

# Growing Healthy Alaska Kids: Farm to Summer Meal Site Sub-Grants for Child Nutrition Programs

## Summer 2017 Application

**IMPORTANT:** Before completing this application, carefully read the “Information and Requirements” for the Farm to Summer Meal Sites Program (pgs. 3 and 4).



The Farm to Summer Meal Site Initiative is a Team Nutrition Program of *Child Nutrition Programs*  
Alaska State Department of Education and Early Development  
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Juneau, AK 99811

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**Questions? Contact:**

**Jodie Anderson, Team Nutrition Project Coordinator**  
907-761-3854 or [jodie.anderson@alaska.gov](mailto:jodie.anderson@alaska.gov)



## Information and Requirements for Farm to Summer Meal Sites Sub-Grants for Child Nutrition Programs

### What is the Farm to Summer Meal Sites Program?

US Department of Agriculture (USDA) strongly encourages gardening projects and incorporation of local foods into meal programs. The Farm to Summer Meal Sites Program will be actively building healthier nutrition environments by engaging children in **fun and interactive nutrition education** that is specific to their local food system, such as growing, harvesting, and/or cooking local foods. This project will be accessible to an array of participating programs including:

- Child and Adult Care Food Program (CACFP)
  - Child Care Centers
  - Sponsor of Family Day Care Homes
- National School Lunch Program (NSLP)
  - Resident Child Care Institutions
  - Summer School
  - Seamless Summer Program
- Summer Food Service Program (SFSP)

### General Information and Program Overview

The Farm to Summer Meal Sites project will help support Alaska children with hands-on experiential learning, nutrition education, and exercise with the added benefit to revising attitudes towards new and healthy foods through agency sub-grants.

It is our intent to provide funding, up to \$750 per summer meal site or \$150 per family day care homes, to help purchase gardening supplies, containers, and other materials. USDA nutrition education gardening curriculum will be provided to selected sites. Curriculum options include:

Name of Resource	Grade Level	Link
Grow It, Try It, Like It	PreK	<a href="http://www.fns.usda.gov/tn/grow-it-try-it-it">http://www.fns.usda.gov/tn/grow-it-try-it-it</a>
CARE Connections	PreK	<a href="http://www.theicn.org/ResourceOverview.aspx?ID=199">http://www.theicn.org/ResourceOverview.aspx?ID=199</a>
More than Mudpies	PreK	<a href="http://nfsmi.org/ResourceOverview.aspx?ID=247">http://nfsmi.org/ResourceOverview.aspx?ID=247</a>
The Great Garden Detective Adventure: A Standards-Based Gardening Nutrition Curriculum	3 <sup>rd</sup> – 4 <sup>th</sup> Grade	<a href="http://www.fns.usda.gov/tn/great-garden-detective">http://www.fns.usda.gov/tn/great-garden-detective</a>
Dig In! Standards-Based Nutrition Education from the Ground Up	5 <sup>th</sup> – 6 <sup>th</sup> Grade	<a href="http://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground">http://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground</a>
Alaska Specific Curricula	PreK-12	<a href="http://www.fairbankssoilwater.org/education-agriculture-classroom.htm">http://www.fairbankssoilwater.org/education-agriculture-classroom.htm</a>

Technical assistance from Alaska Division of Agriculture Farm to School Program will be made available for grantees through a teleconference and individually scheduled phone calls. These calls will provide ideas and tips on how to implement a successful food related project, how to successfully evaluate projects, and troubleshoot project barriers and challenges.

Farm to Summer Meal Sites objectives and goals:

- **Enhance the eating environment** with positive nutrition education materials and activities promoting fruits, vegetables, whole grains, legumes, and low or fat-free dairy products.
- **Increase children's acceptance of fruits, vegetables, and whole grain-rich foods** through nutrition education and promotion efforts, including school gardening, farm-to-school, and cooking activities.
- **Increase awareness of the importance of a healthy diet and physical activity** to a child's growth, health, and learning through the use of multiple communication channels, including the cafeteria, classroom, community, media, and home.
- **Increase opportunities for students to participate** in efforts to make healthier foods available in schools.

## Eligibility Guidelines

The Farm to Summer Meal Site Project is a program funded by the USDA Team Nutrition Program. Eligible applicants include school or childcare personnel, including but not limited to, teachers, administrators, authorized representatives, directors, school nurses, school counselors, foodservice personnel, or community partners such as extension agents.

### Applicants must:

- Be located within the state of Alaska
- Public, private, and non-profit sites are all eligible applicants
- Participate in one of the federal USDA Child Nutrition Programs:
  - Child and Adult Care Food Program (CACFP)
    - Child Care Centers
    - Sponsor of Family Day Care Homes
  - National School Lunch Program (NSLP)
    - Resident Child Care Institutions
    - Summer School
    - Seamless Summer Program
  - Summer Food Service Program (SFSP)
- **School Requirement Only:** Be enrolled as a Team Nutrition School (this is a requirement for schools to receive sub-grant funds). If your school is not a Team Nutrition School, use the online registration form found at: <http://www.fns.usda.gov/webform/tn-school-enrollment-form>.
- Plan to incorporate food related educational activities with children and partner with an industry expert of your choice:
  - Food Producer
  - Cooperative Extension Staff
  - Master Gardener
  - Local Expert

## Requirements for Participation

Eligible participating sites must agree to the following terms:

- Agree to participate in a phone consult hosted by Division of Agriculture, Farm to School Program in May 2017.

- Conduct food related education activities/lessons within the school, childcare program or Summer Food Service Program during the Spring/Summer/Fall of 2017.
- Conduct pre/post project evaluations and complete a post-project report. Evaluation guidance and a post-project report template will be provided by the Alaska Farm to School Program.
- Expend sub-grant funds only as outlined, see spending guidance below.
- Provide receipts, pictures, and any menus or recipes developed.

### Selection of Participating Sites

Participating sites will be selected using established criteria by a selection committee. First priority for selection will be given to sites that have demonstrated efforts to implement a healthy nutrition environment in the past. Other scoring criteria include: project creativity, field trip or educational activity plans, student impact/need, and budget.

### Sub-Grant Spending Guidance

Sub-grant funds can be spent to buy a reasonable amount of materials and/or travel such as:

- **Gardening supplies** (seeds, potting soil, starter pots, shovels, etc.)
- **Field trip costs** (bus rental, farm tour costs, mileage not exceeding 50% of the award)
- **Food and food related equipment** that will be used for recipe development, educational activities, or taste tests (not to exceed 10% of grant award)

See page 12 for additional funding use ideas.

**Sub-grant funds may NOT be used to purchase** bulk soils such as topsoil, irrigation supplies, fencing or any type of large equipment such as a tiller or greenhouse.

Sub-grant funds cannot be spent prior to award notification. Receipts must be dated after award notification and signed contract is returned.

### Timeline

January 17, 2017	Farm to Summer Meal Sites applications for the Spring/Summer/Fall 2016 made available.
February 17, 2017	Applications must be received by Jodie Anderson by 5:00pm. You can send via: <ul style="list-style-type: none"> <li>• Mail: 1800 Glenn Hwy Suite #12, Palmer, AK 99645</li> <li>• Fax: 907-745-7112</li> <li>• E-mail: jodie.anderson@alaska.gov.</li> </ul>
March 1, 2017	Approved applicants will be notified via e-mail.
March 15, 2017	After contract is written and signed, the initial funding payout (75%) will be initiated.
May 2017	Phone consultations and teleconference dates will be conducted to provide technical assistance to the grantees. Evaluation and educational resources will be sent to the sites.
August 2017	Post-project report will be sent to the sites.
October 15, 2017	Post-project report and all evaluation materials are due. Receipts and photos will also be submitted at this time. After all reporting and documentation is submitted, the 25% close out payment will be initiated.

# Application for Farm to Summer Meal Sites Sub-Grants for Schools and Childcare Centers

Completed applications **must** be received by **5:00pm on Friday February 17, 2017**.

## Application Guidelines and Directions

1. Review the Eligibility Guidelines and Requirements for Participation on pages 3 & 4.
2. Spend sub-grant funds as outlined on page 4.
3. Late applications will not be accepted unless an inadequate number of applications are received prior to the specified date and time. Incomplete applications and applications with missing signatures will be contacted but the application will not be deemed complete until all information is provided.
4. Submission of an application does not ensure funding.

## Part A. Applicant Information

District/Agency name:

Mailing Address:

City:                      Zip Code:

Applicant's Name (primary project contact):

Applicant's Title:

Area Code/Phone Number:

E-mail address:

## Part B. Program Information

### School Requirement Only

- Yes  No      Is this is a Team Nutrition school?  
 Yes  No      Did you recently fill out the Team Nutrition online enrollment form?

Child & Adult Care Food Program

Child Care Center

Number of sites:

Number of classrooms:

Average daily attendance in October 2016:

Sponsor of Family Day Care Homes

Number of homes:

Average daily attendance in October 2016:

Summer Food Service Program

Number of sites:

Number of classrooms:

Average daily attendance in July 2016:

National School Lunch Program

Resident Child Care Institute

Summer School

Seamless Summer

Number of sites:

Number of classrooms:

Average daily attendance in October 2016:

Explain below what your food related project will look like. If you have been funded in the past, please explain how this project will build on your past project.

How will local foods be utilized?

Has this school/district/center participated in any other programs to improve children's health/wellness during the last 3 years?  Yes  No  
If yes, please name and briefly describe the program(s)?

Budget: (Note: we will need receipts for all funds expended)

Category	Description	\$ Requested	Max \$ allowable
Supplies			
Food purchase or equipment			Up to 10% of request
Travel			Up to 50% of request
Other			

If more funds become available, would you be interested in additional funding?

Yes  No

Which educational resources you are interested in? (Please check box on the left of the resource listed)

√	Name of Resource	Grade Level	Link
	Grow It, Try It, Like It	PreK	<a href="http://www.fns.usda.gov/tn/grow-it-try-it-it">http://www.fns.usda.gov/tn/grow-it-try-it-it</a>
	CARE Connections	PreK	<a href="http://www.theicn.org/ResourceOverview.aspx?ID=199">http://www.theicn.org/ResourceOverview.aspx?ID=199</a>
	More than Mudpies	PreK	<a href="http://nfsmi.org/ResourceOverview.aspx?ID=247">http://nfsmi.org/ResourceOverview.aspx?ID=247</a>
	The Great Garden Detective Adventure: A Standards-Based Gardening Nutrition Curriculum	3 <sup>rd</sup> – 4 <sup>th</sup> Grade	<a href="http://www.fns.usda.gov/tn/great-garden-detective">http://www.fns.usda.gov/tn/great-garden-detective</a>
	Dig In! Standards-Based Nutrition Education from the Ground Up	5 <sup>th</sup> – 6 <sup>th</sup> Grade	<a href="http://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground">http://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground</a>
	Alaska Specific Curricula	PreK-12	<a href="http://www.fairbankssoilwater.org/education-agriculture-classroom.htm">http://www.fairbankssoilwater.org/education-agriculture-classroom.htm</a>



This grant will require administration of some very simple pre/post questions of your students to demonstrate a positive impact. Jodie Anderson will be assisting all grant recipients with questions that fit your project and fun easy ways to collect the information.

Based off your project description **briefly describe what student behaviors you hope to impact with your project.** For example; 1) we hope growing kale with the students will help them try and like that food, 2) we hope taking them on a fishing field trip will teach them where their food comes from, 3) we hope visiting a farm or farmers market will teach them how food is made and who is growing it.

### Part C. (Optional) AmeriCorps VISTA Request

One full-time VISTA will be available for technical and grant-related assistance. While primarily stationed at the Alaska Division of Agriculture in Palmer, the VISTA will travel to a limited number of sites who desire staff training, outreach, and evaluation assistance.

Would your site(s) be interested in having assistance from the AmeriCorps VISTA member?

Yes  No

VISTA assistance is not guaranteed for all sites. If you would like to be considered for a VISTA, **please describe what you would like assistance with and how you envision a VISTA being a part of your project.**

### Part C. Agreement and Signatures

I have read and understand the document titled "Information and Requirements for Farm to Summer Meal Sites Sub-Grants for Child Nutrition Programs". I agree to follow all requirements of the program.

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Signature of Applicant

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Date

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Signature of Authorized Representative\*

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Date

\*This is the official representative for the food service program. This may be the grant applicant.

**Submit pages 5-11 with signatures to Jodie Anderson:  
E-mail, Mail or Fax completed applications to:**

**Attn: Jodie Anderson  
Farm to School Program  
Alaska State Division of Agriculture  
1800 Glenn Hwy, Suite #12  
Palmer, AK 99645**

**E-mail: [jodie.anderson@alaska.gov](mailto:jodie.anderson@alaska.gov)**

**Phone: (907) 761-3854**

**Fax: (907) 745-7112**

**Applications must be received by 5:00PM on February 17, 2017**

## Farm to Summer Meal Sub-Grant Program Ideas

If you have questions or need additional guidance, contact Jodie Anderson at (906) 761-3854, or by e-mail at [jodie.anderson@alaska.gov](mailto:jodie.anderson@alaska.gov).

### Inside:

- Grow beans in sandwich bags to learn about the germination process:  
<https://www.youtube.com/watch?v=PfMSKMI5U5U>;  
<http://www.peepandthebigwideworld.com/en/educators/curriculum/family-child-care-educators/plants/activity/guided-activity/157/planting-bean-seeds/>
- Allow children to decorate their container planters (prep for spring!)
- Have your students identify a favorite food and try to figure out how far they would have to go to get the ingredients
- Root Viewers (DYI version): <http://brainstorminbloom.blogspot.com/2013/06/viewable-planter-watch-roots-grow.html>
- Invite a food producer, local chef, or expert from the community to come talk to your class about the food system

### In the backyard:

- Peas in a Pot: <https://www.youtube.com/watch?v=GDWMeiyko3o>
- Build raised beds like ones in the Square Foot Gardener. Give one square foot section to each summer meal participant and allow them to plant, tend, and harvest from their piece.
- Have your soil tested (contact the Alaska Division of Agriculture for more information)

### In the kitchen:

- Kale chips (kids loved these during the 2016 Farm to Summer Meal Program): <http://www.chopchopmag.org/recipe/crispy-kale>
- More awesome recipes: <http://www.chopchopmag.org/>
- Have a themed lunch or snacks, like “Local Food Lunch”, “Fish Friday”, or “Wild and Local Wednesday”

### Field trips:

- Visit a farmer’s market. Allow your summer meal program participants to speak with the vendors about food production and healthy eating. Purchase various fruits and vegetables for your participants to try. For more information on times and locations of local farm stands and markets, go to: <http://eatlocalalaskagrown.org/farmers-markets/>.
- Tour a state fish hatchery. Ask the Alaska Fish and Game staff about the Alaskan salmon cycle. What other fish live in Alaska? Which species or types of fish live here all year around?
- Visit a local farm (check with the farmer first)