligible to enter to win a Smart from the Start Award. Ten schools will be awarded a \$2,500 grant and one grand prize winning school will receive a \$20,000 grant. The grants go toward making healthy improvements at the school, and incorporating energy balance concepts into classrooms. Learn more at <http://www.togethercounts.com/at-school/win-for-your-school/sweepstakes>

**Environmental Justice Small Grants Program** administered by the Environmental Protection Agency provides funding for eligible applicants for projects that address local environmental and public health issues within an affected community. For more info visit <http://www.epa.gov/environmentaljustice/grants/ej-smgrants.html>  
**Deadline: December 15, 2014.**

## USDA Requests Applications for Rural Child Poverty Nutrition Center

This grant will support strategies to reduce child food insecurity in rural communities.

**Deadline: Rolling**

**The Pollination Project** is a nonprofit organization that provides \$1,000 seed grants to individual change makers. The Project has granted numerous awards to various small agriculture related operations who want to bring change into a community. The Project has received repeated media reports on how the organization is impacting small agricultural practices. New grants are awarded daily and there is no deadline for when to apply. Please [click here](#) to navigate through the organizations website for detailed information. We hope to have someone from the Project speak at a future meeting.

**Deadline: Rolling**

## Micro-Grants/ Karma for Cara Foundation

These grants are awarded to children 18 and under to fund service projects in their communities, with ideas including rebuilding a playground or turning a vacant lot into a community garden.

Go to

[http://www.ysa.org/karma\\_for\\_cara\\_foundation](http://www.ysa.org/karma_for_cara_foundation)

**Deadline: Rolling**

### Farm to School Toolkit And Webinar Series

starts Jan. 06 | 3:30 PM – 5 PM

The FTS Evaluation Toolkit Webinar Training Series is a free five-week webinar training series that guides participants through the evaluation process and provides them with knowledge and tools to implement evaluations of FTS programs. Each webinar runs for one hour and covers a specific evaluation topic, including Toolkit Overview and Evaluation Plan Design; Outcomes, Indicators, and Measures; Choosing and Adapting Tools; Collecting and Analyzing Data; and Reporting Evaluation Results.

Sign up at  
<http://coloradofarmtoschool.org/evaluation-toolkit/>

### Farm to School Webinar Series Starts January 15! “Growing Roots in Farm to School”

January through May, 2015 | 2 PM EST

USDA Farm to School staff and guest speakers have just what you need to start or expand your farm to school program in the new year. This 11-part webinar series will help you build your farm to school skills and develop new strategies for bringing local foods into the lunchroom. Join us for tips and insights on topics like building a team, menu planning, program sustainability, and more! New this year: earn SNA Continuing Education Units for each webinar attended.

#### January’s Schedule:

1. *Farm to School Planning and Building a Team*, January 15  
How does a farm to school team function? Learn tips and best practices for building a farm to school team, facing struggles and surprises, and building a foundation for a successful project. Guest speakers include farm to school planning grantees from the District of Springfield Missouri and IDEA Charter school in the Rio Grande Valley in Texas.
2. *Setting Goals and Establishing an Evaluation Baseline*, January 28  
How do you know if your activities are helping local farmers and improving student health? Learn how to integrate program planning/evaluation tools and techniques that will document outcomes and show the impacts of farm to school programs.

Can't join live? **Webinars will be recorded for your future reference.**

**For the full listing of webinars, visit**

<http://www.fns.usda.gov/farmtoschool/videos-and-webinars>

**You can register for the series at**

<https://www.surveymonkey.com/s/YMTTVNK>

## Events & Webinars

### EdWeb Webinars: Outdoor Classroom Management

Thurs, Jan.15 | 4 PM - 5 PM

Join the live session at the scheduled time at:  
[www.instantpresenter.com/edwebnet11](http://www.instantpresenter.com/edwebnet11)

Register at  
<http://www.instantpresenter.com/AccountManager/RegEv.aspx?PIID=ED54D7868446>

### OEFFA's 36<sup>th</sup> Annual Conference

Feb. 14 & 15 | Granville

Registration is now open for the Friday, February 13 pre-conference intensive workshops and the two-day conference, which runs Saturday, February 14 through Sunday, February 15, 2015. All activities take place at the Granville Middle and High schools in Granville, Ohio (Licking County).

Register and learn more at  
<http://www.oeffa.org/conference2015.php>

### NGFN Webinar: "Talk Is Cheap... and Efficient"

Thurs, Jan. 22 | 3:30 PM – 5:00 PM

Let's face it: food hubs are sexy! So are other Good Food infrastructure projects, such as region-scaled meat processing plants.

And for good reason: these businesses are often filling gaps or bottlenecks in regional and local food systems.

However, sometimes it's not a LACK of infrastructure that leads to bottlenecks; it is incomplete or inefficient USE of the infrastructure that stymies the system.

"Value Chain Coordinators" are people who work to connect the dots in a value chain. They ensure the right people, goods and resources connect with each other. Most often value chain coordinators work outside day-to-day business operations, a vantage point that offers a unique perspective on the optimal solutions in a regional market.

Join us for this expanded webinar diving deep into the approaches people across the country are taking to improve the food system without costly new infrastructure.

Ann Karlen, Fair Food; Todd Erling, Hudson Valley AgriBusiness Development Corp.; Steve Warshawer, La Montanita Coop; Lauren Gwin, Niche Meat Processors Assistance Network; Debra Tropp, USDA

Register at:  
<https://attendee.gotowebinar.com/register/6258438140577286401>

### Miniature Gardens and Terrariums Workshop

Jan. 24 | RSVP by Jan. 22  
1 PM – 3 PM | FREE

Location: Hoen's Garden Center, Holland, OH

Contact Lucas County Farm Bureau for more information at  
[lucas@ofbf.org](mailto:lucas@ofbf.org)

# USDA Resources

## Dig in to USDA Team Nutrition resources!

Team Nutrition offers a variety of materials that can enhance your farm to school program, including curriculum, event ideas, posters, and stickers. All Team Nutrition materials are available for download on the website and print copies can be provided for free to any school operating the National School Lunch Program. Go to <http://www.fns.usda.gov/tn/team-nutrition>

Here are a few of our favorites:

- **Dig In! Standards-Based Nutrition Education from the Ground Up:** Explore a world of possibilities in the garden and on your plate using ten inquiry-based lessons to engage 5th and 6th graders in growing, harvesting, tasting, and learning about fruits and vegetables.
- **The Great Garden Detective Adventure:** Discover what fruits and vegetables are sweetest, crunchiest, and juiciest through a series of investigations and fun experiences connecting the school garden to the classroom, cafeteria, and home with this eleven-lesson curriculum for 3rd and 4th graders.
- **Popular Events Idea Booklet:** Discover fun ways to promote nutrition and physical activity at your elementary or middle school with ideas for 20 themed events, from scavenger hunts to try-day Fridays!
- **Make Today a Try-Day! Stickers:** Use these fun stickers as part of your taste-testing event and order posters to match!

**Tools for Schools** is an online toolkit where you can find all of USDA's best resources on school meal topics (e.g., fruits and vegetables, whole grain-rich foods, and reducing sodium) and implementing Smart Snacks. In the toolkit, you will find policy documents, nutrition education materials, Smarter Lunchroom strategies, kid-friendly recipes, and success stories from other schools. Visit <http://www.fns.usda.gov/healthierschoolday/tools-schools>

## USDA Local Food Directories

Local and regional food systems, including farmers markets, are one of USDA's four key pillars to revitalize rural economies and improve access to fresh, healthy food for millions of Americans. Four USDA Local Food Directories are now available online to give potential customers, business partners and community planners easy, one-stop access to the most current information about sources of local foods. The four directories are: National Community-Supported Agriculture (CSA) Enterprise Directory, National Food Hub Directory, National On-Farm Market Directory, and National Farmers Market Directory. For more information on the launch: <http://blogs.usda.gov/2014/09/30/the-easy-way-to-find-local-food-usda-launches-new-local-food-directories/>

## USDA Farm to School Video

The next installment of the five-part video series, **Healthy Habits Take Root: How School Districts Across the Country are Bringing the Farm to School**, is a video highlighting how districts are promoting their farm to school programs. In this video, you'll hear farm to school practitioners talk about how they get kids excited about eating healthful, local foods. From taste tests, to farm visits, to culinary competitions, there are lots of ways to engage with, and get excited about, local products! Watch the video at <http://www.fns.usda.gov/farmentoschool/farm-school>

# Thank you to all of our partners and supporters!



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NATIONAL  
FARM to SCHOOL  
NETWORK

## Ohio Farm to School Newsletter

Put together by:

Carol Smathers, Ohio  
Farm to School State  
Lead

Stacy Haught, Ohio  
Farm to School  
Coordinator

Amanda Soto, Ohio  
Farm to School  
Assistant

For Ohio Farm to School  
inquiries or to submit  
information, e-mail  
[farm2school@osu.edu](mailto:farm2school@osu.edu)

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