

NEED FOR HEALTHY NORTHLAND FARM TO SCHOOL PROGRAMMING:

- The 2016 Bridge to Health Survey identified the top health issues to be Obesity including Lack of Opportunities for Physical Movement and Access to Healthy Foods.
- Diabetes, heart disease and cancer are among the most common and prevalent health problems facing our population today but are most preventable of all health issues.
- Programs such as Healthy Northland Farm to School help establish healthy lifelong habits at an early age, and fulfill Nutrition Education gaps that have been identified in District Health Index Assessments. Participation in Farm to School programs better positions districts for USDA and other grant funding opportunities.

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).

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.
- A dedicated **Minnesota Thursday Meal** began December 2017, featuring locally produced and sourced food the second Thursday of each month in school cafeterias.
- **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.
- **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.
- **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!"

CLASSROOM: Cross-Curricular, Hands-On Learning

Myers-Wilkins Elementary offered a Spring Garden Club, 2nd grade New Plant Unit and worked with Compass Garden Program Summer and Fall 2016. **100 students impacted**, which will increase with a new hydroponic and microgreens grant that was secured through the Duluth Foundation.

Congdon Park Elementary: 2016 school-wide garden planting. Grade level projects include K-1 Tomato Man Project in partnership with East High, 2nd grade New Plant Unit, 3rd grade Three Sisters Companion Gardening & Root Vegetables, 4th Grade Hoop Houses for season extension & garden design using variable analysis; 5th grade Seed Saving, Growing Method Experiments in Science & Three Sisters Feast. **200 pounds harvested & 550 students.**

Ordean East Middle School: Social Studies Victory Garden, Science Experiments, Spring Garden Event, Summer Garden Club, Weekly Garden WIN (What I Need) Sessions, 2 Garden Life-Science Days. Squash grown was stored and used for Food Service classes as well as a tasting at the school. **468 Pounds Harvested, 600 students impacted.**

Lincoln Park Middle School: 2 sections of Science Club Summer 2016; students met once a week for 2 hours. Increased Family & Consumer Sciences (FACS) involvement with garden. Lincoln FACS students cooked over 20 recipes using school harvest. 7th grade Life Science Farm Field Trip. Art projects. **400+ pounds harvested & 450 students impacted.**

-**East High** Special Education students harvest & cook with garden produce along with Culinary Students. The Culinary Students incorporated garden produce into Food For Thought Restaurant, as well as at several district events. East High Construction students built 2 School Garden Sheds, 6 Produce/Handwashing Stations and are currently building a Greenhouse. Plant Science Students started several plants in the school greenhouse. 2015-2017 One Vegetable, One Community Poster Design. **214 pounds harvested, 100 students.**

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**

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. Essentialia 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**

Successful implementation of the Local Food & Farming Field-Trip for 7th Grade Life Science Students to UMD's Sustainable Agriculture Farm. A classroom investigation of Sustainable Farming and its impact on Health, Economy & Environment preceded the farm field trip. Students rotate through six interactive hands-on stations: soil health, land cultivation, composting, planting, harvesting, pollination and local food. **625 students impacted at both Lincoln Park & Ordean East Middle Schools.**