

# Ohio Farm to School Newsletter

National, Regional and State Updates

October 2014



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## Apple Crunch Day is Oct 24<sup>th</sup>!

Governor Kasich officially declared October to be Ohio Farm to School Month and there are so many ways to celebrate! Join us Oct 24 by posting an image of you and your colleagues/ students/ family/ friends crunchin' on Ohio apples at **#OhioApple Crunch or #OHFarm2School** on Facebook and Twitter.

*See page 4 to learn more about how you can participate in Farm to School Month!*

## State, Regional and National

### **2014 Ohio Farm to School Regional Workshops Announced!**

Thank you to those that have been able to attend the workshops in Perrysburg, Mt. Orab, Athens, and North Canton! 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. If you would like to attend a workshop in-person, there are two more workshops 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
Central	10/24/14	Columbus	Mid-Ohio Foodbank
Western	12/05/14	Greene County	TBD

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

### Central Ohio Farm to School Regional Workshop

The Central Ohio Farm to School Workshop will be held on Friday, October 24<sup>th</sup> at Mid-Ohio Foodbank. For registration information please visit the [online registration](#).

**Date:** Friday October 24, 2014  
**Time:** 8:30am – 3:00pm  
**Location:** Mid-Ohio Foodbank  
3960 Brookham Dr.  
Columbus, OH 43213

**Registration** is online. Cost is \$30 and includes lunch.

[CLICK HERE](#) to register online or contact us at [farm2school@osu.edu](mailto:farm2school@osu.edu) for a paper registration form.

#### Topic Sessions

- Starting a Farm to School Program ▪
- What's Happening with Farm to School?—Updates ▪
  - Local Foods and Meal Planning ▪
  - Food Safety ▪
- Making Connections—Distributors, Cooperatives, Producers and Schools ▪
  - Students Grow: Hands-On Education ▪
  - Networking Opportunities ▪
  - Finding Local Foods in Your Community ▪
- Local Foods Cooking Demonstration for Schools ▪

[Click here to register online.](#)

# News

## State, Regional and National

**Farm to School Month** is celebrated in October to promote connections between schools and local food. The Farm to School Month website offers fact sheets, posters, a communications toolkit, a calendar full of things you can do to be part of farm to school all month long and more! Visit <http://farmtoschoolmonth.org> and check out our suggestions below for 3 great options.



**1.** Take part in the Ohio Apple Crunch on National Food Day, October 24, 2014! **Ohio Apple Crunch** is an event that can happen anywhere, anytime and celebrates eating local and learning about local foods. It's easy! **Just bite into an Ohio grown apple and snap a photo.** Crunch with your class, crunch with your family, crunch with your friends, and don't forget to crunch with us! We want to see all the crunchin' and we will be crunchin' too! **Show us your crunches by using #OhioApple Crunch or #OHFarm2School on Facebook and Twitter.**



**2.** Host your own event for Food Day, October 24 at your home, office, school or campus. **Food Day** is a nationwide celebration and movement towards healthy, affordable and sustainable food in our food system. Check out their focus areas, follow their blog, and learn how you can get involved. For more info go to <http://foodday.org>, and show us your Food Day event by using #FoodDay2014 on Facebook and Twitter.

**3. Do you know if your area schools participate in any Farm to School projects? October is a great month to find out!** The USDA Food and Nutrition Service released The Farm to School Census that can tell you if your school supports F2S projects and what they are. If your school did not fill out the census survey, consider connecting with the school to find out why. Take a look at the F2S status for your school at <http://www.fns.usda.gov/farmtoschool/census#/state/oh>.

## News & Resources

### State, Regional and National

#### **Farm to School Webinars hosted by the 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.

#### **Release of National School Food Network Evaluation Framework**

NSFN is delighted to announce that the National Farm to School Network (NFSN) has released "Evaluation for Transformation: A Cross-Sectoral Framework for Farm to School Evaluation". Their core partners and several others in the field have played a critical role in the development of this 100+ page document, either as a participant in discussions or short courses, contributor, reviewer or author, and NFSN is indebted to them for the time and effort spent on a truly collaborative process to create this pioneering resource for the farm to school and farm to preschool movement. View the framework at <http://www.farmentoschool.org/resources-main/evaluation-framework>

#### **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)

#### **Great Lakes Food Day 2014 Clean Label Menu Event**

In partnership with the National Farm to School Network and USDA Farm to School program, the seven districts of the School Food FOCUS Upper Midwest Regional Learning Lab will source three items from their own areas, from local farms and regional brands. Districts will highlight the special Food Day menu with photos of their farmers, signs and other promotion in cafeterias. Please see the attached informational flier. The website for the "Clean Label" Menu Event is here: <http://umrllfoodday2014.wordpress.com/> . All schools are invited to participate in this fantastic Food Day event.

## News & Resources

### State, Regional and National

#### **Annual Rates of Adult Obesity Report**

Last week, Trust for America's Health and the Robert Wood Johnson Foundation released their 11th annual report of annual rates and rankings of adult obesity, *The State of Obesity: Better Policies for a Healthier America*. This year's report includes a study of racial and ethnic disparities in obesity rates, including a series of in-depth interviews with public health experts in Black and Latino communities. In addition, the report features obesity rate trends by region, age, gender, education and income, and a feature on obesity in early childhood. It also reviews existing policies and issues high-priority recommendations for making affordable healthy foods and safe places for physical activity available to all Americans.

#### **USDA pilot boosts local control of school food purchases**

A new U.S. Department of Agriculture program is designed to boost local control of school food purchases this year. The USDA's Farm to School Census reports that schools participating in farm to school activities purchased and served more than \$385 million in local food in 2011-12. The census found that half of participating schools were planning to purchase even more local foods in the future. [The Packer](#)

#### **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>

#### **Students Go Back to School and to Healthier Foods Than at Home**

When classes resume after summer vacation, so does nutritious eating, suggests a study published online in the journal *Appetite*. The study found that elementary and high-school students consumed up to 30% more unhealthy foods, such as takeout french fries and pizza, and sugary drinks on non-school days, compared with school days. School-based programs that encourage fruit and vegetable breaks may explain the higher consumption of these foods on school days, the study said. [Wall Street Journal](#)

# Funding Opportunities

## Last Call for School Breakfast Grants – Action for Healthy Kids

Could your school or district benefit from \$2000 to \$50,000 in additional funding to improve your school breakfast program? With an Action for Healthy Kids School Breakfast Grant, your school can receive additional funding and so much more.

[www2.actionforhealthykids.org/e/21152/s-for-schools-apply-for-grants/m65fq/124376651](http://www2.actionforhealthykids.org/e/21152/s-for-schools-apply-for-grants/m65fq/124376651)

**Deadline October 15, 2014**

## USDA Promise Zones

On September 19, 2014, the United States Department of Agriculture (USDA) announced "a competition to designate a new round of **Promise Zones**. These Promise Zones are part of the President's plan to create a new pathway to the middle class by partnering with local communities and businesses to create jobs, increase economic security, improve educational opportunities, and reduce violent crime. Urban, rural, and tribal communities nationwide will be invited to put forward a plan to partner with local business and community leaders to make evidence-based investments that reward hard work and expand opportunity. In exchange, these designees will receive priority access to federal investments that further their strategic plans, federal staff on the ground to help them implement their goals, and five full-time AmeriCorps VISTA members to recruit and manage volunteers and strengthen the capacity of the Promise Zone initiatives. HUD in close collaboration with USDA will convene three distinct webcasts for urban, rural, and tribal to discuss the second round of the Promise Zone Initiative with interested communities.

### Dates and times are as follows:

- Tribal Webcast, September 29th, 1:00pm - 2:00pm
- Rural Webcast, September 29th, 3:00pm - 4:00pm
- Urban Webcast, October 1, 2014, 3:00pm - 4:00pm

More information about the Promise Zone initiative and how to apply is available at: [www.hud.gov/promisezones](http://www.hud.gov/promisezones).

## 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**

# 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>

## Whole Kids Foundation Garden Grants

When it comes to starting a school garden, \$2,000 can go a long way. That's why the Whole Kids Foundation garden grants can be such a boon. For the fourth year in a row, we've partnered with Whole Kids Foundation to provide \$2,000 grants for new or existing edible gardens run by K-12 schools or their nonprofit partners. The application is open now through October 31st. [Learn more about the program here.](#)

**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. **No deadline.**



# 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**

## 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

### Webinar:

#### Farm to School 101

Tues, Oct. 14 | 1 PM

In celebration of National farm to School Month, this webinar will offer an introductory look at farm to school. Three speakers will discuss the three core elements of farm to school: procurement, education and school gardens. A 20-minute presentation will be followed by a Q&A session.

[REGISTER HERE](#)

### Webinar:

#### Building Healthy Food Systems, Overcoming Historical Trauma

Wed, Oct 15 | 2 PM to 3 PM

This is the final session of a 4-part series co-sponsored by the National Medical Association, APHA and Healthy Food Action. Register once for all four. You may attend as many as you like, but are not required to attend all four.

Register at <https://attendee.gotowebinar.com/register/6792619366332103426>

### OHIO APPLE FESTIVALS

According to the USDA, Ohio is one of the top ten apple growing states in the country. Did you know Ohio has at least 7 festivals celebrating apple butter this month?! Find one near you, below.

10/4 – [Apple Dumpling Festival](#) – Shreve

10/4-10/5 – [Apple Butter Festival](#) - Oxford

10/11 – [Apple Butter Day](#) – Groveport

10/11-10/12 – [Chatham Apple Butter Festival](#) - Chatham

10/11-10/12 – [Apple Butter Festival](#) – Burton

10/11-10/12 – [Enon Apple Butter Festival](#) – Enon

10/11-10/12 – [Oak Harbor Apple Festival](#) - Oak Harbor

10/12 – [Applebutter Fest](#) – Grand Rapids

10/17-10/18 – [Van Wert Apple Festival](#) – Van Wert

10/17-10/19 – [Apple Butter Stirrin' Festival](#) – Coshocton

Source: <http://ohiofestivals.net/>

### Webinar:

#### USDA and FRAC Coffee Chat Video Series: Meals For Kids

Thurs, October 2 | 3 PM to 4 PM

Join FNS and the Food Research and Action Center for our inaugural coffee chat series! Every month we will explore a topic related to food and nutrition to give you an opportunity to learn more about the programs and to ask us questions about how to make them work in your community. This month we will explore FNS's nutrition programs and give you an up close and personal view of meals for kids from the perspective of our invited speaker:

Tanna Nicely, a principal at South Knoxville Elementary School.

Join us to discuss strategies and methods designed to feed nutritious meals to kids.

[REGISTER HERE](#)

# Events & Webinars

## **Stark County Farm Bureau “Drive it Yourself” Farm Tour**

Oct. 5 | 11 AM to 5 PM

Visit Clardale Farms, Inc., Flight Path Farms, Halter Farms and Nickajack Farms while learning about agriculture in Stark County. [More information](#)

## **Eastern Franklin County Farm Tour**

Oct. 5 | Register by Oct. 3  
1 PM to 5 PM

Agriculture is the leading industry in Ohio. Enjoy the sights of the country side. Visit the farms in any order at your leisure: Conrad Hive and Honey, Dill's Greenhouse Annual Fall Festival, Blystone Farm, Rock Mill and Rock Mill Covered Bridge and Slate Run Living Historical Farm.

Registration: 614-876-1274 or [franklin@ofbf.org](mailto:franklin@ofbf.org)

## **42nd Annual Belmont County FREE Drive-It-Yourself Rubberneck Tour**

Oct. 5 | 12:30 PM to 5 PM

Self-driving tour at no cost except what you might purchase, including food. Highlighting agriculture with participation by the Cattlemen Association, Dairy Committee, Master Gardeners, Homemakers and more.

For more information, visit [Belmont County Tourism](#) or call 740-695-4359.

## **8th Annual Stinner Summit**

Fri, Oct. 10 | Glen Helen Nature Preserve | Yellow Springs

The Stinner Summit is a unique and highly participatory event where people from diverse backgrounds come together to develop projects in support of healthy agroecosystems and sustainable communities.

[REGISTER HERE](#)

## **Wayne County Farm Tour**

Oct. 11 | 11 AM to 6 PM; Oct. 12 | Noon to 6 PM

A tour of scenic northwestern Wayne County with stops comprised of large family farms and agribusinesses involved in processing and marketing agricultural commodities. Bring your children to learn about the many career opportunities related to agriculture other than actual farming.

For more information, contact [Wayne County Farm Bureau](#) at 330-263-7456, or visit or [Wayne County Farm Bureau](#) on Facebook. Pick up booklets from the Convention and Visitors Bureau, the Wooster Chamber of Commerce, and numerous businesses around Wayne County.

### Webinar: Fruit Trees in the School Garden

Oct. 21 | 4 PM

"Fruit Trees in the School Garden" with Leo Buc, Director of Common Vision. To participate in the live session, log in at <http://www.instantpresenter.com/edwebnet11> at the scheduled time.

### 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:

Sat, Oct. 4, 10 AM – 12 PM: Organic Dairy Farm Tour, Greenfield, OH  
Thurs, Oct. 9, 6 PM – 9 PM: Pumpkin Field Night, OSU South Centers, Piketon, OH  
Sun, Oct. 12, 12 PM – 4 PM: Restoration Agriculture Farm Tour, Minerva, OH

For more information and full event list:

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

### The Farmland, Food and Livable Communities Conference

Oct. 20 – 22 | Lexington, KY

Join American Farmland Trust this fall in Lexington, KY, for our first-of-its-kind national conference on Farmland, Food and Livable Communities. Our focus will be the challenges faced by American agriculture in the 21<sup>st</sup> Century.

For more information on the Conference and to Register, go to <http://www.farmland.org/news/events/national-agricultural-landscapes-forum/2014National-Conference.asp>

# USDA Updates

## **USDA Releases Request for Applications for Unprocessed Fruit and Vegetable Pilot**

Agriculture Undersecretary Kevin Concannon announced the release of a [Request for Applications](#) from states interested in participating in the Pilot Project for Procurement of Unprocessed Fruits and Vegetables authorized by the 2014 Farm Bill. Under the pilot, up to eight states across five regions will be granted flexibility in using a portion of their USDA Foods entitlement dollars to purchase locally-grown unprocessed fruits and vegetables for the National School Lunch Program (NSLP). View [more information](#) about this pilot project online, and also see attached application information.

**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.

## **Local Procurement Resources**

This year, the farm to school team at USDA has been busy thinking about new ways to make buying local foods easier for schools and working on lots of resources that help explain the process. Now, all of these new materials have been compiled into one central place on the [Food and Nutrition Service website](#). Highlights include: The newest resource for purchasing local foods, *Procuring Local Foods for Child Nutrition Programs* covers procurement basics, defining local, where to find local products, and the variety of ways schools can purchase locally in accordance with regulation, A series of a dozen recorded webinars from the Finding, Buying, and Serving Local Foods series that we held earlier this year to showcase the variety of ways school districts can purchase local foods. Their growing set of fact sheets, which provide readers with a quick reference on procurement topics ranging from using the DoD Fresh Program to purchase local foods to opportunities for farmers to sell to schools, Policy memos and regulations that provide background and answers to some of the most commonly asked questions about local procurement.

## **Smart Snacks Infographic**

New standards on foods and drinks sold through vending machines, a la carte lines, school stores, and fundraisers will take effect this year. USDA is calling the guidelines Smart Snacks. [Check out this infographic](#) from the USDA to get a better idea of what the snacks will look like.

# Thank you to all of our partners and supporters!



## Ohio Farm to School Newsletter

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

**Follow Ohio Farm to School on Facebook and Twitter!**

