

# Ohio Farm to School Newsletter

National, Regional and State Updates

November 2014



Chef Katie McGushin captured this moment as Hocking College culinary students celebrated Food Day with Ohio apples!

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We can't believe Ohio Farm to School Month is already over and there's just one more regional farm to school workshop coming up December 5th. So, how do YOU do farm to school?! **Share your projects with us** at [farm2school@osu.edu](mailto:farm2school@osu.edu) or post a photo of your class, cafeteria and farm experiences to Facebook or Twitter with #ohiofarm2school.  
**We want to hear from you!**

## State, Regional and National

### 2014 Ohio Farm to School Regional Workshops!

Thank you to those that have been able to attend the workshops in Perrysburg, Mt. Orab, Athens, North Canton, and Columbus! If you were unable to attend any of the first four workshops, the presentations can be found online at the Ohio Farm to School website or by contacting us at [farm2school@osu.edu](mailto:farm2school@osu.edu). If you would like to attend a workshop in-person, there is one more workshop coming up in 2014.

### Goal

Increase capacity of local communities to provide locally produced foods in schools.

### Objectives

Through discussion and written materials, participants will:

- Develop an awareness of current practices in Farm to School—the benefits and opportunities for Farm to School programs & the processes and procedures of implementing a Farm to School program.
- Identify purchasing and marketing processes and other procurement methods that apply directly to Farm to School.
- Identify the three C's of Farm to School —Classroom, Cafeteria, Community—and ways producers and schools can increase involvement in each area.
- Recognize how Farm to School functions regionally and unique ways to connect with the local food system.
- Gain resources and strategies for connecting local producers with local school food service.
- Identify and use direct marketing tools to develop networks for procuring and supplying local foods.
- Identify food safety practices and guidelines that apply to using local foods in school food service and minimal standards producers need to meet regarding food safety.

### Workshop Sessions

What's happening with Farm to School?

Purchasing Local Foods for Schools

Food Safety

Making Connections with Local Producers

The Education Connection

### Upcoming Workshop:

| Region  | Date     | Location       | Venue           |
|---------|----------|----------------|-----------------|
| Western | 12/05/14 | Yellow Springs | Antioch College |

For more information please visit the [Ohio Farm to School website](#).

# News

## State, Regional and National

### **Kale, lettuce and basil. Oh, my!**

University Dining Services at The Ohio State University is launching another new sustainability initiative this fall that will give students, staff and faculty the opportunity to help grow the produce that will be used in our campus dining operations. Dining has secured a space in the Howlett Greenhouse, where staff and students will work together to support this year's crop of kale, lettuce and basil. Read more about this initiative at <http://hcs.osu.edu/about-us/news/new-food-related-sustainability-initiative-osu>

### **A lesson in logistics, from (dairy) farm to school**

While the farm-to-school movement has made great strides getting local produce from apples to broccoli into the schools, milk and beef face their own set of hurdles despite their apparent abundance and prominence in Vermont's agricultural landscape. Here is an example of one dairy farm to school journey. [Burlington Free Press](#)

### **These fifth-graders are running a farmer's market, with a little help from some farmers**

Students at Avondale Elementary in Birmingham enjoy their time as salesperson, cashier, inventory management specialist and more at their class' weekly farmer's market. [AL.com](#)

### **Inside the New School Lunch**

Beef-loving Nebraskan kids are warming to veggie burgers and carrot sticks. Can the rest of the nation follow? [The Atlantic](#)

### **From knife to plate: Ridgeway using new gear to provide locally sourced lunches**

As Ridgeway students devoured their hamburgers, sweet potatoes, broccoli, pears, currants, and milk, Minnesota Department of Agriculture Assistant Commissioner Charlie Poster, Winona state senator Jeremy Miller, and two area farmers toured the school's kitchen, newly upgraded to better process local foods. [Houston County News](#)

## News & Resources

### State, Regional and National

#### **UVM Announces New Food Hub Management Certificate Program Vermont launches first food hub academic program in the United States**

The University of Vermont will launch in January an innovative Food Hub Management Certificate program, the first of its kind in the country. The program is a unique blend of hands-on, community-based, online and on-campus learning that will prepare students for effective management of food hubs and provide essential tools to advance their career in food systems. UVM's Food Hub Management Certificate is offered through the College of Agriculture and Life Sciences and Continuing and Distance Education. For more information, visit: <http://learn.uvm.edu/hubmanagement>

#### **Fundraising Exemption Policies--new resource from NASBE**

NAESBE (The National Association of State Boards of Education) HAS taken the information from their State School Health Policy Database that they have been collecting about state fundraising exemption policies under Smart Snacks, and turned it in to a handout that they think makes it a little easier to digest. You can find the handout in the bottom section of the "NASBE Publications" area of their Center for Safe and Healthy Schools page: <http://www.nasbe.org/project/nutrition-and-physical-activity/nasbe-nutrition-and-physical-activity-publications/>

#### **Tip Sheets for Schools: Implementing Healthier Standards for Competitive Foods**

On October 16, the Illinois Public Health Institute released **five tip sheets to help schools implement Smart Snacks in School** while minimizing negative financial impact. Strategies are shared from eight school districts across the country that improved nutrition standards for their snack and à la carte food and beverages, known as "competitive foods," and maintained food service revenue. The tip sheets contain hands-on strategies for Food Service Directors, cafeteria staff, teachers, principals and families focused on marketing, selling and serving healthier foods and beverages to middle and high school students without negative financial impact. For more info go to <http://iphionline.org/center-for-policy-and-partnerships/controlling-junk-food-and-the-bottom-line/>

#### **Early Returns: Bringing the Farm to Preschool**

October was National **Farm to School Month**, and farm to preschool had its own day, October 15. But every day should be farm to preschool day. [Huffington Post](#)

# News & Resources

## State, Regional and National

### Why We Need to Reframe the School Lunch Debate

We have lost sight of the real battle: the fight against childhood obesity. Politicos need to stop bickering over methods and re-focus time, energy and resources by investing in on the ground work to radically shift school nutrition. [U.S. News & World Report](#)

### 100 Faces of Ohio Women in Agriculture

Women were nominated through county and state Extension staff to be honored as part of the 100 Years of Extension Celebration. Take a peek at how Ohio Women are impacting agriculture:

[http://clermont.osu.edu/topics/agriculture-and-natural-resources/ohio-women-in-agriculture/100-faces-of-women-in-agriculture-in-ohio/WIA%20Power%20point%20-2.pptx/at\\_download/file](http://clermont.osu.edu/topics/agriculture-and-natural-resources/ohio-women-in-agriculture/100-faces-of-women-in-agriculture-in-ohio/WIA%20Power%20point%20-2.pptx/at_download/file)

### Benefits of Localizing: “The 25% Shift - The Benefits of Food Localization for Northeast Ohio & How to Realize Them”

This article focuses on 16 counties in Northeastern Ohio and the progress towards meeting local demands with 25% local product and the barriers faced by communities. Download the full article at

<http://www.neofoodweb.org/sites/default/files/resources/the25shift-foodlocalizationintheNEOregion.pdf>

### On-going resources:

- Finding local farms, buyers, or restaurants that purchase/serve local foods, visit **Ohio MarketMaker**: [www.ohiomarketmaker.com](http://www.ohiomarketmaker.com)
- Finding farms in and around Ohio that sell directly to the public through local farmers' markets, CSA's, and on-farm sales, visit **OEFFA's Good Earth Guide** [OEFFA's searchable on-line directory](#).
- Farm to School Webinars: National Good Food Network Website**: <http://www.ngfn.org/resources/ngfn-cluster-calls/farm-to-school>  
NGFN offers four recorded webinars on the topic of Farm to School at this time: “Food Hubs and Farm to School”, “Market-Based Models for Increasing Access to Healthy Food: Defining What Works”, “School Food FOCUS”, and “National Farm to School Network”. You can also sign up from their website to receive notice of upcoming webinars.
- GroundWorks Community** URL: [www.edweb.net/schoolgardens](http://www.edweb.net/schoolgardens)

# Funding Opportunities

**Attention Schools, School Districts and Licensed Childcare Centers in Cuyahoga County: Funds are Available to Help You Create Healthier Food Environments! Ohio State University Extension Cuyahoga County and the Cuyahoga County Board of Health are offering YOU the chance to Update Your Plate!**

In celebration of National Farm to School month, the Update the Plate Mini-Grant is for eligible schools, schools districts, and licensed childcare centers to Update the Plate by implementing one or more components of the Farm to School or Farm to Childcare Model. Eligible applicants can apply for up to \$2,000 for a new or existing program. Applications are due December 5, 2014. For full details about the purpose of the mini-grant program, eligibility, and how to apply, please read the overview and application document linked [HERE](#).

Don't miss this chance to Update Your Plate and support farm to school and farm to childcare programs in Cuyahoga County!

## ***Questions about the Update the Plate Mini-Grant Program?***

Contact Nicole Wright (OSU Extension) 216-429-8200 x249 | [wright.1128@osu.edu](mailto:wright.1128@osu.edu) or Alison Patrick (Cuyahoga County Board of Health) 216-201-2001 x1513 | [apatrick@cdbh.net](mailto:apatrick@cdbh.net)

## **WEGO Health Activists Nominations**

Nominations for the Fourth Annual WEGO Health Activist Awards are now open!

- We heard you – we made the nomination process faster and easier than before
- Have questions? Great, check out our new FAQs and if you still have a question, shoot us an email at [community@wegohealth.com](mailto:community@wegohealth.com)
- Want to know who won last year – check out the amazing winners on our listed website above
- Nominations will be open until December 31st, so you can nominate as many Health Activists as you would like!
- Engage with us on social media – we want everyone to share in the excitement on Facebook

Go to <https://awards.wegohealth.com/nominees>

## **Applications Invited for Terri Lynne Lokoff/ Children's Tylenol National Child Care Teacher Awards**

Fifty pre-K teachers will be selected to receive grants of \$1,000 in honor of their dedication to providing high-quality child care.

**Deadline December 08, 2014**

## **DonorsChoose.org Seeks Submissions for K-12 Teach the Planet Challenge**

Four \$10,000 prizes and two dozen DonorChoose gift cards will be awarded in support of high-impact hands-on classroom projects that promote sustainability education.

**Deadline November 30, 2014**

# 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**

# 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**

## Events & Webinars

### EdWeb Webinars:

#### **Square-Foot Gardening & Bigger Beds: *Maximizing Your School Garden Space***

Mon, Nov. 17 | 4 PM

Presented by Matthew Doris,  
Food Service Director & Chef,  
Tuckahoe Common School  
District, Southampton, NY

Register at  
<http://home.edweb.net/>

#### **Local Food Association: Food Buyers Exchange**

Thurs, Nov. 6 | 8 AM – 6 PM

Join us in Chicago on November 6 for a new kind of business meeting focused solely on building the local food market in the upper Midwest - one that's viable, sustainable and profitable! The Local Food Buyers Exchange - Midwest is a day-long conference focused exclusively on the development and implementation of local food business solutions, and will include interactive education, roundtable discussions and networking opportunities for local food buyers and sellers.

For more info go to  
<http://www.localfoodassociation.org/?page=Events>

#### **Growing Power's Urban & Small Farms Conference "Building a Fair Food Economy to Grow Healthy People"**

November 7-9, 2014 | Potawatomi Hotel & Casino, Milwaukee, WI

People from all over the world will gather in Milwaukee to discuss and learn about best practices in sustainable agriculture, focusing on innovations underway that will grow a healthier future. Conference workshops will be innovative and multidisciplinary, facilitated by growers who are currently operating urban and small farms, as well as those who are working in areas that support this emerging area of agriculture and local economic development. Topics to be covered include: Urban Aquaculture, Urban Farming, Youth Engagement, Local, State, & National Government, Food & Technology, Food Policy. The conference will also include other events such as: Annual GFJI Gathering, GFJI Film Festival, Makers Bazaar, Chef Gala and Milwaukee area field trips.

Conference tickets from now until September 15, 2014. To register go to <http://www.growingpower.org/>

#### **Webinar: How Farm to School Supports Adoption of Healthy Nutrition Standards**

Wed, Nov.12 | 1 PM

The Healthy, Hunger-Free Kids Act of 2010 ushered in a new set of nutrition standards, which schools across the country have been working to comply with. But change isn't always easy for school staff or the students they serve. How can schools adjust to healthier new menus without seeing drops in participation or excess plate waste? Farm to school practices can help! In this webinar, Betti Wiggins (Executive Director, Office of Food Services at Detroit Public Schools) will discuss farm to school practices, such as taste tests and education programs, that can help schools smoothly and successfully transition their menus and their students to the new standards.

Register at <http://www.farmtoschool.org/resources-main/webinar-how-farm-to-school-supports-adoption-of-healthy-nutrition-standards>

## Events & Webinars

### Season Creation Workshop at Green Edge Gardens

Nov. 13 | Amesville, OH

Green Edge Organic Gardens and Rural Action are providing growers, agriculture educators, and other professionals with the tools and understanding they need to increase the productive use of high tunnels.

Contact Tom Redfern at  
740-677-4047 or  
tomr@ruralaction.org

#### to learn more visit:

<http://ruralaction.org/programs/agriculture/season-creation-and-education/>

### Webinar: "Mechanical Farm Implements: Scale-Appropriate Technology for Specialty Crop Production"

Thurs, Nov. 6 | 1 PM | FREE

This webinar will explore factors to consider in choosing equipment for a successful specialty crop farm. This session will be presented by Jean-Paul Cortens of Roxbury Farm in New York. With his wife and farming partner, Jody Bolluyt, the farm produces vegetables, herbs, grass-fed lamb and beef, and pork for more than 1,100 community supported agriculture members. The 390 acre farm includes 90 acres of vegetable production (half in green manure and half in vegetables) and 200 acres of grassland.

This webinar is part of a series of educational programs offered in collaboration with the Cuyahoga Valley Countryside Conservancy designed to address the business and production aspects of managing successful specialty crop operations. These programs are made possible through a grant from the Ohio Department of Agriculture, the State of Ohio, and the United States Department of Agriculture under the provisions of the Specialty Crop Block Grant.

#### Register at <http://www.oeffa.org/events.php>

Past webinars in the series are also available for viewing. For more information, call (614) 421-2022 Ext. 209 or email [eric@oeffa.org](mailto:eric@oeffa.org).

### Free 'Farmland' Movie Night

Nov. 21 | Doors open at 6 PM | Movie to begin at 7 PM  
Murphy Theatre, Wilmington, OH

Join Clinton County Farm Bureau for a free showing of the movie Farmland, with a young farmer discussion panel to follow. The county Farm Bureau will be collecting donations of canned food and toiletry items to donate to the Clinton County Homeless Shelter. Concessions will be available for purchase.

**Admission: FREE**

### **Conference: Practical Tools and Solutions for Sustaining Family Farms**

Jan. 14-17, 2015 | Mobile, Alabama

The 24th annual Southern SAWG conference is for serious organic and sustainable producers, farm to school participants, urban farmers or those interested in creating more vibrant community food systems. The event offers informative pre-conference courses and field trips, practical conference sessions, networking, trade show, Taste of Alabama event and more. Each year, participants go home with information to use immediately to improve their operations.

Schedule available at [www.ssawg.org](http://www.ssawg.org)

### **The Ohio Sustainable Farm Tour and Workshop Series**

This annual series of public tours features 21 organic and ecological farms in Ohio, providing unique opportunities for growers, educators, and conscientious eaters to learn about sustainable food and fiber production in a real world setting from farmers with years of practical experience. All tours and workshops are free and open to the public and do not require pre-registration unless otherwise noted.

#### **Up Next:**

Mon, Nov. 10 – Fri, Nov. 14, 8 AM – 5 PM: Five Day Solar Electric Workshop, Wooster, OH

For more information and full event list:

<http://www.oeffa.org/documents/farmtour2014.pdf>

### **Partnership for a Healthier America 2015 Building a Healthier Future Summit**

February 25 – 27, 2015 | Washington Hilton | Washington, DC

PHA, in coordination with PHA Honorary Chair First Lady Michelle Obama and Honorary Vice Chairs The Honorable William H. Frist, MD and the Honorable Cory A. Booker, invites you to the fourth Building a Healthier Future Summit. Join us for breakouts, nationally renowned speakers, thought-provoking keynotes, and an audience of industry leaders. We look forward to seeing you there.

Register today and lock in early bird pricing:

<http://ahealthieramerica.org/summit/registration/>

# USDA Updates

## 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 Launches New 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/>

## New USDA Farm to School Video

The next installment of our new 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

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