Celebrate Farm to School Montana in Montana

October is National Farm to School Month

This webinar was hosted by Montana Rural Health Initiative

For Audio:
Call in: 888-617-3400  Pass Code: 695912

www.farmtoschoolmonth.org
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http://www.opi.mt.gov/MTeamNutrition

Training and technical assistance available on nutrient rich menu planning, nutrition education, farm to school, healthy school awards, and school wellness policy in Montana K-12 schools.
What is Farm to School?
Why Farm to School?

- Fostering healthy communities
- Supporting farmers
- Protecting the environment
- Creating economic growth

www.farmtoschoolmonth.org
October is National Farm to School Month

• In 2010, Congress approved a resolution by Representative Rush Holt (NJ) designating October as National Farm to School Month

• Take the “Farm to School Counts” pledge to serve local food and/or participate in Farm to School activities.
First, What is FoodCorps?
FoodCorps implements a 3 ingredient Recipe for healthy kids:

Teach children about what healthy food is and where it comes from.

www.farmtoschoolmonth.org
FoodCorps implements a 3 ingredient Recipe for healthy kids:

Build and tend school gardens where kids can taste the real food they’ve grown.

www.farmtoschoolmonth.org
FoodCorps implements a 3 ingredient Recipe for healthy kids:

Partner with farmers to put high-quality food on school menus.
Montana FoodCorps Service Sites:

• Stone Child College, on the Rocky Boy Indian Reservation
• Mission Mountain Food Enterprise Center, on the Flathead Indian Reservation
• Red Lodge Food Partnership Council, Red Lodge
• Farm to Table, Glendive
• Madison Farm to Fork, Ennis
• Salvation Army, Billings
• Kalispell District 5, Kalispell
• Missoula County Public Schools and Garden City Harvest, Missoula
• Hyalite Elementary School, Bozeman
• 21st Century Community Learning Center, Boulder
So what is Montana FoodCorps up to for Farm to School Month?!
Katie Wheeler, Kalispell

PROCUREMENT

• All bread will be Wheat Montana.
• Will feature deserts using local pumpkin, zucchini, and cherries.
• Will serve local roasted veggie wraps.
• Will continue using local beef patties w/ Mountain view tomatoes and lettuce on Wheat MT buns.
• Hummus plate for school snack program with Timeless Seed’s lentil hummus and local veggies.
• Local Pumpkin soup.
Nicki Jimenez, Ronan

- Montana made meal planned for October 16th in three local school districts: Ronan, Polson, and St Ignacious.
- There will also be lots of other local sourcing throughout the month.
- In Ronan – working with art teacher to have all students decorate cafeteria.
- Farm field trips.
- Having a drawing where kids can win lunch with a farmer!
- Walk to school event: local breakfast and snacks and recipe.
- Garden/greenhouse workdays throughout the month.
Lively Legumes: Facts, Recipes, and Activities for Kids and Parents

Beans and Lentils

They Help your Body Grow Strong!

- Beans and lentils are packed full of protein (14-20 grams in 1 cup of beans and 18 grams in 1 cup of lentils).
- Protein does many things for your body, including building muscles, growing hair and helping you digest!
- Beans and lentils are a lot of fiber (12 grams in 1 cup of beans and 15 grams in 1 cup of lentils).
- Fiber keep you healthy your whole life by helping to prevent diabetes and heart disease.
- Beans and lentils have lots of other nutrients that keep you healthy: iron, folic acid, antioxidants, calcium, potassium and B vitamins!

They’re Grown Right here in Montana!

Beans and lentils are seeds of plants. They grow in pods, with two or more beans or lentils inside each pod. Each bean or lentil has a new baby plant inside it called an embryo that will grow if it is planted. See how on the other side!

- Montana is the #1 US state for producing lentils!
- Montana is also the #5 state for producing garbanzo beans (chickpeas) and the #9 state for producing pinto beans.
- Beans and lentils are available all year because they store easily.

For more see: http://www.choosemyplate.gov/food-groups/vegetables-beans-peas.html
Peter Kerns, Missoula

• Possibly organizing cider presses at schools with local apples gleaned throughout Missoula.
• Lots of local sourcing for school lunches throughout the month.
• Co-organizing a Garden Safari and picnic lunch at Lowell School on October 24\textsuperscript{th}.

I believe a good education starts with a good breakfast!
Teena Thompson, Rocky Boy

• School-wide fruit and vegetable art projects that will be hung throughout school.
• There will be a competition with the art projects, and students with selected art pieces will then have the opportunity to participate in a ground-breaking ceremony where the newly permitted land for a school garden will be blessed by a traditional elder in the community.
• Every class in the school will participate in garden cleanup, weeds, bed building, and fruit tree planting.
Camille McGoven, Boulder

• Lots of locally sourced ingredients for school meals.
• MT made meal on October 24th will be a Baked potato bar with potatoes from school garden!
• For the USDA FF&V program she will order local produce through Western MT Growers Coop throughout month.
• Greenhouse planting, weeding and educational classes throughout month.
• For Boulder’s parent night, chili with local ingredients will be served and 4th graders will talk about nutrition and local food.
Natasha Hegmann, Ennis

NATIONAL FARM to SCHOOL MONTH

Montana Harvest of the Month: Apples
Apples are delicious, easy to carry for snacking, low in calories and quite nutritious. Apples are a source of both soluble and insoluble fiber - soluble fiber helps to prevent cholesterol buildup in the lining of blood vessel walls, reducing the incidence of heart disease. Insoluble fiber provides bulk in the intestinal tract, helping to cleanse and move food quickly through the system.

It is a good idea to eat apples with the skin on. Almost half the vitamin C content is just beneath the skin.

Most of an apple’s fragrance cells are also concentrated in the skin, and as they ripen, the skin cells develop more aroma and flavor!

WHAT’S COOKING THIS MONTH?
October 2nd - USDA visit and school assembly to celebrate Ennis School’s Gold and Silver Healthier U.S. Schools Challenge Award
October 6th - Harvest dinner at Jeffers Community Dinner with fresh apple cider pressing from 4-8pm
October 24th - School lunchroom apple sampling with Chefs Move to Schools

Whole Wheat Apple Muffins

Ingredients:
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 1 tsp cinnamon
- 1/2 cup butter
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1 egg, beaten
- 2 apples, peeled and chopped

Directions:
1. Preheat oven to 400 degrees fahrenheit and prepare 12 muffin cups.
2. Mix first 6 ingredients together.
3. In separate bowl, cream butter, sugar and half of the brown sugar beat until fluffy.
4. Add egg and mix well.
5. Gently mix in buttermilk.
6. Gently fold dry ingredients into the bowl and fold in apple chunks.
7. Divide batter evenly among prepared muffin cups, sprinkling with reserved brown sugar.
8. Bake for 15 minutes or until a toothpick inserted in the center comes out clean.
Natasha!

I believe that food can be a vehicle for social change.
Erin Jackson, Bozeman

- Pumpkin picking farm field trips with 1st and Kindergartners
- 5th graders will take a field trip to Amaltheia goat dairy.

I believe that ALL Children have the right to accessible, healthy food!
Madyson Versteeg, Billings

- Gardening workshops throughout the month with Yellowstone Boys and Girls Ranch.
- Will also try to incorporate the fresh produce from their school farm in school lunches.
Alyssa Charney, Red Lodge

• On Food Day, October 24th, will serve local lentil hummus, barley for soup, local beef, greens, squash, and more! There will also be farmer visits during the day!

• Community and student volunteers will be involved with prep, recipes, decorations, harvesting, etc.
Anne McHale, Glendive

- Taste tests of local food.
- Weekly local produce featured during meals.
- Pressing cider with 5th graders.
- MT made meal on 25th with local beef.
- Harvest Festival in community!
And...A Film Screening!
Food Day is a nationwide celebration and a movement toward more healthy affordable, and sustainable food. Food Day, created by Center for Science in the Public Interest, is powered by a diverse coalition of food movement leaders, organizations, and people from all walks of life. Food Day takes place annual on October 24 and addresses a number of issues in our food system including health, nutrition, and agriculture.
http://www.foodday.org/

• 2012 Guide for Schools
• 2012 Food Day Curriculum
• Sample highlight activities from last year
• Food Day "one pager" for schools.
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Food & Ag Center
Montana Department of Ag

Located in Ronan, MT

Silent Creations Buffalo Jerky

Tipu’s Chai
Farm to Institution Program

- Dixon melons for the Fresh Fruit and Vegetable Program
- Blanched and frozen green beans for winter use
- Montana Lentil Patty
- Frozen Flathead Cherries
Farm to School Month in Lake County

- Garden work day: Ronan H.S. & Polson Elem.
- Lunch with your farmer: Ronan Elem.
- Montana Made Meal day: Ronan, Polson, St. Ignatius
- Cooking classes & student buying groups: SKC
- Walk to school day with local snacks: Ronan elem.
- Farm to School cafeteria decorations: Ronan art class
MMFEC Resources

- Food safety training and technical assistance
  - HACCP
  - ServeSafe
- Procurement technical assistance
- Farm to Institution website: coming soon!
  - Harvest of the Month posters
  - Recipes
  - Curriculum

www.farmtoschoolmonth.org
Pass a Farm to School Resolution

• This September, Bozeman School Board of Trustees passed a resolution in support of Farm to School Month

• This model is available for download at www.gvfarmtosinghool.org
Montana Team Nutrition Resources

- Montana Menu Board
- Links to Farm to School Resources
- Harvest Montana Fundraiser How-to Guide
- Training & guidance

opi.mt.gov/Farm2School
F2S Month Teacher Toolkit

- Ready to use activities
- Farm field trip information
- Farms available for field trips in Bozeman area
- Recommended books & films
- Bozeman School District Farm to School Library Collection materials

www.gvfarmtoschool.org
Recipe for an Awesome F2S Month

Resource guide will be posted with the archived webinar or available at:

http://tinyurl.com/MT-F2S-Month

1. Start off with a few resources
2. Add a scoop of activities or events
3. Stir in a film showing, or two
4. Add farm field trips or farmer visits to taste
5. Sprinkle in Art Projects
6. Add a large dollop of Montana foods
7. Enjoy and share!
Questions?

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