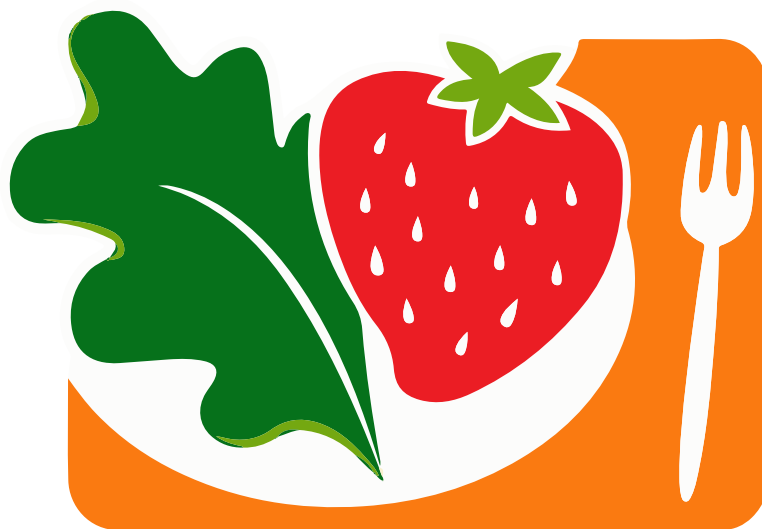




District of Columbia  
Office of the State Superintendent of Education

presents



# Strawberries & Salad Greens

#berriesandgreens

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**RESOURCE PACKET  
FOR SCHOOLS**



## THE BASICS

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Since 2011, District of Columbia schools and other educational sites have used Strawberries & Salad Greens Day as a way to showcase locally grown produce in school meals and educate students about the many benefits of eating foods grown in or near Washington, DC. In addition to serving locally grown strawberries and salad greens as a part of the National School Lunch Program (NSLP), many schools also choose to incorporate hands-on learning activities into their event. In past years, schools have hosted educational stations in the cafeteria during lunch, activities in the classroom during the school day, or special celebrations as a part of after school programming.

Whether you are new to the event or a long-time participant, we hope you will join schools across the District in this year's Strawberries & Salad Greens Day. For more information and to register, please visit [osse.dc.gov/service/strawberries-salad-greens-day](https://osse.dc.gov/service/strawberries-salad-greens-day).

## THE BACKGROUND

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School districts across the country are sourcing local food, offering educational activities related to agriculture, food, health and nutrition, and engaging students in hands-on learning through gardening. This nationwide movement to enrich children's bodies and minds while supporting local economies is referred to as "farm to school." The farm-to-school movement in DC was significantly bolstered when the DC Council passed the Healthy Schools Act of 2010, a landmark law designed to improve the health and wellness of students attending DC public and public charter schools. Born out of the Healthy Schools Act, the Office of the State Superintendent of Education's (OSSE's) Farm to School Program assists schools in procuring and serving local foods by incorporating farm-to-school concepts into the school environment through teacher training, technical assistance and District-wide events such as Growing Health Schools Month and Strawberries & Salad Greens Day.

## THE BENEFITS

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According to the National Farm to School Network, farm-to-school events like Strawberries & Salad Greens Day provide children access to nutritious, high-quality, local food so they are ready to learn and grow and enhance classroom education through hands-on learning related to food, health, agriculture and nutrition. As one component of a comprehensive farm-to-school program, Strawberries & Salad Greens Day can play a part in increasing students' willingness to try new foods and healthier options, knowledge and awareness about local foods and consumption of fruits and vegetables.

## QUESTIONS?

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Have questions regarding this event? Contact the School Programs Team at [osse.nutritionprogram@dc.gov](mailto:osse.nutritionprogram@dc.gov) for more information.

### CHECKLIST

Please use the checklist below to help you plan and achieve a wonderful and impactful Strawberry & Salad Greens Day event.

#### ☐ STEP 1: REGISTER

Visit [osse.dc.gov/service/strawberries-salad-greens-day](https://osse.dc.gov/service/strawberries-salad-greens-day) to register and participate in Strawberries & Salad Greens Day.

#### ☐ STEP 2: ORDER

Apart from your students, the stars of Strawberries & Salad Greens Day are... strawberries and salad greens. See the following page for tips on getting these local products from your food service management company, vendor, distributor, or farmer and into student lunches.

#### ☐ STEP 3: PLAN

Adequate time for planning will help ensure a great day-of event. Invite providers, administrators, other site staff, and parents to share their vision of the best-ever Strawberries & Salad Greens Day. Need some inspiration? Review the Strawberries & Salad Greens Day website, this resource packet, or scroll through social media using the hashtag #berriesandgreens.

#### ☐ STEP 4: PROMOTE

Create excitement before the event through morning announcements, special projects and plenty of reminders.

#### ☐ STEP 5: ENJOY

You made it! Thanks to your efforts, students will be enjoying local strawberries and salad greens in their school meal and partaking in activities that will help them be proud of the role they play in the local food system. Snap some pictures of those big smiles you are sure to see!

## RESOURCES

The pages that follow contain resources designed to make the most of your Strawberries & Salad Greens Day in the cafeteria, within the classroom and throughout the school. The included tips, talking points and activity ideas may be helpful for cafeteria staff, teachers and other school personnel as they prepare for and encourage participation in Strawberries & Salad Greens Day.

### CAFETERIA RESOURCES

The following tips are applicable to anywhere school meals are served -- lunch in the cafeteria, breakfast in the classroom, after-school snack in the multi-purpose room, or any combination.

Remember, the Healthy Schools Act defines local as grown in DC, Maryland, Virginia, West Virginia, North Carolina, Pennsylvania, Delaware, or New Jersey; however, a preference is given to produce from DC, Maryland and Virginia.

#### HOW DO I ORDER LOCAL STRAWBERRIES AND SALAD GREENS?

- Strawberries and salad greens can be offered as a part of the reimbursable meal in the National School Breakfast or Lunch programs.
- Communicate your interest in Strawberries & Salad Greens Day to your food service management company or vendor. Chances are your vendor may be aware of the event and is already prepared for you to participate.
- Reach out to your produce distributor for help in sourcing local strawberries and salad greens.
- Strawberries and salad greens may be available for order through the Department of Defense [DoD Fresh](#) Fruits and Vegetable Program.
- Elementary schools that participate in the Fresh Fruit and Vegetable Program (FFVP) can use grant funds to purchase local strawberries or salad greens as a snack on Strawberries & Salad Greens Day. Items purchased with FFVP funds should be offered during regular FFVP snack times and cannot be offered during breakfast, lunch, or after school.
- Connect directly with local growers. Use the resources below to find a farmer in your area.
  - OSSE Farm to School: [Local Foods Toolkit](#)
  - DC Greens' Farm to School Approved List: Farm to School Approved — DC Greens
  - FARMFRESH Farmers' Markets: [Farmers Markets – FRESHFARM](#)
  - Local Harvest: [Local Farms near Washington, DC - LocalHarvest](#)
  - USDA Local Food Directory: [Local Food Directories: National Farmers Market Directory | Agricultural Marketing Service \(usda.gov\)](#)
  - Food Hubs & Co-ops: [Local Food Directories: Food Hub Directory | Agricultural Marketing Service \(usda.gov\)](#)
  - USDA's Procuring Local Food for Child Nutrition Programs
  - Maryland's Best: [Marylands Best | Linking Maryland Farmers with Consumers](#)
  - Buy Local Virginia: [Find Local Food - Virginia \(buyfreshbuylocal.org\)](#)

The term salad green encompasses a whole bunch of greens and raw leafy greens. Romaine, arugula, spinach and kale make great options for Strawberries & Salad Greens Day. See [choosemyplate.gov/vegetables](#) for a list of items that meet the dark green vegetable subgroup requirement.

#### HOW DO I SERVE LOCAL STRAWBERRIES AND SALAD GREENS?

Whether as a taste test or components of a whole local meal, there are a variety of ways to participate in Strawberries & Salad Greens Day.

- Service Ideas
  - Highlight two preparations of strawberries and salad greens, and have students vote on their favorite.
  - Hold a contest to name a special Strawberries & Salad Day recipe.
  - Consider how your students will be most receptive to strawberries -- whole, hulled, sliced -- you know your eaters best.
  - Post the Strawberries & Salad Greens Day logo in a highly visible location so students remember that what they see in their lunch, on the salad bar, or at a tasting station are the strawberries and salad greens they have been so excited to taste!
- Recipe Inspiration
  - [Strawberries & Salad Greens Day Recipe Book \(2014\)](#):
  - Think of a new recipe? Showcase it on social media with the hashtag #berriesandgreens.
  - USDA has developed several recipes featuring salad greens that meet NSLP requirements. [Find them here](#)

Reminder: One goal of Strawberries & Salad Greens Day is to support local farmers by purchasing the fruits (and vegetables) of their labor. Always inquire about purchasing strawberries and salad greens for your event, but be open to donations if they are offered.





## CLASSROOM RESOURCES

Strawberries & Salad Greens Day is a great time to incorporate a food system or nutrition lesson into your everyday classroom schedule. Click through the free resources below for a variety of lessons for students of all ages. See OSSE's Nutrition Education Plan for more support in enhancing students' acceptance and consumption of healthy food items, as well as their knowledge of nutrition concepts and how to apply these to their daily routine.

GRADE LEVEL K-5:

### National Agriculture in the Curriculum

#### [Parts of a Plant](#) (grades K-2)

*Students will identify the structure and function of plant parts and classify fruits and vegetables according to which parts of the plants are edible.*

### Community GroundWorks

#### [Got Veggies?](#) (grades K-5)

*Got Veggies? is a garden-based nutrition education curriculum. The primary goal of garden-based nutrition education is to get children to eat more fresh fruits and vegetables.*

### Massachusetts Farm to School

#### [Salad Greens Worksheets](#) (grades K-5)

*These adapted educational materials provide schools with easy-to-use teaching points and worksheets for brief nutrition education activities related to salad greens.*

### Cornell Garden Based Learning

#### [Seed to Salad](#) (grades K-5)

*Seed to Salad is an adaptable project that genuinely engages young people in growing salad gardens of their own. This curriculum provides opportunities for youth decision-making and participation in activities that involve nutrition, physical activity, art, planning and problem solving, math, science and language arts.*

### Kids Gardening

#### [Lettuce be Healthy](#) (grades K-5)

*The Lettuce be Healthy lesson plan provides ideas for growing salad indoors in a fun, easy and inexpensive way to bring greenery into your classroom and diet.*

### Cooking with Kids: Free Tasting Lessons

#### [Salad Tasting](#) (grades 2-3)

*The Cooking with Kids curriculum uses a hand-on approach that teaches kids how to make healthy food choices. The Salad Tasting Lesson includes a lesson plan, worksheets, farmer's letter, food history, and nutrition information. The lesson is written for grades 2-3 and is provided in both English and Spanish.*

### Growing Minds, Appalachian Sustainable Agriculture Project

#### [Giving Thanks to Farmers](#) (grades K-2)

#### [Strawberries](#) (grades K-5)

#### [Greens](#) (grades K-5)

#### [Eating in Season](#) (grades 3-5)

#### [Measurement: Inch by Inch, Row by Row](#) (grades 3-5)

*"Growing Minds" is part of the Appalachian Sustainable Agriculture Project. They aim to bring awareness around local farming. These farm to school lessons include information about seasonality of fruits and vegetables, activities, journal topics, books to read and recipes to try in the classroom or at home.*

### USDA Resources

#### [Spinach Lane](#) (grades K-1)

#### [The Strawberry Patch](#) (grades K-1)

#### [Freshest Fruit](#) (grades K-2)

#### [The Great Garden Detective Adventures](#) (grades 3-4)

#### [Luscious Leaves](#) (grades 3-5)

#### [Dig In! Standards-Based Nutrition Education from the Ground Up](#) (grades 5-6)

### USDA Resources

[Dig In! Standards-Based Nutrition Education from the Ground Up](#) (grades 5-6)

[Use of Biotechnology in Selecting the Right Plants- Strawberries](#) (grades 6-8)

*National Agriculture in the Classroom is a USDA resource that provides lesson plans for educators and parents. Included are specific lessons that pertain to growing fruits and vegetables, seasonality of fruits and vegetables - and, of course, strawberries and greens!*

### Fruits & Veggies More Matters

Greens: (grades 6-12)

- [Spinach](#)
- [Ten Ways to Enjoy Spinach](#)
- [Arugula](#)
- [Iceberg Lettuce](#)
- [Romaine Lettuce](#)
- [Red Leaf Lettuce](#)
- [Ten Ways to Enjoy Kale](#)

Strawberries: (grades 6-12)

- [Five Unique Ways to Eat Strawberries](#)
- [Super Strawberries](#)
- [Ten Ways to Enjoy Strawberries](#)
- [Strawberry](#)

*Fruits & Veggies: More Matters strives for Americans to eat more fruits and vegetables for better health. As part of their initiative, they have created educational materials about specific fruits and vegetables, how to buy them, eat them and why.*

### Teach the Food System

[Teaching the Food System](#) (grades 6-12)

*Johns Hopkins Bloomberg School of Public Health created the "Teach the Food System" curriculum as part of their "Project of the John Hopkins Center for a Livable Future." This curriculum was created to teach the relationship between diet, health, food production, the environment, population and equity. There are three units within this curriculum.*

*Unit I: Introduction to the Food System*

*Unit II: From Field to Plate*

*Unit III: Eating, Nutrition, and Food Environment*

### Fruit and Vegetable Nutrients / MyPlate Guidelines

[Fruits and Vegetables](#) (grades 9-12)

*Lesson Objectives:*

- Students will explain the importance of fruits and vegetables for a healthy eating style.*
- Students will describe MyPlate guidelines for fruit and vegetable intake.*
- Students will identify important nutrients found in fruits and vegetables.*

[National Agriculture in the Classroom](#)



## SCHOOL-WIDE RESOURCES

Below are sample morning announcements to get students and teachers excited for Strawberries & Salad Greens Day.

**Before the event:** “Believe it or not, there are hundreds of farms within a short drive from our school. Lunch tomorrow is going to feature two local foods – sweet, juicy strawberries and crisp, cool salad greens! Local foods benefit our nearby farmers because they make a living growing food for our community. Local foods taste delicious, too. Be sure to try the local strawberries and salad greens in your lunch tomorrow!”

**Day of:** “Today is a berry special day -- lettuce tell you why. It’s Strawberries & Salad Greens Day! Did you know that strawberries are in the same family as roses? Or that lettuce is a part of the sunflower family? Be sure to look out for healthy and delicious strawberries and salad greens in your lunch TODAY!” We love to see your students, teachers and school staff in action on Strawberries & Salad Greens Day, so please remember to take pictures. If your school uses social media, feel free to use the special hashtag #berriesandgreens See below for some examples.

**Leading up to the event:** There is just one month until Strawberries & Salad Greens Day! Did you know strawberries have on average 200 tiny seeds on each berry? #berriesandgreens

We are one week away from Strawberries & Salad Greens Day! Students will get to try juicy strawberries and crunchy salad greens. #berriesandgreens

Tomorrow is Strawberries & Salad Greens Day! We can’t wait for our students to taste & learn about locally grown foods! #berriesandgreens

**Day of:** Today is Strawberries & Salad Greens Day! Our students will try locally grown strawberries and salad greens at lunch! #berriesandgreens

Share the word with the school community and beyond by announcing Strawberries & Salad Greens Day in your school newsletter and meal menu. Encourage students to make posters or fliers to hang in the office or other prominent locations. Send home a letter to families to remind them to encourage their children to have school lunch on Strawberries & Salad Greens Day.

Find a template on the OSSE website at [Strawberries & Salad Greens Day | osse \(dc.gov\)](https://osse.dc.gov/Strawberries-Salad-Greens-Day)

Here are some fun facts to incorporate into your school-wide promotion of Strawberries & Salad Greens Day.

### Nutrition and Fun Facts about Strawberries

- Strawberries have a lot of Vitamin C - One cup can give you more Vitamin C than an orange! They are also high in folate, fiber, potassium, manganese and other antioxidants.
- Strawberries are actually the same type of plant as a rose - they are in the same family.
- Strawberries are the only fruit that wear their seeds on the outside.
- Unlike a lot of other fruits, strawberries do not continue to ripen after picking.
- On average, there are 200 tiny seeds that contain fiber on every strawberry.
- Strawberries are the first fruit to ripen in the spring.
- Strawberries are the most popular berry in the United States.
- California is the largest producer of strawberries in the United States, but strawberries are grown in every US state.
- There are three towns in the United States named Strawberry: Strawberry, AR, Strawberry, AZ and Strawberry, CA.
- The biggest strawberry in history weighed 8 ounces.
- A strawberry takes 30 days to mature from a flower to a fruit.
- California produces 1 billion pounds of strawberries each year.
- There are more than 600 varieties of strawberries.
- Each Americans consume nearly 5 pounds of strawberries each year!
- Native Americans used to call strawberries, "heart-seed berries."
- There is a legend that strawberries were named in the 19<sup>th</sup> century by English children who picked the fruit, strung them on grass straws and sold them as "Straws of berries." Another theory is the name was derived from the 19<sup>th</sup> century practice of placing straw around the growing berry plants to protect the ripening fruit.
- 94 percent of US households consume strawberries.
- There is a museum in Belgium just for strawberries.
- Strawberries at room temperature are sweeter than cold strawberries.
- If all the strawberries produced in California in one year were laid berry to berry, they would go around the world 15 times

### Nutrition and Fun Facts about Salad Greens

- Salad greens contain Vitamin A, Vitamin K and Vitamin C. These important vitamins help keep your eyesight strong, among other things.
- Darker greens, like spinach and kale, have more vitamins and minerals than lighter greens.
- The ancient Greeks believed that lettuce induced sleep, so they served it at the end of the meal.
- Iceberg lettuce is the least nutritious salad green, as the largest nutrient it provides is water. Can you name some different types of salad greens? Some examples are lettuce, arugula, collard greens, kale and spinach.
- Lettuce belongs to the sunflower family.
- Americans eat approximately 30 pounds of lettuce each year.
- California is the number one producer of leaf lettuce in the country.
- Popeye the Sailor man was created to increase spinach consumption in the US.
- Kale has been popular in Northern Europe for a long time. So popular that in Scotland, "come to kale" is used as a saying to invite people to dinner.
- Ancient Egyptians first considered lettuce a weed instead of a plant.
- Romaine received its name from the Roman gardens where it was found growing.
- Bright and bold-looking spinach leaves are related to a group of plants called goosefoots because of the shape of their leaves.

For more information and additional resources, please visit [Fruits & Veggies - Have A Plant \(fruitsandveggies.org\)](https://fruitsandveggies.org)

Post the DC Healthy Schools Act Seasonality Chart --



# Choose What's in Season!



Lots of fruits and vegetables are in season throughout the year in the DC area. Choose these in season fruits and vegetables for meals and snacks whenever possible!

Brought to you by the OSSE Farm to School and School Garden Programs

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MURIEL BOWSER, MAYOR

Choose [What's in Season!](#) Contact the School Programs Team at [osse.nutritionprogram@dc.gov](mailto:osse.nutritionprogram@dc.gov) for more information.



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