Connecting Our Children to Local Foods
Montana’s Farm to School Programs

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http://www.opi.mt.gov/schoolfood/FTS.html
What is Farm to School?
What Do We Know About Children’s Wellbeing?

Obesity Rates:

- **Children Ages 6-11**
  - 6.5% in 1980
  - 17.0% in 2006

- **Adolescents Ages 12 – 18**
  - 5% in 1980
  - 17.6% in 2006
The Time is Right for Farm to School Programs

School Wellness Policies

- Increased awareness and commitment to nutrition and student wellbeing

http://www.opi.mt.gov/schoolfood/wellness.html
Why “Local” Matters

- Access to healthy foods
- Viability of small farms
- Enhance local economies
- Correlation exists: Caring about where your food comes from and healthy eating
Where is Our Food Coming From?

- **1900-1950’s:** 70% of what Montanans ate was produced in the state.
- **Today:** Only 10% of Montanans foods are produced in the state.

Graph courtesy of Grow Montana Coalition
K-12 Food Market
An Opportunity for Local Producers

- 148,000 students served
- Approximately $25 million spent on non-commodity foods by school districts in 2008 (commodity foods account for $3.5 million).
- $28 million in federal reimbursements
K-12 Food Market: An Opportunity for Local Producers

- K-12 schools are the largest component of food expenditures among Montana public institutions.
- K-12 schools represent the greatest long-term potential for growth in the use of Montana-produced food.

Unlocking the Food-Buying Potential of Montana’s Public Institutions.
Grow Montana. 2006
http://www.growmontana.ncat.org/
Farm to School
Cafeteria, Classroom, Community

- Cafeteria
- Children's Health
- Community
- Classroom
Cafeteria

Locally produced food incorporated into school food service meals/snacks
Finding Local Products

- Search Existing Online Product/Producer Lists
  - Find Lists at:

- Get *Montana Product Lists* from current food distributor.
Suggestion...  

One Step at a Time  

Consider one or two products to start with. Can you start buying those one or two products from local sources?
Carrots or Carrot Coins?
Processing Needs When Purchasing Local Foods

Case Study: Missoula Public Schools
Ensuring Food Safety

- **STEP 1:** Work with your county sanitarian from the start.

- **STEP 2:** Go through a series of basic food safety questions with your food supplier/farmer.

Do an online search:

“A Checklist for Purchasing Local Produce”
More on Food Safety

- Good Agricultural Practices Project (GAPS)
  From Cornell University
  [http://www.gaps.cornell.edu/](http://www.gaps.cornell.edu/)

- Food Safety Begins on the Farm
- Sample Record Keeping Sheets
- FSI (Food Safety Investigation) - extends food safety education to high school classroom...
Marketing Your “Made in Montana” Items
Mmmm Montana
Try some of the delicious food that is grown right here in Montana!

You can follow USDA’s MyPyramid just by eating what Montana grows!
Check out the chart below.

Find your balance between food and fun
Move more. Aim for at least 60 minutes of activity every day.
Montana offers all kinds of activities to get you moving - skiing, hiking, running, fishing, kayaking, and lots more!

MyPyramid
Eat Right. Exercise. Have Fun.

Grains
At least half should be whole
Barley
Bread
Pasta
Kamut
Oats
Viiheat

Vegetables
Vary your veggies
Asparagus
Broccoli
Carrots
Cucumbers
Onions
Garlic

Fruits
Focus on fruits
Apples
Cantaloupe
Cherries
Raspberry
Blackberries
Peaches

Milk
Get calcium-rich foods
Cheese
Goat Cheese
Ice Cream
Milk
Yogurt

Meat & Beans
Go lean with protein
Antelope
Eggs
Garbanzo
Beef
Fish
Beans
Chicken
Goat
Lamb
Pork
Turkey
Beans

For a 9-11 year-old child, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Grains
Eat 6 oz. every day

Vegetables
Eat 2 1/2 cups every day

Fruits
Eat 2 cups every day

Milk
Eat 3 cups daily

Meat & Beans
Eat 5 oz. every day

In Moderation
Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as canola and safflower oils.
Added sugars, including fruit sugar and honey, are also not a food group but can be enjoyed in moderation.

The Montana Department of Agriculture developed this project in cooperation with the Montana Team Nutrition Program, Montana State University, 2009.
Finding Time to Implement a Farm to School Program

Success Story: FoodCorp

[Image of four people]
Farm to Cafeteria Connections:

A Communications Hub for All Things Farm to School

http://www.growmontana.ncat.org/

Kevin Moore: kevinmoore777@gmail.com
Beyond the Cafeteria

Local Foods in Other Venues at School

- Fundraising
- Student Stores
- Classroom parties
- Club/activity events
From Farms to Schools
A New School Fundraising Concept
Pilot Project Results

- 2 schools sold $18,000 of Montana food products
- All the money stayed in Montana
- 40% to schools, 60% to producers
- Healthy fundraising items
Future of Farm to School Fundraiser

- Gallatin County – Expanded to seven schools for 2009.
- Pilot Materials and final report on OPI School Nutrition Program Website (Farm to School section)

http://www.opi.mt.gov/schoolfood/FTS.html
Farm to School
...in the classroom

- Nutrition education
- Agriculture education
- Food preparation experiences
- School garden
- Field trips
School Gardens
Hoophouses Extend Growing Season
School Gardens

Plant a pizza garden!
Resource
The Growing Classroom: Garden Based Science
http://www.gardeningwithkids.org/

Resource
Gardens for Learning
(California School Garden Network)
http://www.csgn.org
Farm Field Trips

Another Curriculum Aspect of Farm to School

- Community Connections
  - Children connect to Farmers
  - Farmers connect to Schools
  - Community citizens/leaders acknowledge importance of local food production, wellbeing of community
Farm Visit Resource

- VERMONT FEED
  - A Guide for Connecting Farms to Schools and Communities

http://www.vtfeed.org/
Does Farm to School Make a Difference?

- Nutrition and Health
  - Improved eating behaviors
  - Improved knowledge on food and nutrition
  - Increased interest in "trying" new fruits and veggies

Joshi, A et al., J Hunger and Env Nutr, 2008; vol 3.
Garden Programs Improve Children’s Eating Habits

Students Participating in Garden Project, enjoy:

- Taste-testing fruits and veggies
- Preparing fruits and veggies
- Working in garden
- Learning about fruits and veggies

Results:

- Increase in the number of fruits and vegetable ever eaten
- Increase in fruit and veggie asking behavior at home!

Does Farm to School Make a Difference?

Local Economies:

- **March 18, 2009 Report**
  - Economic Impact Analysis of Investing School Food Dollars in the Local Food Economy
  - Two large school districts in Oregon

- **Results**
  - Money was kept in state
  - For every food dollar spent, an additional 87 cents was spent in Oregon – creating a multiplier of 1.87 for farm to school spending

http://www.ecotrust.org/press/f2s_investment_20090318.html
Important Resources...

National Farm to School Organization

http://www.farmtoschool.org/
Farm to School: Right for So Many Reasons

“Teach children about food – where it comes from, what it is, and how to cook it – and they will have a much healthier attitude about food and eating. They will know what real food tastes like, will refuse to settle for less, and will stop demanding junk food as daily fare.”

- Marian Nestle, *What to Eat*
Questions?

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