



Celebrate Summer Local!!



The 2018 Alaska Farm to Summer Week Campaign Toolkit

Celebrating the week of July 23-27

This Farm to Summer Toolkit provides information about the Alaska Child Nutrition Programs and the Alaska Farm to School Farm to Summer Week Campaign celebration happening from July 23-28, 2018. We hope to encourage eating, playing, and sharing about fresh, local, and healthy Alaska Grown products for Summer Meal sites through the Summer Food Service Program (SFSP), the Child and Adult Care Food Program (CACFP), and the National School Lunch Program (NSLP) Seamless Summer Option (SSO). This is a week of celebration supporting Alaska's gardeners, farmers, fishermen, ranchers, and dairy through experience and education.

This week of the Farm to Summer Campaign celebrations support three main objectives:

Eat.

To serve more Alaska Grown produced, harvested, or raised products in meals served at Summer Meal Sites.

Play.

To encourage educational activities related to Alaska's agricultural industry like taste testing local products; field trips to local farms or farmers' markets; hosting a Meet the Farmer/Fisherman event; garden-based learning activities; or educational lessons focused on local food and agriculture.

Share.

To connect Farm to Summer happenings at the Summer Meal Sites to the parents, communities, and across the State.

This toolkit acts as a quick reference for information your site can use to participate in and celebrate the 2018 Alaska Farm to Summer Campaign. We hope you find the additional pages of this toolkit helpful and that they provide the answers to all your Farm to Summer questions.

Eat.

Alaska's Farm to Summer Week Celebration is July 23-28, 2018.

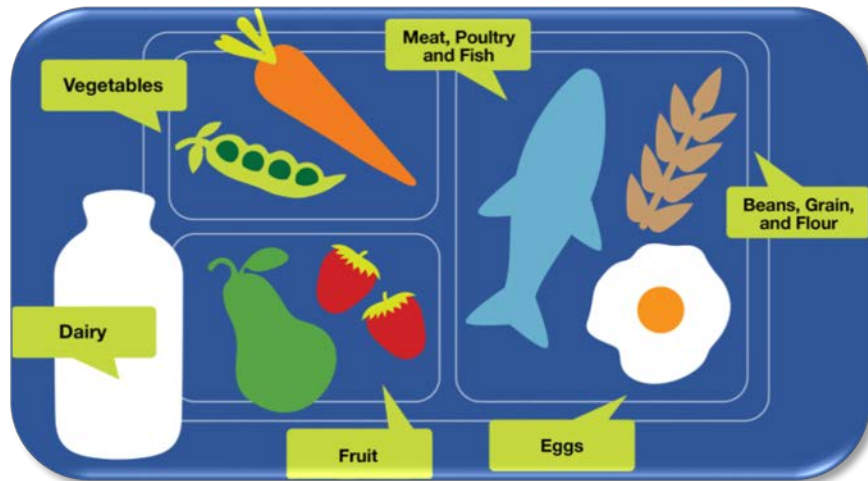


Sponsors are encouraged to serve local foods during their meal or snack programs to celebrate!

Does the sponsor need to have the ENTIRE plate local foods to participate? Not at all!! In fact, no effort is too small at all:



- Sponsors can source one item for a snack or meal or all foods locally like the lunch tray below.
- Sponsors can focus simply on the plate and/or offer complimentary educational activities.



Here are some suggested steps to successful local procurement:

- **Step 1** – Find out what is local and in season (see the [Local Produce Availability Chart](#) and the [Local Products Availability Chart](#) at the end of this toolkit)
- **Step 2** – Plan ahead with your procurement process (see the [Local Food Procurement Resources](#) page at the end of this toolkit) – the key is
- **Step 3** – Serve the local products during Farm to Summer Week (see the [Sample Menu](#) at the end of this toolkit) – try swapping in a local fruit or vegetable as a simple way to get started



Play.

Get your hands dirty – it's more than just a cool motto, it's a thing!!

Sponsors, whether you or not you can work local foods into the menu during Farm to Summer Week July 23-28, 2018, you can STILL celebrate Alaska agriculture through enrichment activities.



Here is a list of several ideas, but don't feel these are your only options because you have great ideas for your programs:



- Hold a cooking competition featuring local products
- Invite a farmer, fisherman, or gardener at your summer meal site
- Take a field trip to a local Farmer's Market
- Contact garden-based organizations in your area to provide free gardening lessons around meal/snack times



- Visit a farm and interview the farmer
- Taste testing with locally-produced foods
- Host cooking demonstrations with local foods or share recipe cards
- Put on a Local Food Day at your site

- Send home Harvest of the Month or Farm to School Month materials from the Alaska Farm to School website to share with families at home

- These are just a few suggestions but for more information, please see the Activity Resources or the Resources pages included in this toolkit



Share.

Our Farm to Summer Week July 23-28, 2018 is all about local, and that's not just for the food! Share the fun with your local community through outreach.

Let Alicia Maryott, Beth Seitz, or Ann-Marie Martin at DEED Child Nutrition Programs know you are participating in Farm to Summer Week!!



Feel free to use your personal social media pages as well as Alaska Grown on Facebook and use **#akfarmtosummerweek** so we can see all the great things you are doing!

Social media is a great way to spread the news, but it's not the only way you can share Farm to Summer Week with your local community. We encourage any outreach to spread the great news about how you are celebrating Farm to Summer Week this year!



- Hand out seasonal produce charts to children to take home to their parents
- Host a community dinner highlighting local foods
- Have participants cook local foods at school and then take it home to share
- Send home copies of Harvest of the Month materials or October Farm to School Month documents that have activities, recipes, cool facts, and general information on many indigenous and cultivated crops found in Alaska



Please email photos and tell us about how you celebrated the Alaska Farm to Summer Week to jodie.anderson@alaska.gov with the Alaska Farm to School Program to feature in our weekly listserv newsletter



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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov

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Farm to Summer Sponsors Planning Checklist

For all those Summer Meal Sites interested in participating in the 2018 Alaska Farm to Summer Week Celebration July 23-28, here is a quick checklist to follow that will help guide you through this fun event! We have included lots of resources and ideas throughout this toolkit that we hope will help you bring local products into your meal sites to focus on eating, playing, and sharing the celebration of local Alaska foods. Enjoy and please ask us any questions along the way – we are here to help.

Before July creeps up on us, here are some planning ideas to help you prepare for your Alaska Farm to Summer Week Celebration:

Eat.

- ☐ What local items are you already using?
- ☐ What menu items could you easily swap for local items?
- ☐ What is the best source for you to procure the local items (convenience, cost, and availability)?

Play.

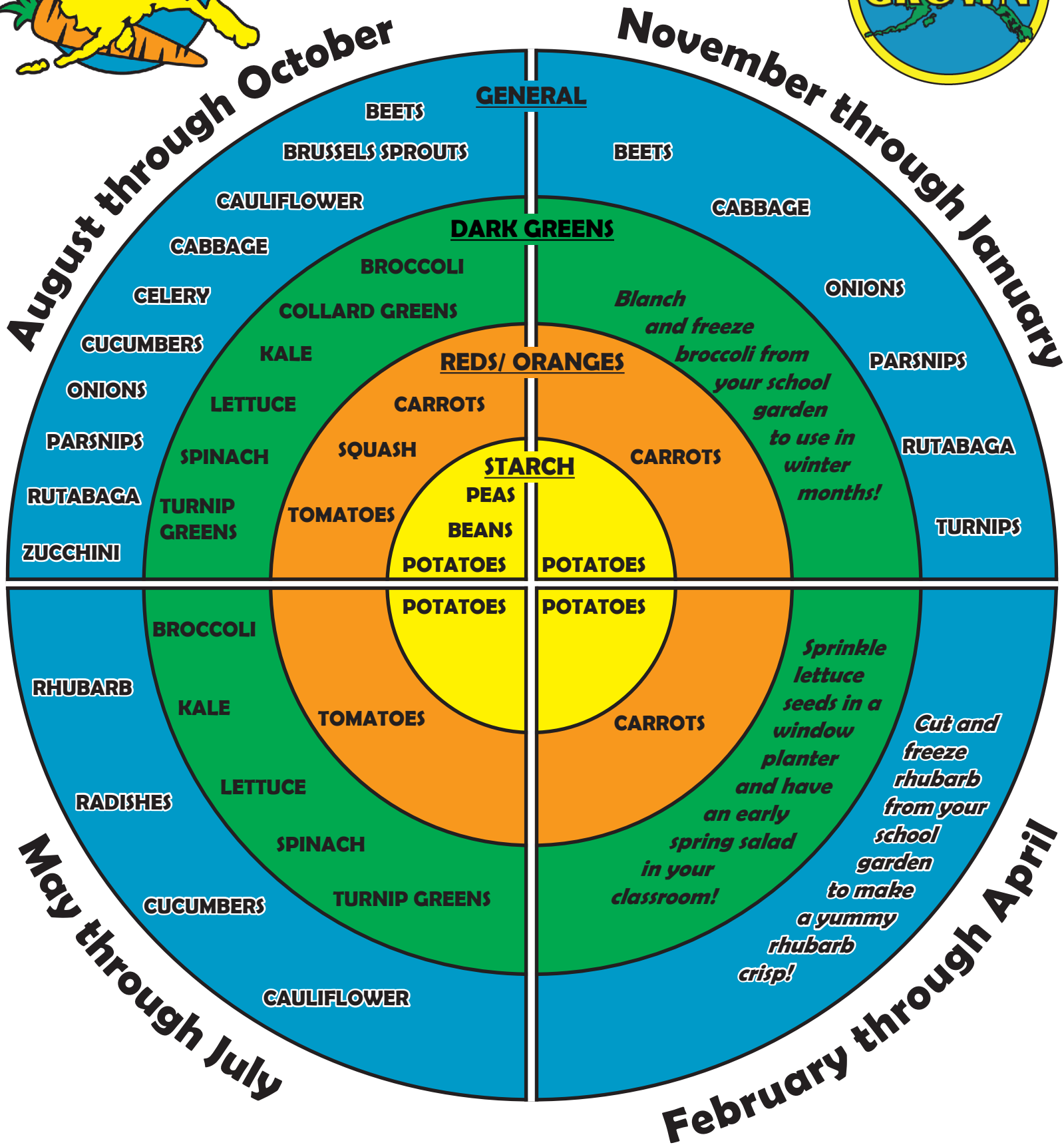
- ☐ Consider potential community partners who may be interested and available to volunteer during your celebration.
- ☐ Brainstorm activities that could take place at your site during the Week (we have added two documents in this toolkit to help you find great ideas: Activity Resources and Resources).
- ☐ Modify existing learning games into Alaska-focused activities (example: play a game of beanbag hot potato and talk about Alaska potatoes as you play).

Share.

- ☐ How can you share your celebration with your community during the Week?
- ☐ Which community partners will help you share your celebration?
- ☐ How can you feature your Alaska-sourced menu to your community?
- ☐ Contact Alicia Maryott, Beth Seitz, or Ann-Marie Martin at Child Nutrition Programs or Jodie Anderson at Alaska Farm to School (see Resources page for contact information) to let them know if you are participating in the Alaska Farm to Summer Week celebration!!
- ☐ Plan your celebration! – For example, contact potential partners, plan procurement, select activities, identify opportunities to share, and consider how you can track your success (see Resources page for one possible method you might use)
- ☐ Celebrate!!! – Tell your community what you did, how you did it, and how much everyone loved it!!! ENJOY!
- ☐ Let US know what you did!! **It isn't bragging if it is true!!!** Send us pictures, descriptions, post in social media with **#akfarmtosummerweek** – also, if you complete a short participation survey, you will be entered to win prizes!!

TARGET ALASKA GROWN!

Produce Availability Chart





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Alaska Grown and eating local doesn't just mean fruits and vegetables! We have compiled a brief list of the most common options that you can use in your local meals.



Dairy

Milk (only available in Southcentral Region)

Meat

Beef, pork, sheep, bison, yak, buffalo, goat, moose*, reindeer*, elk*



Poultry

Chicken, duck, goose, turkey, ptarmigan*

Fish

Salmon, trout, grayling, halibut, herring, white fish, stickleback, pollock



Grains

Barley, oat, wheat, rye

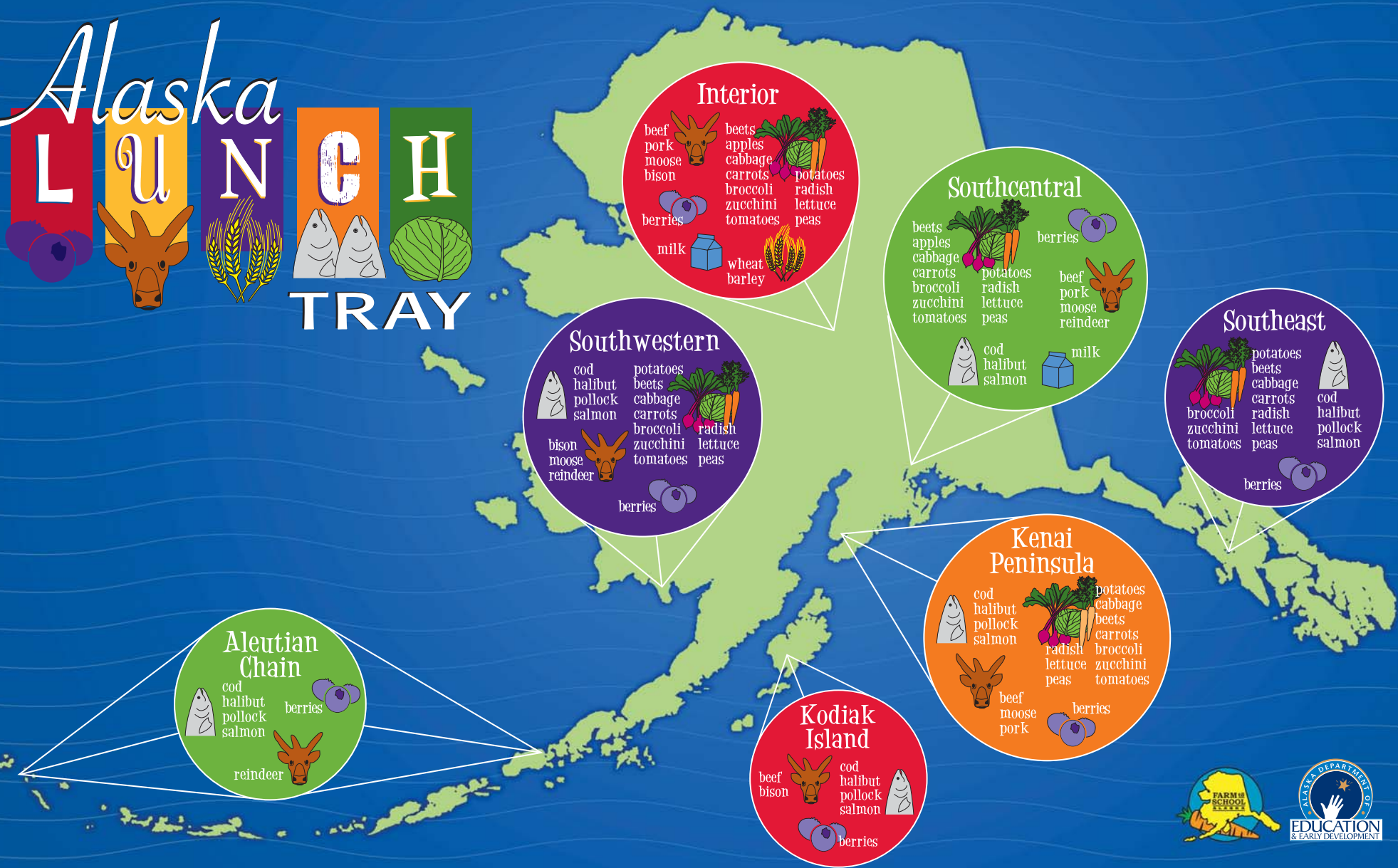
Honey

Comb honey, strained honey



*The Alaska Department of Education and Early Development has procedures established for use of traditional foods and donated fish and game. For more information, go to: <https://www.eed.state.ak.us/cnp/tfdgf>

Alaska LUNCH TRAY





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Here is an example meal plan that your site might use to incorporate local products into each lunch during Farm to Summer Week.

Monday	Tuesday	Wednesday	Thursday	Friday
Submarine Sandwich on Whole Wheat Roll	Whole Wheat Spaghetti with Meat Sauce	Chef Salad (<u>lettuces and carrots</u>)	Oven-Baked Fish Nuggets (<u>Alaska pollock</u>)	Whole Wheat Cheese Pizza
Three Bean Salad (<u>local green beans</u>)	<u>Local Barley Roll</u>	Whole Wheat Soft Pretzel	Whole Wheat Roll	Caesar Salad (<u>Romaine</u>)
<u>Strawberries</u>	<u>Broccoli & Cauliflower</u>	<u>Local Snap Peas</u>	<u>Roasted Kale</u>	<u>Grape Tomatoes</u>
Kiwi Halves	Banana	Canned Peaches	Cantaloupe Wedges	
Skim and low-fat Milk	Skim and low-fat Milk	Skim and low-fat Milk	Skim and low-fat Milk	Skim and low-fat Milk

*** REMEMBER! Tell people about how you use local foods in your menus! ***



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Activity Resources

Curriculum and Lesson Ideas

Dig In! – Lessons to engage 5th and 6th graders in growing, harvesting, tasting, and learning about fruits and vegetables.

<https://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground>

The Great Garden Detective Adventure – Curriculum for 3rd and 4th grades include bulletin board materials, veggie dice, fruit and vegetable flash cards, and ten issues of Garden Detective News for parents/caregivers.

<https://www.fns.usda.gov/tn/great-garden-detective-adventure-standards-based-gardening-nutrition-curriculum-grades-3-and-4>

Grow It, Try It, Like It! Nutrition Education Kit – Nutrition Education Kit from USDA featuring MyPlate. This curriculum is a garden-themed nutrition education kit for child care center staff.

<https://www.fns.usda.gov/tn/grow-it>

Fish to Schools Classroom Lessons – Stream to Plate Curriculum

<https://d3n8a8pro7vbm.cloudfront.net/sitkawildorg/pages/1359/attachments/original/1486437644/Untitled.pdf?1486437644>

Farming, Fishing, and Gardening

Making the Farm Connection: A Guide to Field Trips for Farmers

<http://caff.org/wp-content/uploads/2010/07/MakingtheFarmConnection.pdf>

Alaska School Garden Food Safety Guidelines and Checklists

https://www.farmtoschoolalaska.org/wp-content/uploads/2017/08/SchoolGardenFoodSafetyGuide_2017jma.pdf

The Alaska Department of Fish and Game Salmon in the Classroom Curriculum

<http://www.adfg.alaska.gov/index.cfm?adfg=curricula.salmon>

Alaska Farm to School Website

There are many resources you can find that have activities for all grade levels. In the Resources tab, you'll find Alaska Farm to School Month documents, Harvest of the Month documents, recipes with Alaska Grown products, and National Farm to School information. In the Schools tab, the Curriculum link will send you to a page with many more activities to try and other Alaska resources.

<http://dnr.alaska.gov/ag/FarmToSchool/CarrotseedtapeAKAgDay2017.pdf>



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Where can I find local foods?

Direct Options



Gardens –
School or Local



Farms and Farmer's
Markets

Procurement Tips

- For the best results, contact potential local food sources in advance.
- For great local food resources, search for options available at buyalaskagrown.com/buy/

Indirect Options



Food Retailers and
Food Banks



Distributors



Meal Vendors



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The Local Food Hero posters were created so that summer meal participants could see where their food came from. We've turned the poster into a template so that individual sites can proudly display members of the community who have helped get local foods into their kitchen and onto kids' plates. Here are some instructions on how to use the different parts of the template.

- To change any text:
 - Click on the text that you would like to edit.
 - Delete unwanted text and replace.
 - Quote font size and Hero Fun Facts font size can be changed to make more space or to fill up the text boxes.
- To add a background picture:
 - Right-click any of the white background not covered by an image or text box.
 - Select "Change Picture..."
 - In the "Insert Pictures" window that pops up, browse "From a file". From here, you can insert any image saved to your computer.
 - Resize and/or crop the image until it fills the background of the poster.
- To add a smaller inset picture of the farmer or the farm (bottom right):
 - Right-click anywhere on the cream-colored square.
 - Select "Change Picture..."
 - In the "Insert Pictures" window that pops up, browse "From a file". From here, you can insert any image saved to your computer.
 - Behind the cream-colored square is an outline of the shape. If you like how these proportions look, resize and/or crop your image until it covers the outline on the poster.



Local Food Hero:



(Insert Farmer/Farm Name Here)

Food Hero Fun Facts

(Use bullet points to describe your hero's history, location, and how they've impacted the students at your school.)

(Insert a quote from your Local Food Hero about local foods.)



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Resources

Child Nutrition Program Coordinators

Summer Food Service Program (SFSP) & CACFP At-Risk:

Alicia Maryott - alicia.maryott@alaska.gov

Child and Adult Care Food Program (CACFP):

Ann-Marie Martin - annmarie.martin@alaska.gov

National School Lunch Program (NSLP):

Beth Seitz - elizabeth.seitz@alaska.gov



Farm to School Coordinator, Alaska Division of Agriculture



Jodie Anderson - jodie.anderson@alaska.gov

<https://www.farmtoschoolalaska.org>

<http://buyalaskagrown.com/buy/>



Alaska SNAP-Ed



Kathleen Wayne, Family Nutrition Programs -

kathleen.wayne@alaska.gov

<http://dhss.alaska.gov/dpa/Pages/nutri/snap-ed.aspx>

Reina Hastings, UAF-Cooperative Extension Services - rhasting@alaska.edu

Velda Miller, Southcentral Foundation - vmiller@southcentralfoundation.com

Rachel Harris, SEARHC -Alaska Island Community Services - rharris@searhc.org

USDA Resources



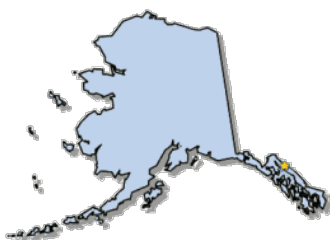
SNAP-Ed Connection: <https://snaped.fns.usda.gov/>

USDA Farm to School Census: <https://farmtoschoolcensus.fns.usda.gov/home>

USDA Capacity Builder: <https://www.fns.usda.gov/capacitybuilder>

USDA Farm to Summer Page: <http://www.fns.usda.gov/farmtoschool/farm-summer>

Other Great Alaska Sources



Department of Environmental Conservation – Division of Environmental Health

Donated Traditional Foods Toolkit

<http://dec.alaska.gov/eh/fss/food/traditional-foods>

Sitka Conservation Society – A guide to serving local fish in school cafeterias

https://d3n8a8pro7vhmx.cloudfront.net/sitkawildorg/pages/1359/attachments/original/1486437614/guide_to_serving_local_fish.pdf?1486437614

Alaska Department of Fish and Game – Early childhood education resources for learning about the natural world

<http://www.adfg.alaska.gov/index.cfm?adfg=educators.earlychildhood>

Aleutian Pribilof Islands Association - Qaqamiiġuġ “to hunt or fish for food and collect plants; subsistence” – A Head Start Traditional Foods Preschool Curriculum

<https://www.apiai.org/services/education/head-start/qaqamiigux-head-start-traditional-foods-preschool-curriculum/#curriculum>

Taste Tests and Evaluation -

A great way to get new Alaska Grown foods onto your menus for meals and snacks is to do a simple taste test. We have created an all age appropriate, half page evaluation to give your students so they can evaluate the Alaska Grown food they tasted to see whether this is a good potential to add to your menus or a food that needs some recipe help.

The evaluation worksheet is included as a resource in this toolkit and is called the “Taste Test Evaluation”



You Tried Alaska Grown Today!!!

You tried an Alaska Grown food today – What did you think?

Write the name of the Alaska Grown food you tried and then circle the faces below to let us know how you feel about what you tasted!

The Alaska Grown food I tried today was: _____

The food looked:



The food tasted:



The food smelled:



The food made me feel:



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The food tasted:



The food smelled:



The food made me feel:

