



# Bringing the Farm to your School

Finding, Procuring and Serving Local and Unprocessed Foods

July 13, 2021 | Beth Hanna

Professional Standards: 1200 Nutrition Education, 4100 Communications and Marketing

# Agenda

- Welcome
- Strategies for Finding, Procuring and Serving Local and Unprocessed Foods
- Partner Sharing of Best Practices and Resources
- Question and Answer
- Review

# Purpose and Objective

- Purpose: Share strategies to increase amount of locally grown and unprocessed foods procured by DC SFAs.
- Objective: Participants will be able to identify ways to **find**, **procure** and **serve** locally grown and unprocessed foods for their school meal program.

# Warm-Up

- The food in my school meal program comes from a...
  - ☐ A. Vendor or Food Service Management Company
  - ☐ B. Distributor
  - ☐ C. Food hub or cooperative
  - ☐ D. Farm
  - ☐ E. School garden
  - ☐ F. Combination of places
  - ☐ G. Other

# Key Terms

- Farm to school connects schools and local farms with the objectives of serving healthy meals in schools; improving student nutrition; providing agriculture, health and nutrition education opportunities; and supporting local and regional farmers. Farm to school, at its core, is about establishing relationships between local foods and school children by way of including, but not limited to:
  - Locally grown and unprocessed foods in school meals – breakfast, lunch, after-school snacks—in classrooms and as taste tests;
  - Educational activities related to agriculture, food, health or nutrition such as nutrition education curricula, farm tours, farmer in the classroom sessions, culinary education, educational sessions for parents and community members, and visits to farmers' markets; and
  - School gardens as an opportunity for hands-on learning.

# Key Terms

- Locally grown: From a grower in Delaware, the District of Columbia, Maryland, New Jersey, North Carolina, Pennsylvania, Virginia and West Virginia.
- Sustainable Agriculture: An integrated system of plant and animal production practices having a site-specific application that will, over the long-term satisfy human food and fiber needs. Enhance environmental quality and the natural resource base upon which the agriculture economy depends, make the most efficient use of nonrenewable resources and on-farm resources and integrate, where appropriate, natural biological cycles and controls, sustain the economic viability of farm operations, and enhance the quality of life for farmers and society as a whole.
- Geographic Preference: A preference applied to the bid for the procurement of locally grown and unprocessed foods.
- Unprocessed: Foods that are nearest their whole, raw and natural state, and contain no artificial flavors or color, synthetic ingredients, chemical preservatives, or dyes. Food that undergoes the following processes shall be deemed to be minimally processed: cooling, refrigerating, or freezing; size adjustment through size reduction made by peeling, slicing, dicing, cutting, chopping, shucking, or grinding; drying or dehydration; washing; The application of high water pressure or “cold pasteurization” ; packaging such as placing eggs in cartons, and vacuum packing and bagging, such as placing vegetables in bags; butchering livestock, fish, or poultry; and the pasteurization of milk.


# The Healthy Schools Act

- Schools shall serve locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices whenever possible.
























# The Importance of Farm to School

- Economic development
  - Farmers and producers
  - School meal programs
- Public health
  - Student nutrition behaviors
  - Knowledge, attitudes, access
- Education
  - Student engagement and academic achievement
- Environment
  - Reduction of food waste
  - Sustainability
- Community engagement

 National Farm to School Network 4

### Summary of Farm to School Benefits

Population	Reach	Benefits
<b>Students</b>		
Fruit and vegetable consumption	Increased +0.99 to +1.3 servings per day	Public Health 
Physical activity	Reduced screen time and increased physical activity	Public Health 
Health	Mitigated diet-related diseases such as childhood obesity and diabetes	Public Health 
Food system awareness	Increased knowledge about gardening, agriculture, healthy food, local food, seasonality	Public Health Education 
Food choices	Willingness to try new and healthy food; choosing healthier options in the cafeteria and at home	Public Health Education Community Engagement 
Academic achievement	Overall improvement in both grades and test scores (K-12)	Education 
Behavior	Improved life skills, self-esteem, social skills and other types personal growth	Education 
<b>Schools</b>		
Meal participation	Average increase of 9% (range 3% to 16%)	Economic Development Public Health 
Meal cost	Lowers school meal program costs	Economic Development 
Local food sourcing	Reaching up to 50% of all produce purchases in season	Economic Development Environment 
Cafeteria options	Increased offerings of fruits and vegetables; new seasonal recipes; new waste management policies	Public Health Environment 
Food service staff	Improved morale; increased knowledge of local food	Education Community Engagement 
Educators	Positive diet and lifestyle changes; greater intent to integrate farm to school activities in the classroom	Public Health Education Community Engagement 
Learning opportunities	Greater opportunity for hands-on, active and experiential learning opportunities	Public Health Education 
<b>Farmers and Producers</b>		
Income	Average increase of 9%	Economic Development 
Markets	Increased diversification and new opportunities	Economic Development Community Engagement 
<b>Families and Community Members</b>		
Local economy	\$0.60-\$2.36 economic activity generated for every \$1 spent	Economic Development 
Job creation	Each new farm to school job contributes to the creation of additional 1.67 jobs	Economic Development Community Engagement 
Low-income students and students of color	Decreases health risks; encourages community engagement in environmental issues	Public Health Community Engagement 
Parents and families	Increased food security and positive diet changes; increased student participation in meals at home	Public Health Community Engagement 
Food waste and transportation	Decreased food waste; decreased air pollution	Environment 

The Benefits of Farm to School, NFSN  
[www.farmtoschool.org/Resources/BenefitsFactSheet.pdf](http://www.farmtoschool.org/Resources/BenefitsFactSheet.pdf)





## Finding Local and Unprocessed Foods

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## Procuring Local and Unprocessed Foods

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1. The Distributor agrees to source locally-grown or raised unprocessed foods from growers engaged in sustainable agriculture practices whenever possible.
2. The Distributor will provide a quarterly summary report, stating which farm supplies the locally grown or raised agricultural products, amount, and type purchased for that period.
3. The Distributor will participate in SFA farm to school events by sourcing local produce for Strawberries and Salad Greens Day and Growing Healthy Schools Month.

#### Farm to School Language (New Section C.8)

Options (include those that correspond with your needs):

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- [SFA Name] will require the Distributor to have a contact person designated to coordinate with our menu committee on a quarterly basis to communicate the local products that can be placed on the menu. Meetings will be set up at least quarterly so local product menu needs can be met.
- As feasible, [SFA Name] hopes to coordinate staff and student visits to farms. Educational opportunities may be tailored to the interest level and capacity of each farmer.

#### Materials/Information:

- The Distributor will provide SFA with materials (posters, displays, etc.) providing information about the farm/farmers/school garden from which food was source.
- The Distributor will provide SFA with information highlighting nutrition, agriculture, and food system careers to showcase career opportunities within food-related fields.



Serving Local and Unprocessed Foods

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# Partner Sharing

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# DC CENTRAL KITCHEN: FARM TO SCHOOL

WE FIGHT HUNGER DIFFERENTLY





# DCCK LOCAL SOURCING BY THE NUMBERS

- In SY 2020-21:
  - \$66,943 spend with local farms on locally grown, unprocessed products for our school meals.
    - 18% was on locally grown and unprocessed.
    - 40% of the produce we purchase was locally grown
  - 2% of our local spend this year was with minority farms, a goal we are looking to really increase in the coming year.



# FARM PARTNERSHIPS



DIRECT FROM  
FARMS



FOOD HUBS



WHOLESALE  
DISTRIBUTORS

# DIRECT FROM FARMS

- DCKK purchases some produce items directly from farmers:
  - Benefits-
    - Lowest price as there is no middle-man and supporting the local farm directly
    - Fresh as possible since delivered direct from farm
  - Cons-
    - Delivery minimum to meet, not as flexible delivery days
    - Individual payments and ordering with each farm, so more to manage.
    - Availability, there is not another option if they don't have the product.





# FOOD HUBS

- DCCK works with three food hubs to source local- 4P Foods, Dreaming out Loud and Common Market
- Benefits-
  - Source from many farms but one order, delivery and payment.
- Cons-
  - Sometimes the price is higher than direct from farm to cover their costs.



# WHOLESALE DISTRIBUTORS

- DCCK also uses our wholesale distributors partners to source local from their robust local lists.
- Benefits
  - We are already ordering from these vendors
  - Competitive pricing
- Cons
  - Farm identification is sometimes challenging
  - Limited local selection





# Question and Answer

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# Review

- According to the Healthy Schools Act: "Schools shall serve locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices whenever possible."
- The [Locally Grown and Unprocessed Food Item Tracking Log](#) is how schools report locally grown and unprocessed foods served.
- [Growing Healthy Schools Month](#) and [Strawberries & Salad Greens Day](#) are great ways to celebrate farm-to-school.
- There are lots of helpful [resources](#) to help you bring farm-to-school to your school.

# Resources

- National
  - [USDA's Food and Nutrition Service's Office of Community Food Systems](#)
  - [National Farm to School Network](#)
  - [Benefits of Farm to School](#)
- DC
  - [Farm to School Program Page](#)
  - [Growing Healthy Schools Month](#)
  - [Strawberries & Salad Greens Day](#)
  - [Locally Grown and Unprocessed Food Item Tracking Log](#)
  - [Is That Local? Fact Sheet](#)
  - [Healthy Schools Act Report: Farm-to-School](#)