Farm to School Program

www.dnr.alaska.gov/ag/ag_FTS

Department of Natural Resources,

Division of Agriculture

Alaska GROWN

Overview

- Farm to school in Alaska
- Tools and resources
- Plans for next year

Basic goals of farm to school programs

School Nutrition Programs

Local Food Producers

Educational Outreach

Health, economy, and environment

Similar goals different emphasis

National level

State level

Local level

National FTS network

Department of Ed

Calypso Farm

USDA FTS task force

Department of Ag

Farm to School

Alaska FTS program purpose

A program that will offer expertise and support to all areas of the state to pursue farm to school activities and interests.

Getting youth exposed to or involved in ANY part of the food system.

Background

May 2010 – House Bill 70 Signed into Law

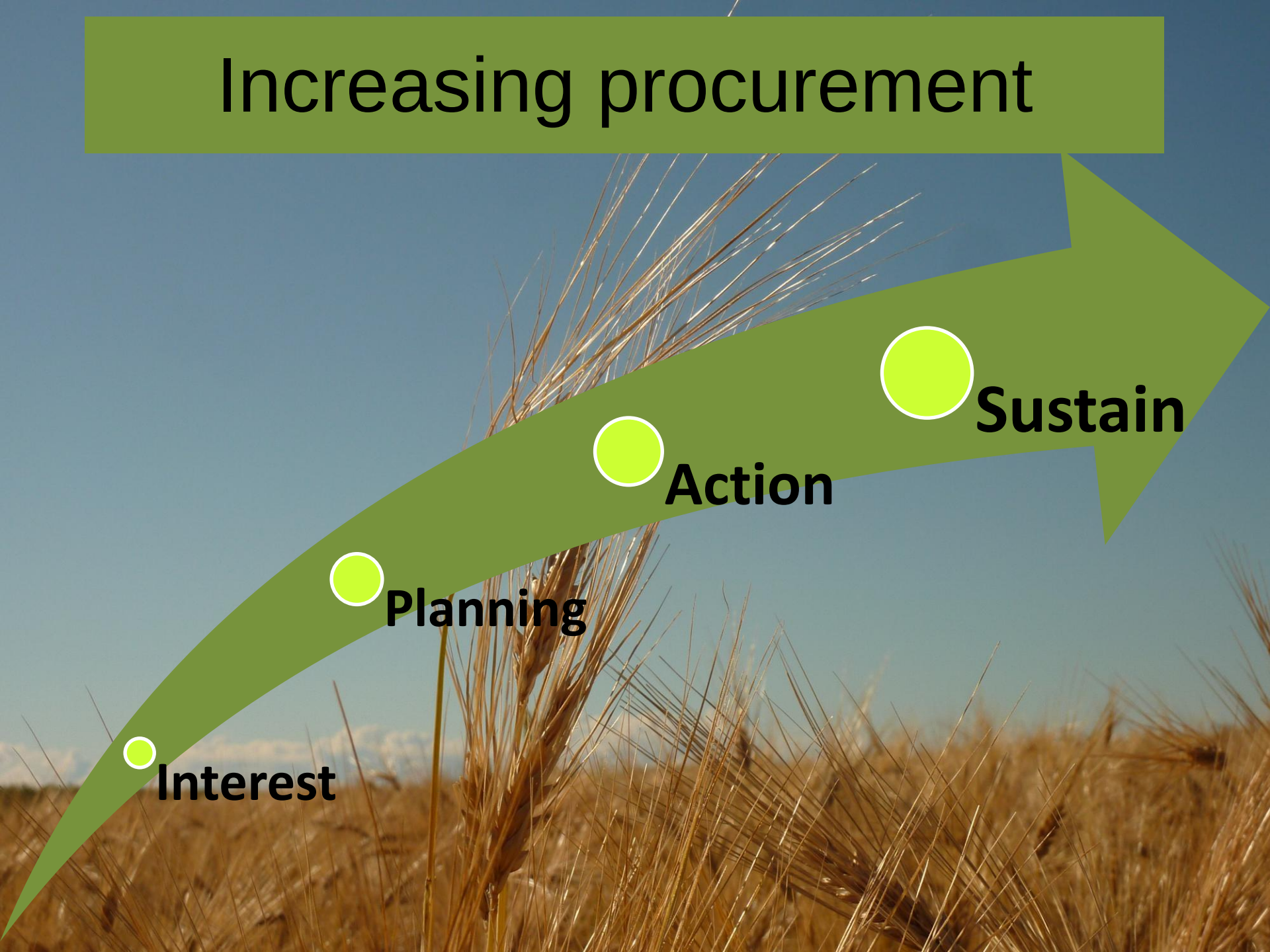
- Sunset date, end of June 2013

Top priority: ↑ Local procurement in schools

- Interest
- Planning
- Action
- Sustain

Other program goals

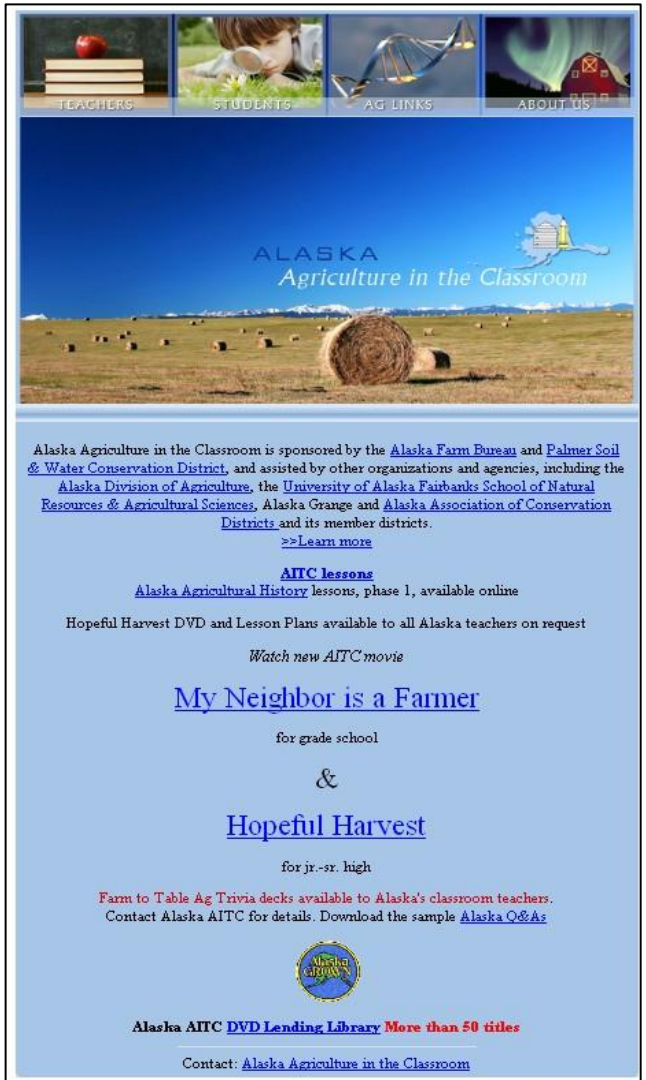
- Outreach
- Resources
- Activities
- School Gardens

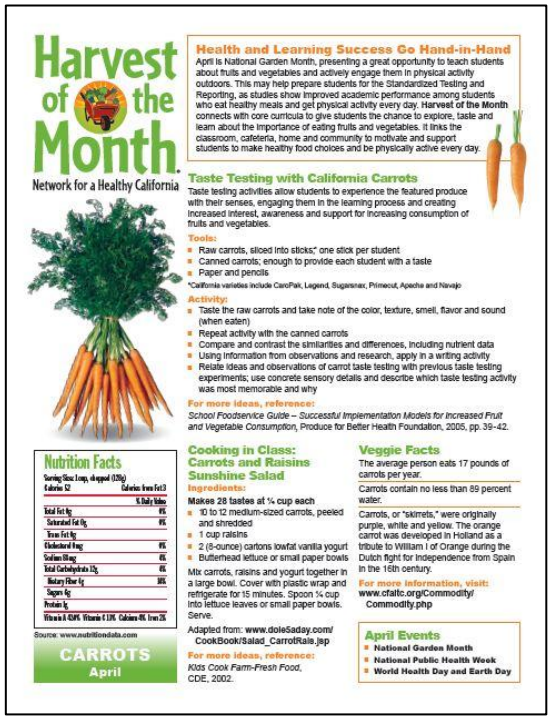

Increasing procurement
Interest
Planning
Action
Sustain

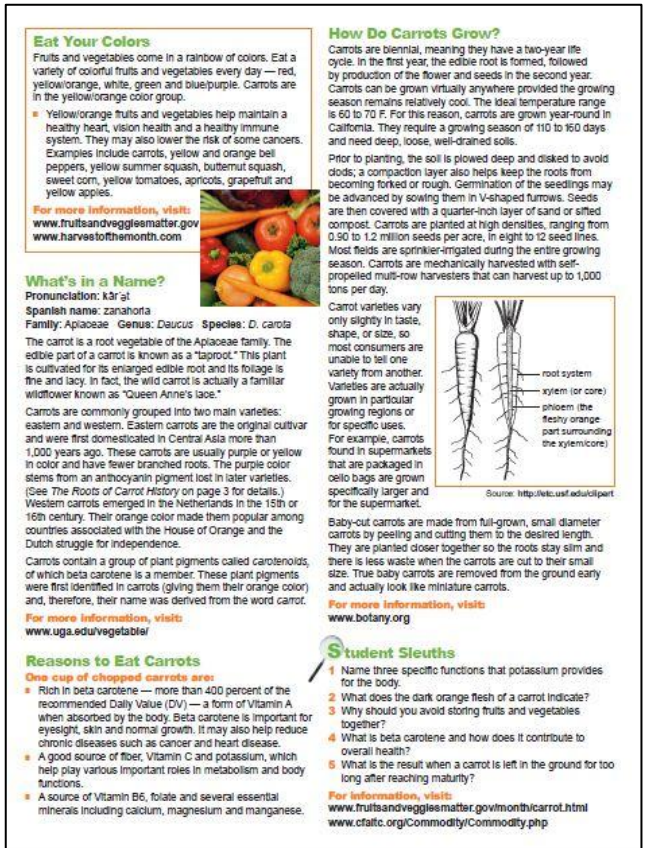
Local on the lunch line

Promotion in school

www.agclassroom.org/ak







Connection to food production and preparation

Students in Calypso Farm EATinG prgram, Woodriver Elementary school garden, 2010

Bottom two photo's courtesy of Kathleen Vik, 2011 Farm to School grant recipient, Chugiak High School.

Find the value

Health

- Preference for fresh, whole, in season foods
- Improved eating habits
- Learn where food comes from

Financial

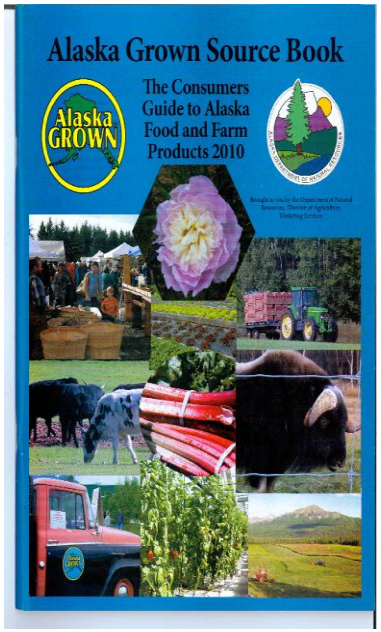
- Costs savings
- ↑ lunch participation
- ↓ waste
- Support local economy

Cultural

- Meaningful food
- Produced in community
- ↓ reliance on imported foods

FARM to SCHOOL ALASKA

How do you “go local”?



- **Considerations**
  - **FTS program**
    - Experience
    - Resources
    - Tools
  - **Start small**
    - Single product
    - Monthly event
  - **Logistics**
    - Cost
    - Preparation
    - Delivery
    - Quantity
  - **Partners**
    - Producers
    - Extension programs
    - Volunteers
    - School programs

Overview

- Farm to school in Alaska
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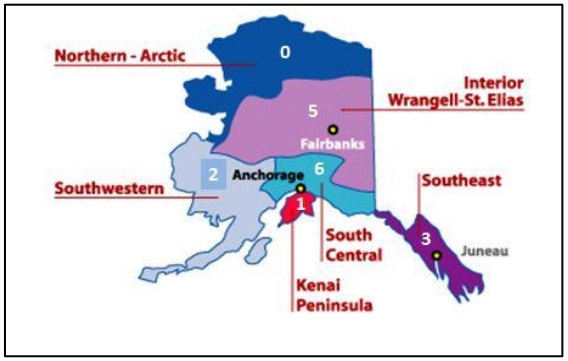
- Plans for next year

Farm to school grant

- 24 applicants
- 17 funded farm to school mini-grant projects
  - 8 urban
  - 9 rural



Sample Projects

Bison farm visit and meat purchase

Fish to school effort

Taste testing Alaska grown product

School gardens

Growing potatoes and cabbage for school kitchen use

School / farm tours

Palmer district

Palmer school / farm tour

Carrot production

Potato production

Bethel school / farm tour

Taste testing

ERIK HILL / Anchorage Daily News
Aden Gil prepares to vote while taste testing carrots Monday October 24, 2011 at Rabbit Creek Elementary School. Students sampled carrots from clear and orange cups and marked their favorites on a paper ballot before learning that the clear cups contained Lower 48 carrots and the orange cups held carrots donated by VanderWeele Farms in Palmer. The VanderWeele carrots won by a wide margin.

School garden food safety document

Alaska School Garden Food Safety Guidelines

This document was created in response to the need for food safety guidance in the school garden setting. School gardens are increasingly popular and interest in using the food in the school setting has been discussed in many areas of the State. This document is intended for use in any school garden where product is making its way into the schools or for any other interested gardeners. The concepts provided in this document are relevant to other gardening projects as well.

Developed and compiled by:
Alaska Department of Natural Resources, Division of Agriculture, Inspections Services
& Farm to School Program
with input from
Department of Environmental Conservation
Cooperative Extension Services
Child Nutrition Services
Calypso Farm and Ecology Center
and
Fairbanks School Nutrition Services

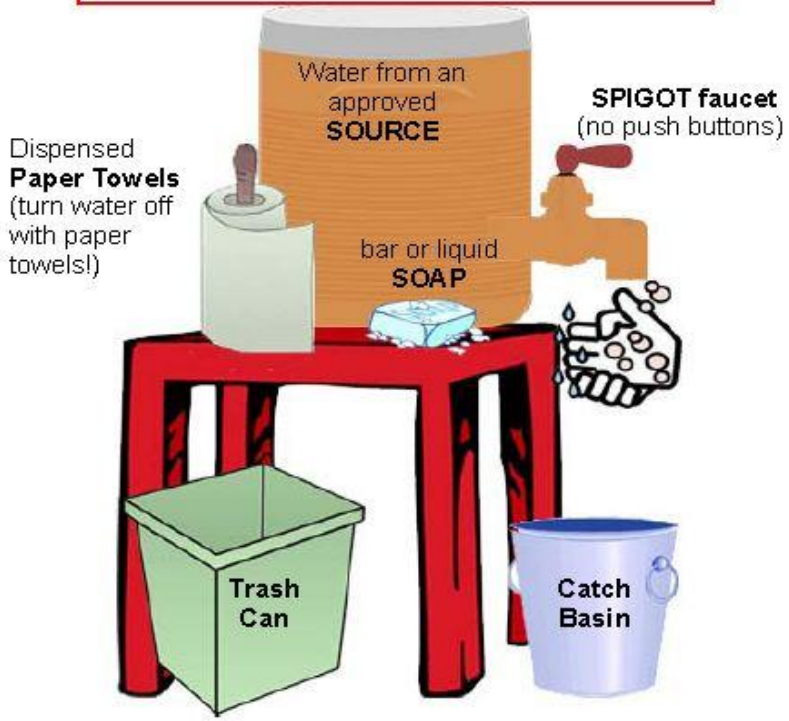
August 2011

HANDWASHING STATION

Use it OFTEN!

Use CLEAN water jugs:

1. **SANITIZE with 2 tbsp unscented bleach in 1 gallon of water – SLOSH to cover all surfaces.**
2. **Let STAND 5 minutes and DRAIN. DO NOT RINSE!**
3. **FILL with approved drinking water**



Product development

RECIPE

51% Whole Grain Hamburger Buns

Yield: 24 hamburger buns – 3"x3" (or 36 dinner rolls)

Ingredients and measurements by weight
52 grams yeast
880 grams water
180 grams sugar
888 grams All Purpose Flour
272 grams Barley flour
652 grams Whole wheat flour
20 grams salt
72 grams non-fat powdered milk
180 grams vegetable oil
52 grams honey

Instructions

Knead 10 minutes in electric mixer with dough hook.
Let rise until doubled in size.
Punch down and form into 24 hamburger buns or 36 dinner rolls and place on sheet pan.
Let rise until doubled in size.
Preheat oven to 400 degrees F.
Bake rolls 15 minutes or until golden brown and they sound hollow when you tap them.
Remove from oven, let cool on cooling rack.

Cabbage project

1. Alaska Gateway School District
   - Calculated the cabbage purchase was ½ the cost of what they purchase commercially
   - Cooks were surprised and thrilled to find the kids noticed the difference and really liked it!
2. Fairbanks School District – 1 batch comparison

	Yield	Labor	Total cost including labor
Local [$1/pound]	~75% (Need 850 pounds to get 640 pounds shredded)	12 hours	$1150 ($1.79/pound)
Pre-cut [$2.32/pound]	100%	3 hours	$1558 (2.43/pound)

Into the kitchen

Overview

- Farm to school in Alaska
- Tools and resources
- Looking forward

MEALS survey

	Resource Availability	Source of Availability
Info. on USDA purchasing regulations related to local foods	Available	Child Nutrition Program Farm to School Program
Info. on local foods availability and where to find them	Available	Farm to School Program Cooperative Extension
Financial Support	Some Availability	Farm to School Program
Cost comparison for local versus non-local menu options	Some Availability	Farm to School Program
Local product that is clean, ready to use, and pre-cut	Some Availability	Producers Processors/Vendors
Educational resources about the nutritional benefits of local foods	Some Availability	State taste tests Some published studies
Strategies for connecting with local food producers	Available	Farm to School Program

2012 survey

MEALS survey gave us our first steps

Survey information will get us ready for next year

- Combined 4 survey's into 1

www.surveymonkey.com/s/AK_FSP_2012

- Hard copy available

Ideas

AK Grown Potato Wedge Pilot

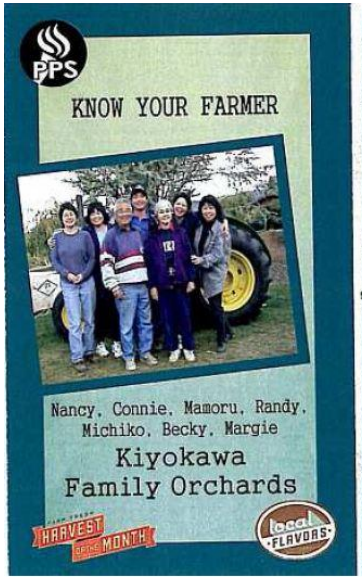
AK Grown Seasonality Chart by HUSSC Requirements

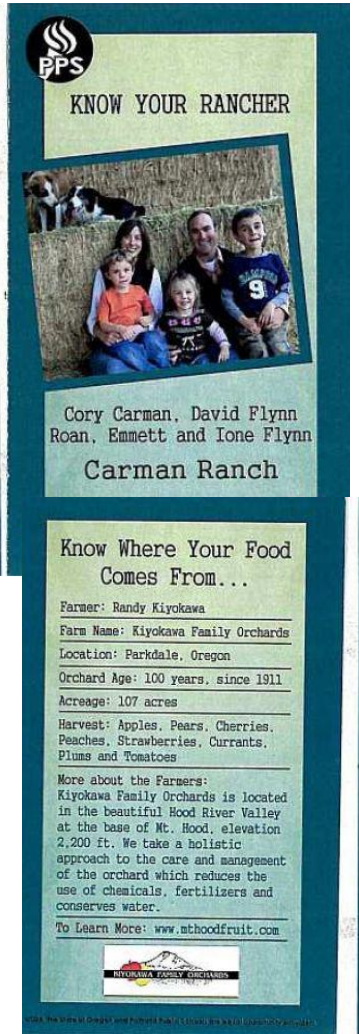
by Healthier US School Challenge Vegetable Group

categories	produce	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Dark Green	Arugula					■	■	■	■	■	■		
	Beet green					■	■	■	■	■	■		
	Bok Choy, baby				■	■	■	■	■	■	■	■	■
	Broccoli						■	■	■	■	■	■	
	Braising Mix					■	■	■	■	■	■	■	■
	Chards	■				■	■	■	■	■	■	■	■
	Collard greens					■	■	■	■	■	■	■	■
	Dandelion greens					■	■	■	■	■	■	■	
	Endive, Curly (Fresee)						■	■	■	■	■		
	Escarole					■	■	■	■	■	■	■	■
	Kales	■	■	■	■			■	■	‡	‡	‡	■
	Kohlrabi greens						■	■	■	■	■	■	■
	Lettuces, leaf					■	■	■	■	■	■	■	
	Lettuces, butter							■	■	■	■		
	Lettuces, Romaine							■	■	■	■		
	Mustard greens				■	■	■	■	■	■	■	■	■
	Mizuna	■	■	■	■	■					■	■	■
	Rapini (Broccoli Rabe/Chinese broccoli)			■	■	■				■	■	■	
	Salad mix (Mesclun*)				■	■	■	■	■	■	■	■	
	Spinach				■	■	■	■	■	■	■	■	■
	Turnip greens				■	■	■	■	■	■	■		
	Watercress						■	■	■				
Dark Orange	Carrots	■	■	■	■	■	‡	‡	‡	‡	‡	■	■
	Pumpkins	■								■	‡	‡	■
	Sweet potatoes (yum)	■	■	■						‡	‡	‡	■
	Winter squash, Acorn	■	■	■						■	‡	‡	‡
	Winter squash, Butternut	■	■	■						■	‡	‡	‡
	Winter squash, Hubbard	■	■	■						■	‡	‡	‡
		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Ideas

‘Local Food Hero’ Trading Cards





Promotional posters for cafeteria

Contact information

Listserv

- list.state.ak.us/index.htm
- dnr.alaska.gov/ag/ag_FTS.htm

Project Coordinators

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- www.facebook.com/AlaskaFarmToSchool