Farm to School
Hands-On Learning Activities
April 30, 2014
### USDA Farm to School Census - Ohio

#### Farm to School Activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Served Local Food</td>
<td>23%</td>
</tr>
<tr>
<td>Held taste tests of local food</td>
<td>9%</td>
</tr>
<tr>
<td>Used cafeteria coaches to encourage healthy/local foods</td>
<td>6%</td>
</tr>
<tr>
<td>Conducted edible school garden/orchard activities</td>
<td>8%</td>
</tr>
<tr>
<td>Served products from school based gardens/farms</td>
<td>6%</td>
</tr>
<tr>
<td>Had field trips to farms</td>
<td>10%</td>
</tr>
<tr>
<td>Had farmers visit cafeteria/classroom</td>
<td>4%</td>
</tr>
<tr>
<td>Held theme promotions of local efforts</td>
<td>5%</td>
</tr>
<tr>
<td>Promoted local foods at school in general</td>
<td>8%</td>
</tr>
<tr>
<td>Had media coverage of local foods in schools</td>
<td>5%</td>
</tr>
<tr>
<td>Hosted community events related to local foods</td>
<td>5%</td>
</tr>
<tr>
<td>Celebrated F2S Month</td>
<td>4%</td>
</tr>
<tr>
<td>Integrated farm to school concepts into curriculum</td>
<td>3%</td>
</tr>
</tbody>
</table>
Tips for Hosting a Successful Taste Test

Think about the long-term impact of your taste tests — and focus on foods you can add to your regular cafeteria offerings

Students in the Action for Healthy Kids pilot program were frustrated when foods they had sampled and liked were not available on a regular basis in the school cafeteria. If your goal is simply to introduce new foods

http://www.actionforhealthykids.org/success-stories/. Other tips include: get student input, include teachers, provide multiple opportunities, reinforce nutrition messages
Student "Ambassadors" Promote Salad Bar to Peers at Elementary School

Dec 9, 2013

The Santa Barbara USD is deploying student "salad bar ambassadors" to encourage fellow students to make more use of the cafeteria salad bar.

The Santa Barbara USD is deploying student "salad bar ambassadors" specially trained to encourage their fellow students to make more use of the cafeteria salad bar to increase their consumption of healthy fresh fruits and vegetables, reports the Santa Barbara Noozhawk.

The program was launched at the district’s Washington Elementary school, where sixth-graders were trained by chef instructors from the local Orfalea Foundation in subjects such as safety, sanitation, salad bar etiquette and "the art of subtle positive persuasion." Then, each school day, the rotating group of volunteer peer mentors offers guidance to K-2 students about the choices available at the salad bar and encourages them to indulge.

Cafeteria Coaches

8th graders coach 3rd and 4th graders: “Methods include the “I’ll do it if You do it,” the “Way with Words”, and finally the “Dance Reward.”
School Gardens

Resource Guides:
• Edible Schoolyard
• Life Lab
• Kidsgardening.com
• National School Garden Network
• Artgarden.com

Scheduling summer maintenance:
• Google doc scheduling
• Apps
School Gardens

Percentages of US Public Elementary Schools with Garden Programs

Percentages of US Public Elementary Schools with Garden Programs, by School Characteristics, 2006-07 to 2012-13 School Years

Field Trip/Farmer Visits
Community Events

CUYAHOGA COUNTY: “Farm to Family Night” and other initiatives

- Partnership between the Cuyahoga County Board of Health (CCBH) and South Euclid Lyndhurst School District
  - Parents and students meet the district’s grower
  - Taste new menu items which featured locally sourced produce
  - Discuss how to utilize food assistance programs to purchase Ohio produce

The CCBH is also working with school districts and childcare centers to assess Cuyahoga County’s ability to bring farm to school and farm to preschool programs to scale.
The Farmer Appreciation Event at Granville Middle School was a big success. One farmer brought a video of her cows and samples of unique flavors of yogurt from her dairy.
Comments from the “School to Farm” bus trip:

• Buying local supports the farms/jobs/better nutrition; buy local because it benefits everyone
• It is possible to buy/use local produce in schools; Costs aren’t necessarily prohibitive
• How willing the farms are to working with the schools
• Local foods are available at the wholesale auction, and these can be processed for later use in the schools.
• It can be fairly easy to find local sourced foods to serve in the schools and it is okay to start small.