

Healthy Northland Farm to School

Renee Willemsen, Farm to School Education Coordinator
renee@sproutingthebeans.com, 218-349-9897

Need for Healthy Northland Farm to School

- Diabetes, heart disease and cancer are among the most common and prevalent health problems facing our population today and yet are among the most preventable of all health issues. Programs such as Healthy Northland Farm to School help establish healthy habits at an early age.
- Through a District Health Index Assessment, Nutrition Education, including personnel and funding, has been identified as a gap. Farm to School helps fulfill that gap area

Need for Healthy Northland Farm to School

- Farm to School connects schools and local farms with the objectives of serving more healthful meals in school cafeterias; improving student nutrition; providing agriculture, health and nutrition education along with cross-subject integration opportunities; and supporting local and regional farmers and producers (Center for Nutrition).

Healthy Northland Farm to School

- In December 2014, a \$100,000 United States Department of Agriculture Farm to School grant was awarded to the Carlton-Cook-Lake-St. Louis Community Health Board, Lake Superior District), ISD Duluth District and Wolf Ridge Environmental Learning Center. The partners of Healthy Northland Farm to School also secured a \$34,000 Victory Fund grant in the Spring 2015, which provided training sessions for Cafeteria Staff & Student Tastings.
- Together these projects have built valuable relationships in - *Cafeterias, Classrooms and Community*

Cafeteria

- From October 2015 - December 2016, **Close to 2500 pounds** of additional local produce was procured for Farm to School food service cooking classes, tastings and new menu offerings. **1300 pounds of produce was harvested June - October 2016 from 5 Duluth District School gardens** and served in school cafeterias, used in tastings, food service training and class projects.
- **Minnesota Thursday Meal** began December 2017, featuring locally produced and sourced food the second Thursday of each month in school cafeterias.

Cafeteria

- **Industrial Salad Spinners and Scales** were purchased for Congdon Park Elementary, Myers-Wilkins Elementary, Lincoln Park Middle, Ordean East Middle and East High Schools through their involvement with the USDA Farm to School Grant.
- Secured **\$28,000 for baking & cooking equipment** for all Duluth District schools through a Minnesota Department of Agriculture grant.

CAFETERIA TRAINING

- **225 hours** of hands-on training for food service staff & **65 seasonal-based recipes** taught, providing a bridge for local procurement efforts while giving Cafeteria Staff skills to efficiently prepare and serve more Minnesota & Regional food.



CAFETERIA TRAINING



SCHOOL TASTINGS

- Over **7,500 Duluth District students** crunched into **local apples** as part of the Great Lakes Great Apple Crunch during National Farm to School Month, October 2016.
- Over **5,000 students** tasted **local food samples** and cast their votes. The majority of votes indicated "Serve again!"

SCHOOL TASTINGS



SCHOOL TASTINGS



CLASSROOM GARDEN INTEGRATION

WHY GARDENS?

Students learn cross-curricular content from sciences to the arts through hands on learning. Students also gain an understanding of nutrition and healthy lifestyles.

Research Shows School Gardens Provide:

- Experiential, cross-curricular outdoor learning for students and opportunities for community collaborations.
- Garden programs are living laboratories and enhance academic achievement.
- Children who grow their own food are more likely to eat fresh fruits & vegetables and express a preference for these foods.
- Our bodies need nature to restore.

TOMATO MAN

- TOMATO MAN STARTED BY RAY PICCANATO
- PARTNERSHIP BETWEEN EAST HIGH & CONGDON - CONTINUE THE LEGACY OF EDUCATING & DISTRIBUTING TOMATOES



KINDERGARTEN

Science

- Life Science: Identify the external parts of a variety of plants; Differentiate between living & non-living; Observe a natural system
- Nature of Science: When asked "How do you know?," students support with Accurate Observations

Math

- Number & Operation: Count
- Geometry & Measurement: Use measurable attributes such as length & weight

KINDERGARTEN

- KINDERGARTEN 1.5 MILE WALKING FIELD TRIP TO EAST HIGH IN APRIL
- KINDERGARTNERS LEARN HOW SEEDS GROW AND PLANT SEEDS



TOMATO SEED PLANTING



MAY TOMATO TRANSPLANTING



SUMMER JOURNALING

- OBSERVATIONS
- DATA COLLECTION
- ILLUSTRATING

1ST GRADE

Science

- Practice of Science: Investigate the natural world through evidence, communication and comparison - Observations, Comparisons, Tools
- Life Science: Plants & Animals undergo a series of orderly changes during their life cycle
- Earth & Space Science: Describe similarities & differences between soil and rocks. Soil Test

Math

- Number & Operation: Count Objects & Real World Problems
- Number & Operation: Use counting and comparison skills to create and analyze bar graphs and tally charts
- Geometry & Measurement: Measure the length of an object

Health

- List a variety of healthy and unhealthy foods and their effects on the body.

1st Grade CLASSROOM & JOURNAL ACTIVITES

- OBSERVATIONS & DATA CHARTS, GRAPHS, TIMELINES



FINDING TOMATOES IN SCHOOL GARDEN



1ST GRADE HARVEST



SALSA PARTY



Construction Technology

- Built Congdon & Lincoln's garden shed & building Ordean's greenhouse
- Assisted with the construction of hand & produce washing stations for 7 schools



East Culinary Program



COMMUNITY

COMMUNITY

- Over **600 hours** dedicated to Farm to School Garden Activities by Master Gardeners, Farmers, Duluth Community Garden, Landscape Architects, Public & Environmental Health, and other Community Members.
- **\$90,500 Funds Leveraged**

7TH GRADE FOOD & FARMING FIELD TRIP

LINCOLN PARK & ORDEAN EAST 7TH GRADE LIFE SCIENCE STUDENTS INVESTIGATE:

SUSTAINABLE FARMING & ITS IMPACT ON HEALTH, THE ENVIRONMENT, LOCAL ECONOMY

UMD SAP FARM - SCIENCE OF GROWING FOOD

Students rotate through six interactive hands-on stations: soil health, land cultivation, composting, planting, harvesting, pollination and local food

UMD SAP FARM VISIT



UMD SAP FARM VISIT



ACTIVE SCHOOLS

- A \$1500 Action for Healthy Kids Grant supported active recess along with school garden programming in the Spring & Fall of 2016 at Lincoln Park Middle School. Essentia Health Volunteers, the Statewide Health Improvement Duluth Coordinator, SNAP-Ed Coordinator along with Farm to School Education Coordinator helped facilitate & support the garden programming.
- 8th Grade Family & Consumer Science Students rotated through 4 garden stations. Each team picked a vegetable from the school garden and researched when to plant, harvest and the nutritional value and cooked 2 recipes. 201 Pounds Harvested

FAMILY & CONSUMER SCIENCES



FAMILY & CONSUMER SCIENCES

- Each team picked a vegetable from the school garden and researched when to plant, harvest and the nutritional value and cooked 2 recipes.
- 20 Recipes with School Garden Produce Cooked by FACS Students



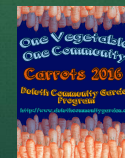
WIN - WHAT I NEED

- ORDEAN EAST - COLLABORATION WITH UMD ENVIRONMENTAL EDUCATION: SCIENCE INVESTIGATIONS, HARVESTING, PLANNING



ONE VEGETABLE, ONE COMMUNITY

- GREAT WAY TO TIE GARDEN INTO STANDARDS CENTERED AROUND A THEME
- POTATO 2015 VEGETABLE OF THE YEAR
CARROT 2016 VEGETABLE OF THE YEAR



Summer Programs

Myers-Wilkins Compass & Girl Power



Summer Programs

Congdon Key Zone



Summer Programs

Lincoln Park Science Club
YMCA SUPPORT



SUSTAINING FARM TO SCHOOL

- More than 5,000 students in Duluth District impacted by the Healthy Northland Farm to School Program in last year via tastings, lessons & field trips
- Relationships and systems have been developed and tremendous amount of successes achieved
- Leverage initiatives with Duluth's Statewide Health Improvement Program Coordinator and sit on District Wellness Committee
- Continue seeking community partnerships & resources for educators