



INSTITUTE FOR AGRICULTURE AND TRADE POLICY

Farm to School 101

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Farm to School



- Offers foods that are fresher, less processed and healthier
- Links kids to farmers, educating them about where and how their food is grown
- Introduces kids to new food options
- Supports academic performance

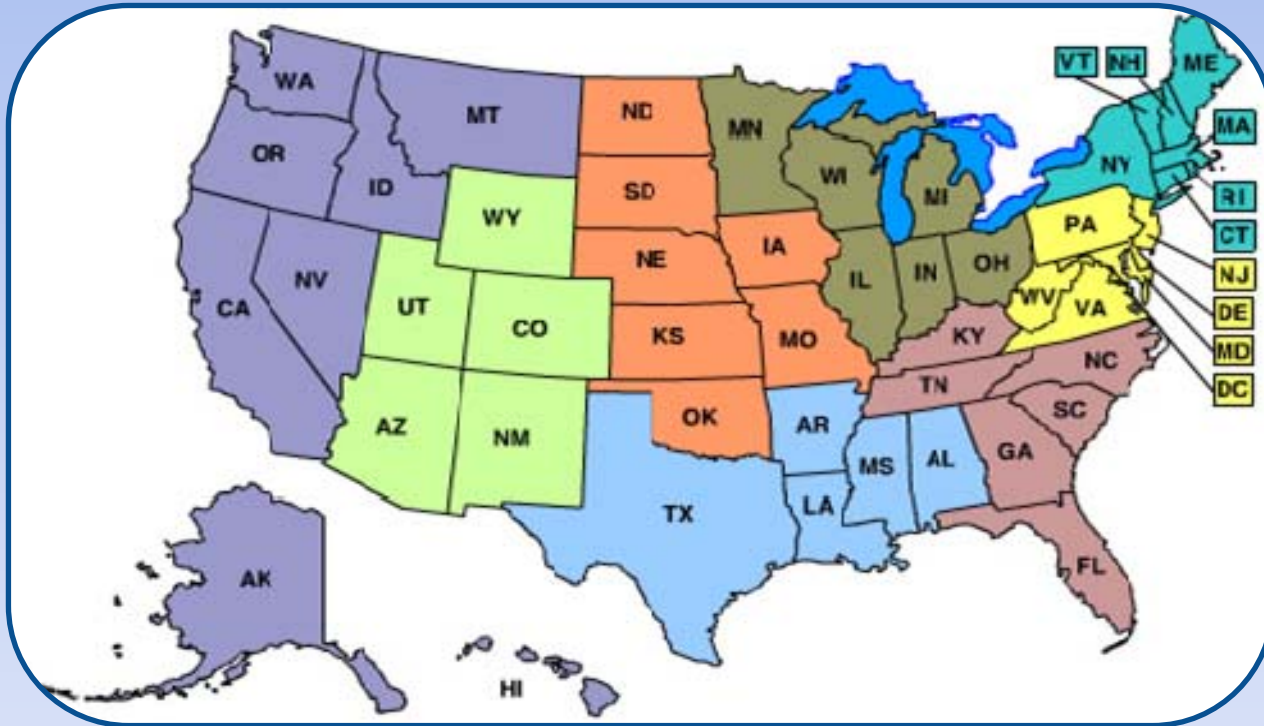
And it....

- Keeps \$\$\$ circulating in our rural economy
- Supports small, medium and sustainable farmers in our region
- Reduce greenhouse gas emissions and the time that fresh food is in transit



A Nation-wide Movement

F2S programs exist in 43 states



In Minnesota...

- IATP partners with MN School Nutrition Assoc.
- SHIP
- MISA website
- UM- Regional Partnerships and Extension
- MN Depts of Education, Ag and Health
- State F2S resolution



Ramping up in Minnesota

Nearly 70 Minnesota districts are now engaged in Farm to School

-- more than double 15 months ago --



Among F2S Districts:



- 42% bought direct from farmers
- 73% bought MN-grown via distributor
- One-third also bought from WI, IA, Dakotas

Farm to School Purchases:

- Averaging \$5,000 - \$10,000/yr
(and up to \$150,000 +)
- 23+ different products



Of districts doing F2S:

- 77% plan to expand in 2010/11
- None plan to reduce F2S activity
- Anticipated growth in F2S outreach, education and gardening/greenhouses



Key Challenges

- Extra prep time for foodservice staff
- Budgeting / cost
- Sourcing local products
- Seasonality



Is F2S right for your community?

Things to know about F2S



Collaboration is Key

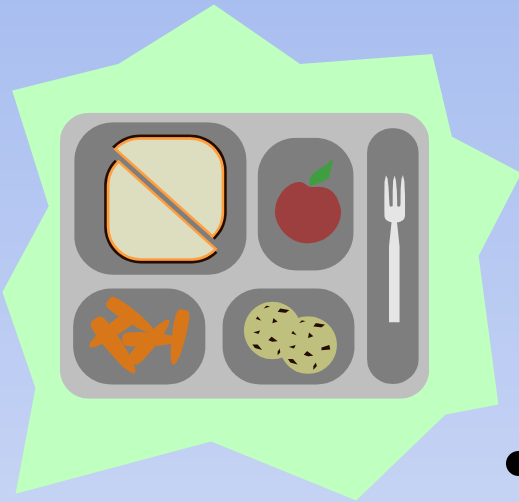
- It takes an interested school or school district partner and a shared sense of purpose
- Collaborating with school foodservice from the start is critical

Understanding The Context

- F2S programs should be designed to suit the capabilities and constraints of the school foodservice
- For instance...



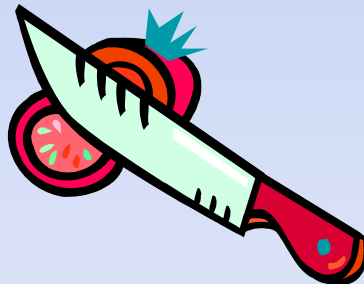
Budget Realities



- Schools have about \$1.15 to spend on food per lunch
- 12 – 15 cents per serving of fruit and vegetables

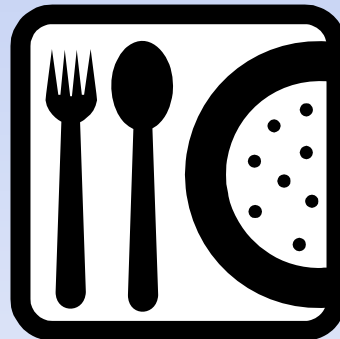
They aren't all alike

- Schools vary greatly in their size, kitchen facilities and labor capacity
- Some can cook from scratch. Others don't have capacity to cut whole produce



Start Early

- Schools typically plan their menus in spring for the following Sept/Oct
- For SHIP, this means having a plan in place by the end of May 2010



Approaches to Farm to School

Product Used In:

salad bars
hot items
snacks in cafeteria/
classrooms
taste tests
fundraisers
cooking classes

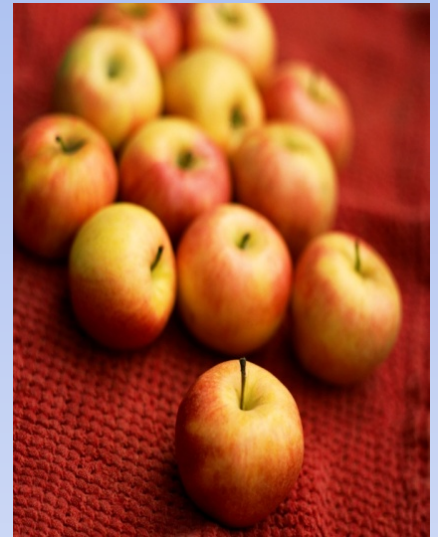
Educational Activities:

harvest of the month
chef/farmer visits
cooking demos /
contests
waste management
farm tours
school gardens /
greenhouses



An apple a day...

- Most schools start with apples
- Then add other produce
- Then meat, dairy, grains, etc.





FARM to SCHOOL

Minnesota Toolkit for Food Service

Getting food grown by farmers in your community onto your students' lunch trays.

Getting Started Made Easier...

www.mn-farmentoschool.umn.edu



FARM to SCHOOL

Minnesota Toolkit for Food Service

Getting food grown by farmers in your community onto your students' lunch trays.

Cabbage

Using the Food

- Recipes and Nutrition Analysis
- Menu Examples
- Nutrition Facts

Procuring the Food

- Finding Farmers
- Buying Tips

Promoting the Food

- Promotional Material
- Taste Testing
- Class Enrichment





FARM to SCHOOL

Minnesota Toolkit for Food Service

Getting food grown by farmers in your community onto your students' lunch trays.

Features 20 Foods

Apples Dry Beans Bison
Cabbage Carrots
Cucumbers Sweet Corn
 Cheese Garlic
Green Beans Herbs Honey
Lettuce Potatoes Rhubarb
Squash Strawberries
Tomatoes Cornmeal Oats
Whole Wheat Wild Rice

..... a new logo for MSNA
members



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1) Assessment and Planning

- Assess your interests and needs
- Help you develop a F2S plan for 2010/11 school year by May



2) Training and Coaching

- Provide regional training opportunities for foodservice staff and other stakeholders (March/April 2010)
- Provide one-on one coaching to individual SHIP teams and school districts on design and implementation



3) Support Effective F2S Communications, Education and Outreach

- Linking you with tools you can use in your schools and broader community
- Sharing your stories
- Raising media attention



You can learn more at:

- Farmtoschool.org
- Mn-farmtoschool.umn.edu
- IATP.org



THANKS!

