

Farm to School in Idaho



University of Idaho
Extension



Idaho
Agriculture in the Classroom



What is Farm to School?

A term to describe a broad spectrum of efforts to connect local foods and agriculture with schools, teachers and students including:

Procurement

Local foods purchased, promoted and served in schools

Education

Education related to agriculture, food, health & nutrition

School gardens

Hands-on learning through gardening

Why Farm to School?

- **Increases healthy food options for students**
- **Provides relevant market for local farmers**
- **Increases awareness and understanding of the relationship of food and farms**
- **Provides a unique opportunity to teach required curriculum content in a creative, applied and engaging manner**



Why Farm to School?

- **Increase in fruit and vegetable consumption among students**
- **Increase in school meal participation**
- **Demonstrated willingness by students to try new foods and healthier options in school meals**
- **Increase in student knowledge and awareness about food, agriculture and nutrition**



USDA Farm to School Census

IDAHO DISTRICTS

45%

OF IDAHO SCHOOL DISTRICTS
surveyed by USDA say they participate in farm to school activities.



THAT'S
55
DISTRICTS



WITH
247
SCHOOLS



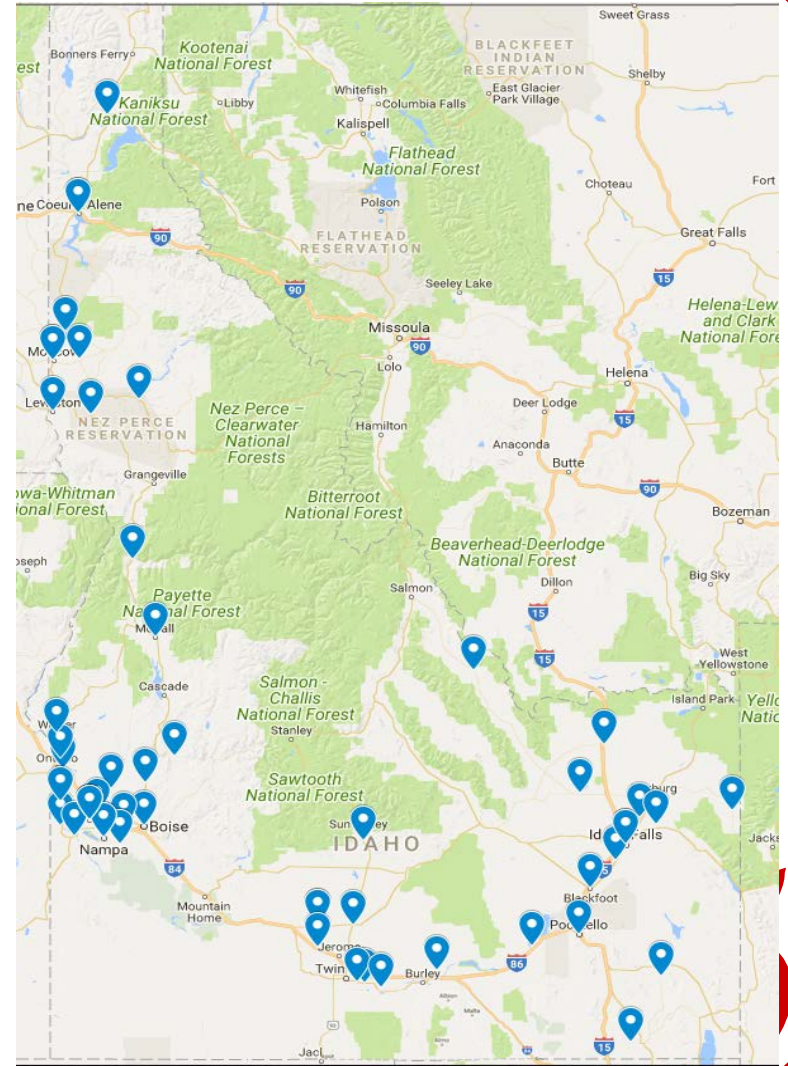
AND
107,767
STUDENTS

Another 20% of districts surveyed plan to start farm to school activities in the future.

(Note: of the 142 school districts in Idaho, 87% completed the USDA Farm to School Census.)

USDA Farm to School Census

- 55 School districts in Idaho who report implementing Farm to School programs are located across the state!



USDA Farm to School Census

SCHOOL DISTRICTS IN IDAHO ARE CURRENTLY BUYING THE FOLLOWING TYPES OF LOCAL FOODS:



88% FRUITS



82% VEGETABLES



78% MILK



24% MEAT OR POULTRY

48%

OF IDAHO DISTRICTS SURVEYED PLAN TO INCREASE LOCAL FOOD PURCHASES IN THE FUTURE.

IDAHO SCHOOL DISTRICTS ARE SERVING LOCAL ITEMS THROUGHOUT THE SCHOOL DAY. IN IDAHO LOCAL FOODS ARE BEING SERVED AT THE FOLLOWING TIMES:



62% BREAKFAST



96% LUNCH



4% SUPPER



26% SNACKS



48% FRESH FRUIT & VEGETABLE PROGRAM

USDA Farm to School Census



\$4,336,710

**INVESTED IN LOCAL FOOD
IN IDAHO**

WITH THE AVERAGE SCHOOL DISTRICT SPENDING
10% OF THEIR BUDGET ON LOCAL PRODUCTS.



Who Implements Farm to School in Idaho?



- University of Idaho Extension
- Idaho State Department of Agriculture Idaho Preferred Program
- Idaho Agriculture in the Classroom
- Idaho State Department of Education





University of Idaho
Extension

**A proven track record of
making a difference in the
sustainability and success
of School Gardens in Idaho**



University of Idaho Extension



Focus on:

- School Gardens
- Health & Nutrition
- Food Safety
- Teacher training



University of Idaho Extension

Contributing:

- expertise
- curriculum
- experience
- volunteers



Why School Gardens?

Garden-based education:

- **Increases academic achievement**
- **Results in higher test scores**
- **Reduces classroom management & discipline problems**





Nutrition Benefits

Garden-based nutrition education:

- **Significantly increases children's consumption of fresh fruits and vegetables**





Master Gardener School Garden Mentor Program

- **A collaboration with the Idaho Dept. of Education Team Nutrition Garden Grant Program**
- **Pairs trained and screened UI Master Gardener Volunteers with schools receiving grants**



IMPACT

University of Idaho
Extension

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501 Main St., Caldwell, ID 83605

Master Gardener School Garden Mentors support healthy youth initiatives statewide

The Situation

The Farm to School movement has increased dramatically over the last 15 years in the United States as a way to address problems of childhood obesity and foster agricultural literacy. Commonly, programs involve school gardens, classroom education about food and farming, and the inclusion of more fresh, local foods in school lunch programs. Farm to School efforts effectively improve children's health, food preferences, and eating behaviors (Smith et al., 2012).

In 2013, the Idaho State Department of Education awarded grants to 12 Idaho schools and childcare centers to establish or sustain on-site school gardens. University of Idaho Extension was recruited to provide training and support for these garden projects.

Our Response

Extension Horticulture Educator Ariel Agenbrood worked with partners to develop a new program to train, certify, and supervise active Idaho Master Gardener Volunteers as School Garden Mentors. Similar Extension programs in California and Rhode Island that have fostered long-term school garden success provided inspiration and best practices.

Master Gardener Volunteers in good standing were recruited from the counties where each school or childcare center was located in early May. Ten of the 12 schools were paired with a mentor. Mentors received training via webinar on school garden basics, 4-H garden curricula and child protection. Each passed background screening. Mentors were provided with 4-H Junior Master Gardener Curriculum handbooks, including *Health and Nutrition from the Garden*, which had been approved for classroom instruction by the Idaho State Education Department's Child Nutrition Services.



Master Gardener Mentor Myra Keyes was paired with Tater Tots child care center in American Falls. Photo by Ariel Agenbrood.

Funding provided by the Idaho State Department of Education and a University of Idaho Extension Critical Issues grant were used to develop the program, purchase curricula and supplies, conduct statewide trainings and provide mentor and educator travel stipends.

Mentors served in schools and child care centers across the state: in Kellogg, Coeur d'Alene, Troy, Boise, Caldwell, Meridian, Parma, Mountain Home, Fruitland, American Falls and Idaho Falls.

Program Outcomes

Master Gardener Mentors conducted an average of three phone conversations, five email consultations and three on-site visitations with their school throughout the growing season. They assisted garden teams with garden planning, variety selection, season extension, pest management, soil health, irrigation

University of Idaho, U.S. Department of Agriculture, and Idaho counties cooperating.

To enrich education through diversity, the University of Idaho is an equal opportunity/affirmative action employer and educational institution.





Just Add Water

- **School garden training for teachers**
- **Participants receive professional development academic credits**
- **Provided with curriculum, support and resources**





Engaging Future Leaders

UI Student Interns delivering hands-on instruction through:

- **Summer Reading Programs**
- **In school enrichment**
- **Public festivals, events, fairs**
- **Farm to Summer Pilot Program**





WE use food
to change lives
and build
healthy communities

Living *in* YOURSELF.



MyIdahoPlate

MyPlate MyState

Idaho farmers and ranchers grow nearly 200 different crops to fill your plate and plates around the world!

Dairy

Alpha milk, cheese and other products contain 12-14g protein, 12-14g fat, 12-14g carbs, 12-14g protein. Dairy is healthy and adds over 25 billion to our state's economy.

Alpha produces enough milk to give each Idahoan over 40 gallons of milk EVERY DAY.

Alpha 2-3 cups every day

Today you eat all kinds of foods. Some are special. Some are fresh. Some are grown and produced in the Great State of Idaho.

Today you eat all kinds of foods. Some are special. Some are fresh. Some are grown and produced in the Great State of Idaho.



Today your child ate
an **ALL IDAHO**
lunch featuring a
special menu of
fresh foods grown
and produced here
in the Gem State!

They also learned
more about Idaho
food and farms and
received this bag as
our gift.



Idaho Farm to Summer 2017 Partners:

-  IDAHO PRESENTS
-  University of Idaho Extension
-  Northwest FARM CREDIT SERVICES
-  Idaho Agriculture in the Classroom
-  IDAHO
-  NATIONAL FARM TO SCHOOL NETWORK
-  Idaho Farm Bureau
-  PETERSON DODGE CHRYSLER JEEP RAM



We're #1

EXIT

Success starts with Believing *in* YOURSELF.



Participating at the National Level



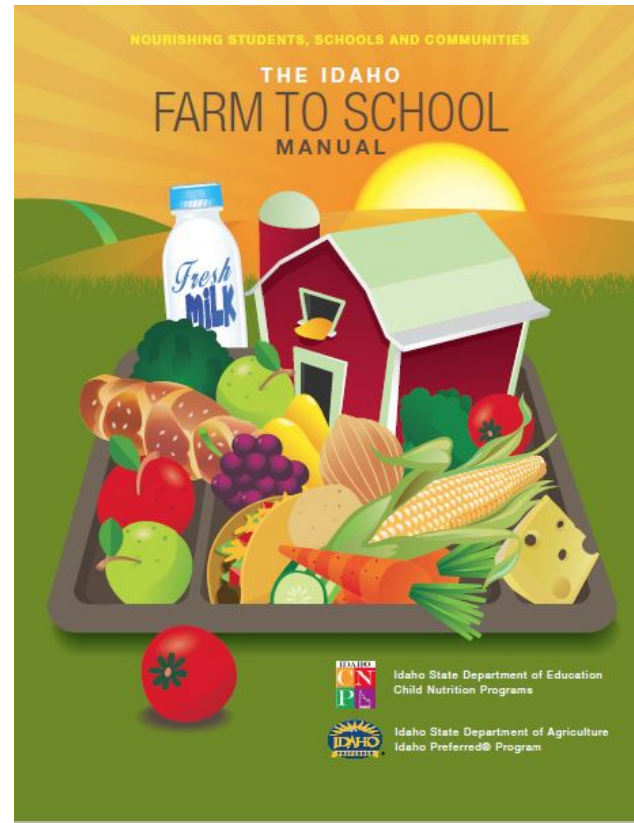
NATIONAL
FARM *to* **SCHOOL**
NETWORK

IDAHO



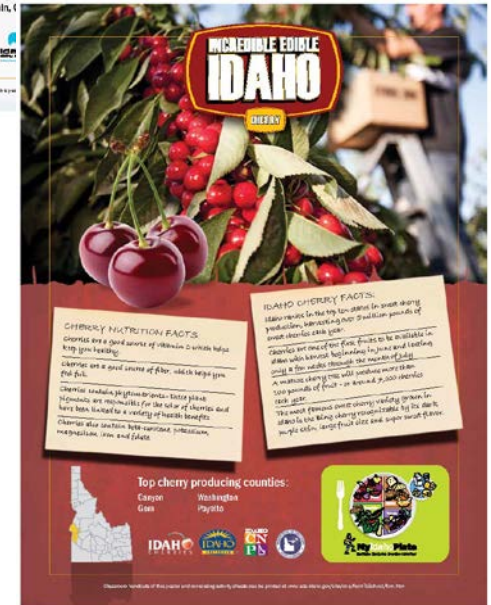
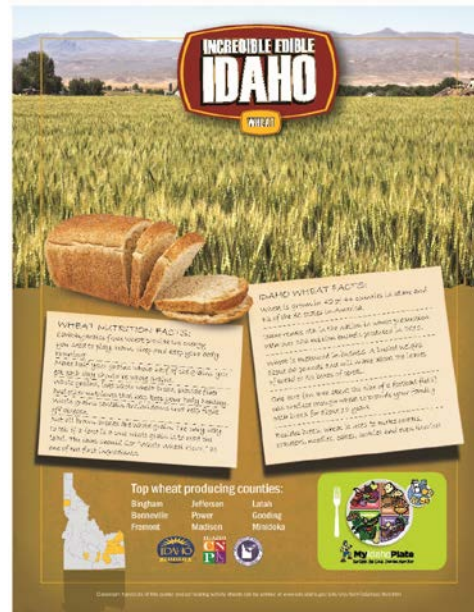
ISDA/Idaho Preferred Role

- Produced the first Idaho Farm to School Manual
- Awarded a USDA Farm to School Grant in 2015 to host regional Farm to School Workshops across Idaho
- Served as State Lead for National Farm to School Network until 2017.



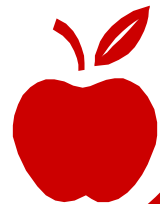
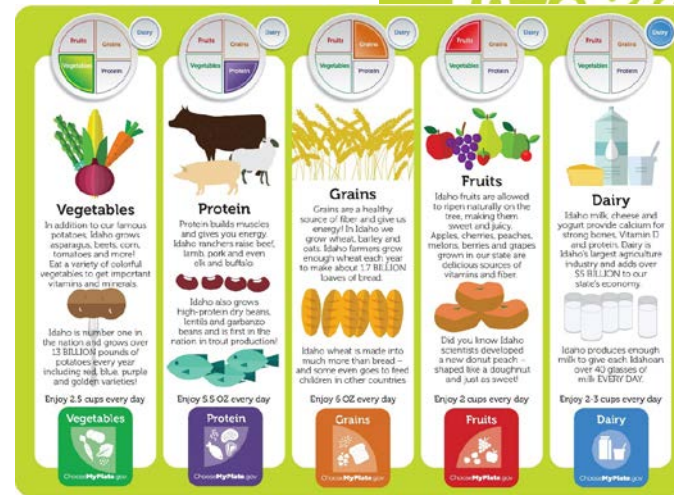
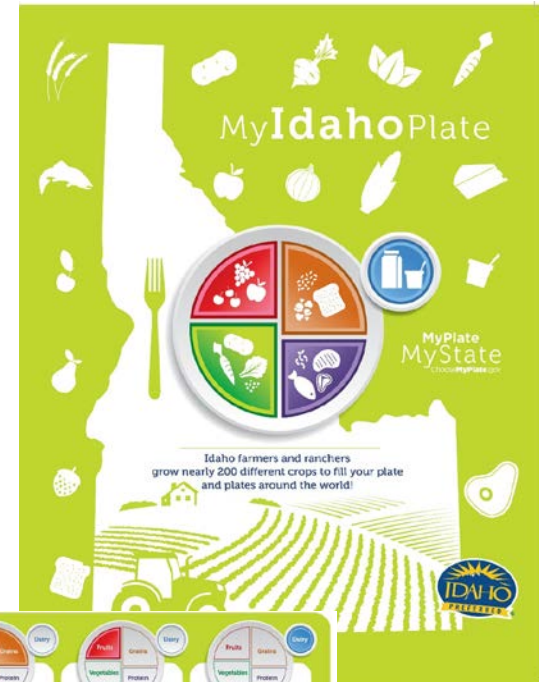
Educational Materials

- In conjunction with Idaho State Department of Education created series of educational posters
- “Incredible Edible Idaho” posters sets now available to all teachers upon request and through AITC



Educational Materials

- My Idaho Plate tarpad coincides with USDA's "My State My Plate" nutrition education curriculum.
- Provides nutrition and production information in easy visual format.



Educating Foodservice Professionals

- Workshops at Idaho School Nutrition Association Annual Conference
- E-newsletters to 1150 School Foodservice Directors and Staff



FARM to SCHOOL
THE PICK OF THE CROP FROM IDAHO

Brought to you by
IDAHO PREFERRED

Learning Lunchroom
Helping schools add LOCAL to the menu.

NATIONAL FARM to SCHOOL NETWORK
IDAHO

October is **National Farm to School Month**, a time to celebrate the connections happening all over the country between children and local food. From taste tests in the cafeteria and nutrition education activities in the classroom, to farm visits and school garden harvest parties, school, early care and education sites, farms, communities and organizations in all 50 state and D.C. join in the celebrations.

National Farm to School Month was designated by Congress in 2010 to demonstrate the growing importance of farm to school programs as a means to improve child nutrition, support local economies and educate children about the origins of food. In 2016, we partners with more than 220 organizations to promote farm to school throughout October, reaching an audience of more than 10 million.

Your Farm to School partners at Idaho Preferred, University of Idaho Extension and the Department of Education want to help you celebrate and bring awareness to the excellent work you are doing in promoting Idaho-grown agricultural products in school lunches statewide.

We know many of you are incorporating locally produced fruits and vegetables, grains, fish, beans, milk and other products into your menus. It takes extra time, effort and planning to do so, and we applaud your efforts. We also think that students, parents and the general public don't always know what you are doing. We want to help you with that in October.

Do you incorporate Idaho products regularly into your menus? Does your school have a garden? Do you share the local sources of your products with students, parents and the community?

We will be selecting 4 schools (one in each region) in Idaho that are shining examples of farm to school, and helping bring media attention to your school for a one day event that you schedule. We can help you find media contacts, invite local VIPs, help you find Idaho agricultural products and more. You pick the date and the menu. **Will this be your school? Let us know why!**

For all schools across the state, we want to support your efforts as well. We have press kits ready to mail to you if you can use them. Below you will also find links to resources about promoting Farm to School Month from the National Farm to School Network. Resources include a poster and a factsheet highlighting ways parents, schools and kids can get involved. We encourage you to share the work you are doing with parents. Let's give Idaho Farm to School lunches the attention they deserve!

Please let us know if you would like to be considered for an October media event, supported by Idaho Preferred and University of Idaho Extension by Monday, September 25.

And if you would like a press kit mailed to you, please respond by that date as well.

-Ariel

Ariel Agenbroad, MS
Area Extension Educator, Food Systems & Small Farms
Email: ariel@uidaho.edu

Special Events

- National Farm to School Month
- Farm Tours
- Workshops (archived on website)

NATIONAL
FARM to
SCHOOL
MONTH



Menu Planning and Purchasing



School Tours



Procurement and Bidding Process





Idaho

Agriculture in the Classroom

**TRAINING TEACHERS / REACHING STUDENTS
ADVANCING AG AWARENESS**

HISTORY

1986

- Program established in Idaho at ISDA

1994 (JANUARY 1)

- Program moved to outside contractor
(Waitley Associates)

2008 (JULY 1)

- Idaho AITC Association established

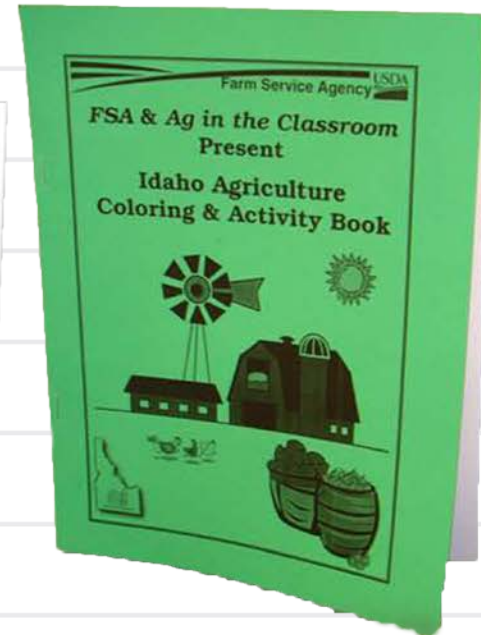
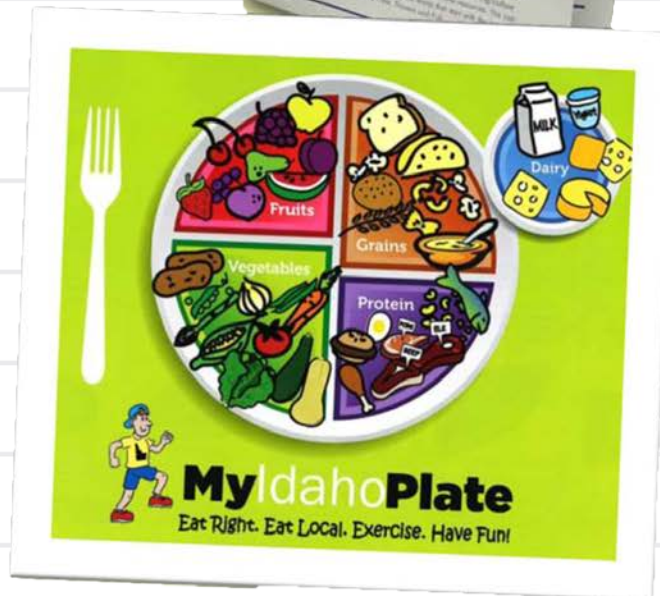


LICENSE PLATE

- Established in 2000 by the Idaho Legislature
- Proceeds help advance ag literacy in Idaho
- Available at county motor vehicle offices
- \$35 first year (plus regular fees); \$25/year after

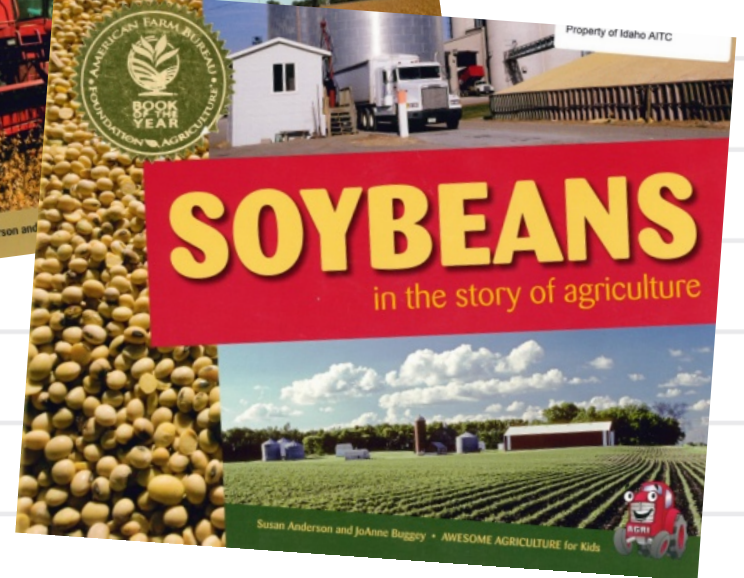
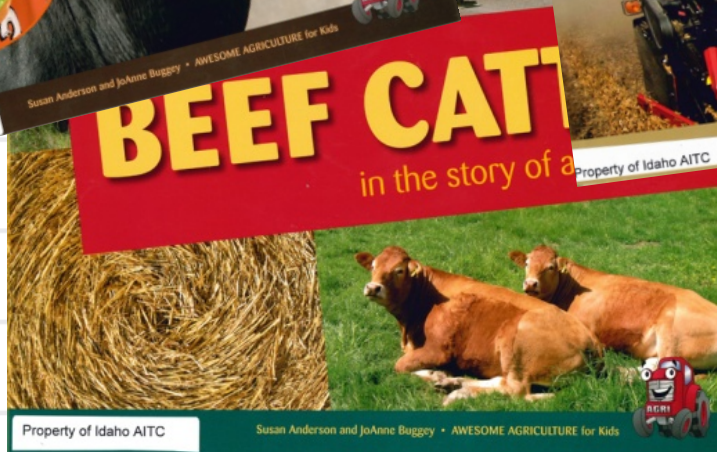
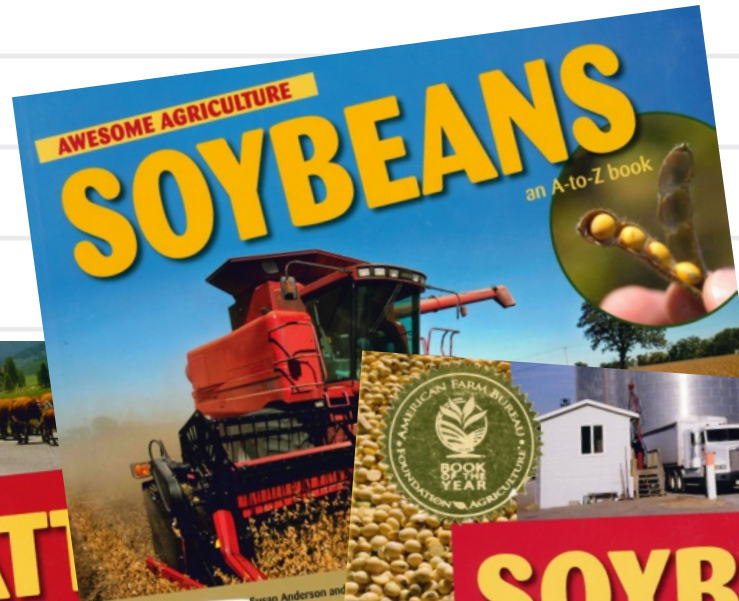


CURRICULUM PARTNERS



RESOURCES

AG LITERACY



RESOURCES

AG LITERACY



SUMMER ACTIVITIES

On-the-Road Workshops

- **One Credit** (U of I / NNU)
- **Two Days Experiencing Idaho Agriculture**
- **Teaching Resources and Classroom Activities**



SUMMER ACTIVITIES

Tour (4 days)

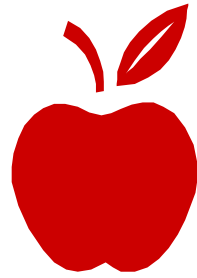
- **Two Credits** (U of I / NNU)
 - Snake River “Smile”
 - Base Tours
 - Lewiston to CDA
 - Pocatello to Caldwell
 - Twin Falls to Caldwell



IDAHO AITC

- Experience Idaho Ag in the Classroom
- Respect the History
- Meet the People
- Learn the Lifestyle
- See the Challenges
- Understand the Investment
- Appreciate Idaho Agriculture





Thank you