

Nourishing News



IDAHO STATE DEPARTMENT OF EDUCATION CHILD NUTRITION PROGRAMS

SEPTEMBER 2009



Farm to School Program

This publication has been sent to all:

- School Food Service Directors
- School Food Service Kitchen Managers

Inside:

A Message from the Director	2
Farm to School Benefits Children	2
Idaho Farm Facts	2
Celebrate Idaho's Bountiful Fall Harvest	3
Utilizing Produce from School Gardens	3
Incredible Edible Idaho Food Posters.....	3
10 Reasons to Eat Local Food.....	4

UPCOMING TRAINING OPPORTUNITIES

Personal Management for Child Nutrition Programs

Serving it Safe

NSLP Healthy Edge

Menu Planning for the New Idaho Nutrition Standards and the SMI

Various dates and locations please check our website for the one nearest you.

To sign up for Child Nutrition trainings or for more information, visit our training web site: www.databasesdoneright.com/nutrition/

- CIRCULATE TO: Superintendent Principal
 School Nurse Health Teacher Kitchen Staff

Idaho Farm Facts

Did you know...
Idaho exports more than 50% of its wheat crops.
Idaho exports more than 86% of its lentils.

If Idahoans had to consume all products produced within the state, every resident would need to eat or drink EVERY DAY:

195 slices of bread

50 potatoes

1lb of cheese

41 glasses of milk

1 hamburger

1 8oz steak

3 onions

2 c. of beans

The Top Idaho Commodities in 2007

Milk*

Cattle and Calves

Potatoes*

Hay*

Wheat*

Sugarbeets*

Barley*

Onions*

Trout*

Dry Beans*

Corn

Sheep and Lambs*

Mint*

Eggs

Lentils*

Hops

Apples

Peaches*

* Idaho ranks in the top ten in the nation for these crops

All information was provided by Idaho State Department of Ag, www.agri.state.id.us



A Message from the Director

The Idaho Farm to School Program works towards having Idaho grown food served to students in Idaho Child Nutrition Programs.

This important program is emerging at meal times across Idaho and nationwide. Child Nutrition Programs are buying fresh food directly from local farmers as a way of improving the quality and taste of their meals. These Farm to School Programs have a dual mission: they motivate students to improve their eating habits and health through improving the quality of the food served in schools, and they support local farmers.

Idaho State Department of Education, Child Nutrition Programs is pleased to offer several resources and tools on the Idaho State Department of Education, Child Nutrition Programs website on the topic of Farm to School. These materials can be found at: www.sde.idaho.gov/site/cnp/. Click the "Farm to School" icon.

In this area you will find resources such as;

1	Farm to School Activities in Idaho
2	The Idaho Food Pyramid
3	Healthy Harvest Ideas
4	Idaho Food Fact Sheets
5	Bulletin Boards
6	Healthy Idaho Fundraising
7	Nourishing News
8	Our popular Incredible Edible Idaho monthly food posters

Farm to School Benefits Children

Ed Herrera, Coordinator

As school kicks back into gear and the temperature starts to drop, late summer and early fall are a great time of year to serve fresh, local Idaho grown produce. All school programs, especially Fresh Fruit and Vegetable Program (FFVP) participants, should take this opportunity to use fresh local produce in their programs. Idaho has a number of fresh fruits and vegetables in season in September. They are:

apples	nectarines	pumpkins
blueberries	onions	raspberries
carrots	peaches	tomatoes
corn	pears	winter squash
cucumbers	peas	zucchini
grapes	plums/pluots	
melons	potatoes	



Click the "Farm to School" icon.



These resources will provide information to all Child Nutrition Programs, school district personnel and community members on the Farm to School Program. The Idaho State Department of Education, Child Nutrition Programs will continue to implement several projects throughout the next several months that focus on empowering the CNP sponsors on this important topic. Our office is dedicated to provide training and learning opportunities, which will have a sustained and long-term impact on the program and increase program integrity in the Farm to School Program.

Some important facts concerning the Farm to School Program:

- Schools participating in Farm to School have seen an increase in Fruit and Vegetable consumption between 25%-84%.
- Schools on average see a 9% increase in school meal participation with the implementation of a Farm to School Program.
- Schools participating in Farm to School often see an increase in teacher, administrator, and parental support of school meals.

In summary, fresh, locally grown food is often tastier than its canned, frozen, or shipped equivalents. Children know quality when they taste it.

Sincerely,

Colleen Fillmore PhD, RD, LD
CNP Director

Consider these facts:

- The typical food item in the U.S. travels between 1,500 to 2,400 miles from farm to plate.
- Students of schools involved in the Farm to School Program increase their consumption of fruits and vegetables from .99 to 1.3 servings per day.
- Schools report a 3% to 16% increase in school meal participation when farm fresh food is served.

The Farm to School Program teaches children the path of food from farm to fork and instills healthy habits that can last a lifetime. We must teach children that simple steps can be effective to improving their health. Our combined efforts will help reverse the growing trend of childhood obesity.

Local produce is often fresher, more nutritious and more cost effective than produce from around the country or abroad. So grab an Idaho pluot, peach, pear or any of the nearly 20 varieties of Idaho fruits and vegetables that are available today!

Celebrate Idaho's Bountiful Fall Harvest

Leah Clark, Idaho Preferred®, Idaho State Department of Agriculture

Fall is a great time of year! Not only is it back to school time, but it is the peak of Idaho's harvest season. Peaches, pears, nectarines, plums, watermelon, grapes and apples are ripe, juicy and delicious. Corn, tomatoes, potatoes and onions are being harvested daily. Many students do not have the opportunity to enjoy fresh fruits at home so introduce them to new flavors and colors with pluots (a cross between a plum and an apricot), Fuji apples, white flesh peaches or purple grapes. Add an Idaho potato bar or surprise students with fresh corn on the cob. Try some new protein items like "Trout Treasures" from Clear Spring Foods in Buhl or lean and juicy franks from Falls Brand Meats in Twin Falls or Gem Meats in Boise. Increase your whole grain offerings with Fresca's whole wheat tortillas or whole wheat hamburger and hot dog buns from Harvest Classic Bakery in Boise.

How do you find Idaho foods for your nutrition program? All of these items are easy to source through local vendors such as Sysco, FSA, Grasmick Produce and Sheppard Produce. Just let your distributor representative know that you want to source local foods when available. They can help you stay current on what is in season and what they can source for you. If you would like to develop some direct Farm to School relationships, visit www.idahopreferred.com and click on "Find a local Producer" or contact Leah Clark at 332-8684.

Once you have found local products and added them to your menu – make sure students, faculty and administration know you are serving Idaho foods! Start by including – and identifying – local foods on your menu.

1	Name names...."Idaho peaches from Symms Fruit Ranch," or "Fresh local apples from Henggeler Packing." The growers name will be on most fresh produce boxes.
2	If your school has a newsletter or other parent communication tool, include information about your new "local" menu and the fresh foods you are providing to students.
3	At back-to-school night, remind families about your "farm to school" efforts with fresh fruit for snacking, fun with food art, agriculture trivia contests or any guess the number game, such as seeds in a watermelon, kernels on a corn cob, grapes in a cluster, pounds of a giant pumpkin.

To cap off your Idaho harvest celebration, raise funds for your school with the Idaho Preferred® fundraiser featuring fresh apples, pears, potatoes, pickled vegetables, barley soup and more. For more ideas, information or assistance, contact the Idaho State Department of Agriculture at 208-332-8684 or email leah.clark@agri.idaho.gov.

Utilizing Produce from School Gardens

Rachel Johns, RD, LD, Coordinator

The State Department of Education, Child Nutrition Programs (CNP) staff is excited to see that many schools have begun planting school gardens. This is something that CNP has been encouraging and promoting. School gardens benefit the whole school environment. Teachers can find ways to use school gardens as part of the curriculum, and school nutrition staff can utilize these foods in the meals they prepare.

CNP has received many questions from School Nutrition Staff on whether these foods may be used as part of the National School Lunch Program and School Breakfast Program. The USDA regulations do allow for food grown in school gardens to be used in school meals. Likewise, Patrick Guzzle, Food Protection Manager at Idaho Department of Health and Welfare, has also let the State Agency know that the use of these foods is permitted in school meals.

Involving students in school gardens is a great way for them to take ownership in the food they eat, and it gives them a strong desire and interest in trying more fresh fruits and vegetables. School gardens can contribute to school foodservice operations by supplying fresh fruits and vegetables with minimal to no cost.

To learn what other schools are doing in their school gardens, visit our website at www.sde.idaho.gov/site/cnp/ and click on the School Gardens icon on the left hand side. Here you will find the 11 schools that were awarded Team Nutrition School Garden Grants. Click on each school to see how they plan to have their garden benefit their school and student population.

If you have any questions on the use of produce grown in school gardens feel free to contact the CNP at 208-332-6820 or your local health department.



Incredible Edible Idaho Food Posters

Heidi Martin, MS, RD, LD, Coordinator

To support the Farm to School Program, Child Nutrition Programs (CNP) partner with the Idaho State Department of Agriculture to produce monthly posters on Idaho foods. Each month features a different Idaho food. These posters are an excellent resource that can be used to market your program, update your cafeteria and educate students.



The posters for the 2009 – 2010 school year* will include:

Apricots	Peas
Grapes	Tomatoes
Pumpkin/Squash	Lettuce
Pork	Corn
Oats	



*Poster topics are subject to change.

Every school kitchen receives a copy of these posters along with the teachers around the state who have participated in a nutrition education training offered by CNP. There are many more teachers who would like to receive these posters. If you do not use these posters in your school kitchen, feel free to share the posters with teachers in your school or please let CNP know so we can take your kitchen off our mailing list and provide that poster to another school that would like to use the poster.

The Incredible Edible Idaho posters and activity sheets can now be printed in 8 1/2" x 11" handouts from our website at www.sde.idaho.gov/site/cnp/nutritionResources/fom.htm.

The Incredible Edible Idaho posters are an easy way to market your program and teach nutrition all at the same time. CNP staff sees these posters being used at schools throughout the state. Thank you for taking the time to hang them up and use this great resource!

10 Reasons to Eat Local Food

1	Eating local foods improves the local economy.
2	Locally grown produce is fresher – Produce that you purchase at your local farmer's market has often been picked within 24 hours of your purchase. This freshness not only affects the taste of your food, but the nutritional value which declines with time.
3	Local food just plain tastes better.
4	Locally grown fruits and vegetables have longer to ripen- Because the produce will be handled less, locally grown fruit does not have to be "rugged" or stand up to the rigors of shipping.
5	Eating local is better for air quality and pollution than eating organic- In a March 2005 study by the journal Food Policy, it was found that the miles that organic food often travels to our plates creates environmental damage that outweighs the benefit of buying organic.

6	Buying local food keeps us in touch with the seasons- By eating with the seasons, we are eating foods when they are at their peak taste, are the most abundant and the least expensive.
7	Buying locally grown food is a wonderful story in your life.
8	Eating local protects us from bio-terrorism- Food with less distance to travel from farm to plate has less susceptibility to harmful contamination.
9	Local food translates to more variety.
10	Supporting local providers supports responsible land development.

Adapted from www.eatlocalchallenge.com



Idaho State Department of Education

Tom Luna
Superintendent of Public Instruction
650 W. State St.
P.O. Box 83720
Boise, ID 83720-0027
208-332-6800
Toll Free: 800-432-4601

For more information contact:
Idaho Child Nutrition Programs
(208) 332-6820
or visit www.sde.idaho.gov/site/cnp
Paid for by USDA grants.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.
To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY).

"This institution is an equal opportunity provider."