

## Northeast Iowa Farm to School E-mail Bulletin December 2009



**Welcome to the first electronic Farm to School Bulletin. The following tool is how we, at the Northeast Iowa Food and Fitness Initiative, plan to effectively communicate with your schools. The following contains important information regarding the Farm to School program.**

### **Farm to School Overview:**

Farm to School emerged in 2007 with several pilot schools in California and Florida, at present there are nearly 9,000 schools involved in 43 states. This nation-wide program connects K-12<sup>th</sup> graders with their local agricultural community. One of the main objectives of this program is to serve healthier school meals utilizing local foods, while also educating students about food systems. This education specifically focuses on where food comes from. The hope is that all participants in the Farm to School program will strengthen their knowledge about agriculture, food, nutrition and the environment.

This past fall the Food and Fitness Initiative (FFI) adopted the Farm to School program, believing that its goals encompassed the FFI's vision for creating healthier communities. For the first year, six school districts in northeast Iowa have been selected as Farm to School pilots. The six pilots are Decorah, Postville, Turkey Valley, Howard-Winneshiek, Oelwein, and Starmont. The focus of Northeast Iowa's Farm to School chapter involves three interdependent components-- education, food service, and school gardens. The following are how these components will take shape in the schools and surrounding communities: teacher trainings, cross age teaching, field days/producer visits, food service trainings, and school gardens.

Our goal, at the Food and Fitness Initiative, is that the Farm to School program becomes a sustainable part of each school's culture, and that this program will expand to other districts in northeast Iowa. Thank you pilot school for your commitment!

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### **Education:**

- **Farm to School Cross Age Teaching Training.** High school youth will learn how to teach Farm to School curriculum to second grade students. High school students will become familiar with Farm to School lesson folios, created by ISU Extension 4H Youth Development

Specialist Vanette Grover. Students should prepare to model lessons and give/receive feedback.

- When: January 13<sup>th</sup> and 14<sup>th</sup> (Snow dates January 19<sup>th</sup> and 20<sup>th</sup>) 8:30am to 3:00 pm.  
\*Please R.S.V.P. by going to <http://www.iowafoodandfitness.org/> select the Schools tab clicking on the Farm to Schools Pilot tab, and then follow the Cross Age Teaching Training link. R.S.V.P. by Thursday, January 7<sup>th</sup>
- Where: Room 367, Valders Hall, Luther College.
- Invitees: Area high school students and farm to school adult contacts
- Training provided by: Vanette Grover, Rachel Wobeter and Flannery Cerbin.
- Students and youth coaches should bring their own lunches.

➤ **Teacher Training.** Emily Neal, Environmental Outreach Director at Luther College, and will be conducting a teacher training for pilot teachers. The focus of the training will be for 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> grade teachers. Emily will explain how to effectively incorporate cross-disciplinary Farm to School curriculum into the classroom. Jason Martin-Hiner from Area Education Agency (AEA) will provide exposure to the Iowa Core standards. This training will count as a recertification.

- When: February 25<sup>th</sup> time TBA
- Where: Luther College specific location TBA
- Invitees: We're asking that 2<sup>nd</sup> grade teachers from Farm to School pilots attend.
- Training provided by: Emily Neal and other education specialists.

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## **Food Service:**

➤ **Food Service Director Planning Meeting:** Agenda includes conversations about the use of local foods, bidding, procurement, product availability, and common barriers. Followed by a discussion about next steps for local foods usage in school cafeterias. An assortment of local foods will be sampled as well.

- When: January 15<sup>th</sup> (Snow date January 19<sup>th</sup>) 9:00am -12:00pm.
- Where: Tap Out Stein and Dine, 122 Vine Street, West Union
- Invitees: Food service directors from every Farm to School pilot.
- Training provided by: Cindy Baumgartner, Johnice Cross, and Teresa Wiemerslage

\*R.S.V.P to Flannery Cerbin at [fcerbin@iastate.edu](mailto:fcerbin@iastate.edu) or 563-382-2949 by Thursday, Jan. 7<sup>th</sup>

➤ **ServSafe Training:** An 8 hour training that provides knowledge about food hazards and proper food handling practices in order to keep food safe in an establishment. Participants will receive a ServSafe® Essentials 5th Edition Manual and a 5-year ServSafe certification from NRAEF (Nat'l Restaurant Association Educational Foundation)--with a score of 75% or greater on the exam, given at the end of the day

- When: January 27<sup>th</sup> (Snow date January 28<sup>th</sup>) 8:00am-5:00pm.
- Where: Fayette and Upper Iowa rooms of Garbee Hall, Upper Iowa University.

- Invitees: Kitchen managers and selected staff.
- Training provided by Cindy Baumgartner & Jill Weber, ISU Extension nutrition & health specialists/registered ServSafe instructors.
- Lunch and beverages will be provided by UIU catering

\*RSVP to Flannery Cerbin at [fcerbin@iastate.edu](mailto:fcerbin@iastate.edu) or 563-382-2949 by Wednesday January 20<sup>th</sup>

➤ **SafeFood Training:** This 2 hour program is based on ServSafe and is designed to educate all food handlers on food safety basics. This is not a certifiable training.

- When: February 18<sup>th</sup> (Snow date February 24<sup>th</sup>) 3:30 pm-5:30 pm.
- Where: East Cafeteria room, Garbee Hall, Upper Iowa University.
- Invitees: Those food service staff who didn't attend the ServSafe Training
- Training provided by: Cindy Baumgartner & Jill Weber, ISU Extension nutrition & health specialists and Dr. Cathy Strohbehm, ISU HRIM professor/nutrition and food safety specialist.
- Snacks and beverages will be provided by UIU catering.

\*RSVP to Flannery Cerbin at [fcerbin@iastate.edu](mailto:fcerbin@iastate.edu) or 563-382-2949 by Thursday, Feb. 4<sup>th</sup>

## **School Gardens:**

➤ David Cavagnaro, horticultural expert, has the following plan to assist you in starting your school gardens:

- January- David Cavagnaro and Johnice Cross will meet with each district to identify who will comprise the core school garden team, explore ideas, challenges, and potential garden sites.
- February- Additional planning meetings. Review Seed Savers seed choices among other possibilities.
- April- Starting some seeds indoors if desired - tomatoes, peppers, lettuce, etc., or arrange for transplants. Preparation of garden ground.
- End of May and/or first week of June- spring planting outdoors - transplants as well as direct-seeding

David's email: [david.cavagnaro@gmail.com](mailto:david.cavagnaro@gmail.com)

## **Honorariums:**

Each pilot school will receive a **\$1,000** mini-grant for Farm to School projects. We ask that schools create a proposal on a letterhead that explains how you will use this funding. Please send this proposal to Rachel Wobeter and Flannery Cerbin by March 31<sup>st</sup>, 2010 at

ISU Extension- Winneshiek County, 911 S. Mill Street, Decorah, IA 52101. Rachel and Flannery will contact you by April 14<sup>th</sup>, 2010 if your proposal for the use of the \$1,000 has been approved. After your plan has been approved, when your school makes a purchase, please complete a purchase order through your school and send FFI the bill (see address above).

**EDUCATION:**

The adult attendee of the **Farm to School Cross Age Teaching Training Day** will receive an honorarium for substitute teacher pay and mileage.

**FOOD SERVICE:**

Schools will be allocated compensation for sub pay, mileage, and/or other expenses for the **ServSafe Training and SafeFood Training**. Schools will receive a **\$100** honorarium for time and expenses from the NIFF Coalition as part of their funding from the Leopold Center for Sustainable Agriculture for the **Food Service Director Planning Meeting**.

**SCHOOL GARDENS:**

Schools will receive a **\$500** mini-grant for garden use. (These funds may be used for garden supplies, tools, fencing to protect the garden, food service equipment to help prepare food in the fall, etc.) We ask that schools create a proposal on a letterhead that explains how you will use this funding. Please send this proposal to Rachel Wobeter and Flannery Cerbin by March 31<sup>st</sup>, 2010 at ISU Extension- Winneshiek County, 911 S. Mill Street, Decorah, IA 52101. Rachel and Flannery will contact you by April 14<sup>th</sup>, 2010 if your proposal for the use of the \$500 has been approved. After your plan has been approved, when your school makes a purchase, please complete a purchase order through your school and send FFI the bill (see address above).

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## **Thank you!**

Thank you to representatives your schools who attended an introductory Farm to School meeting. Your attendance, attention, and questions were greatly appreciated. We are looking forward to working with you to create a sustainable Farm to School program in your school district!

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Please don't hesitate to contact:

\*Rachel Wobeter ([rwobeter@iastate.edu](mailto:rwobeter@iastate.edu) )

\*Flannery Cerbin

([fcferbin@iastate.edu](mailto:fcferbin@iastate.edu))

AmeriCorps volunteers

Farm to School Project

ISU Extension

911 S. Mill Street Suite 1

Decorah, IA 52101

office: (563) 382-2949

fax: (563) 382-2940