



# Missouri Farm to School

Planting Seeds for Success





# The Farm to Table Team



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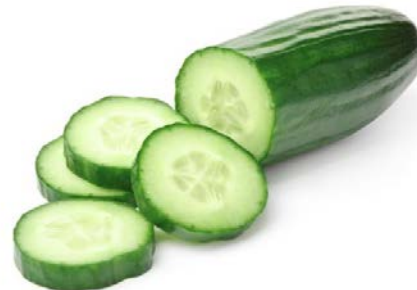
# On the Menu Today



- Farm to School (FTS) 101
  - General overview
  - Missouri offerings
- Digging Deeper
  - Integrating FTS into school health
- Boots on the Ground
  - Missouri school districts share their farm to school stories



# How Many Can You Name?





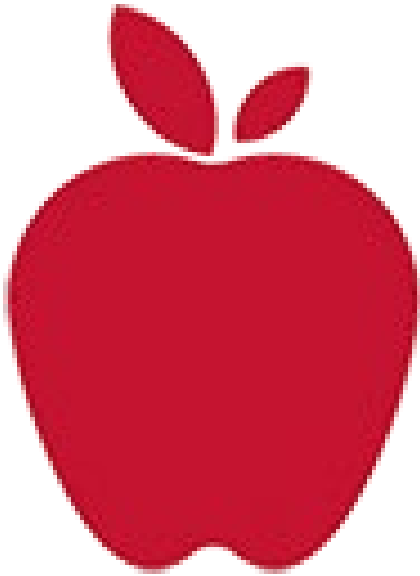
# Part of the National Farm to School Network

## CORE ELEMENTS OF **FARM to SCHOOL**





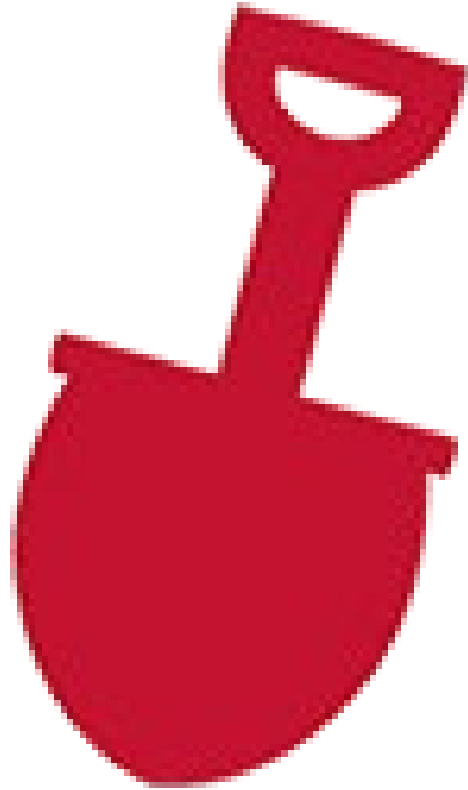
# Kids Win



Farm to school provides all kids access to nutritious, high quality, local food so they are ready to learn and grow. Farm to school activities enhance classroom education through hands-on learning related to food, health, agriculture and nutrition.



# Farmers Win



Farm to school can serve as a significant financial opportunity for farmers, fishers, ranchers, food processors and food manufacturers by opening the doors to an institutional market worth billions of dollars.



# Communities Win



Farm to school benefits everyone from students, teachers and administrators to parents and farmers, providing opportunities to build family and community engagement. Buying from local producers and processors creates new jobs and strengthens the local economy.



# Did you know?

- Over 42,000 schools participate in farm to school nationally!





# Everyone Has Needs!

## Producers

- Distribution
- Capital
- Season Extension
- Existing Food System/Markets

## Consumers

- Lack of access to fresh foods.
- Intake of fresh fruits and vegetables in Missouri is lower than the national average.
- Product costs
- Reliability of supply (consistency)
- Food safety



# Opportunities for Us!

- FTS, Food Hubs and Markets go together.
- Utilizing our resources within and outside of Extension.
- Understanding that change doesn't happen overnight.
- It's not about just making more policy. Understand and navigate.
- Everyone has to eat!



# The Plan

- Serving on Farm to Table Advisory Board
- Set goals for schools to accomplish milestones.
- Train other Extension professionals on connecting farmers to schools. Report progress!
- Understand that FTS isn't just about the food.
- Help producers reach food safety and packaging standards.
- Create opportunities for distribution.
- Continue to build upon existing partnerships.



# Show and Tell!



# Farm to School 101



Connecting producers to consumers  
and consumers to agriculture.



# Farm to School 101



[www.MissouriGrownUSA.com](http://www.MissouriGrownUSA.com)

# Farm to School 101

The screenshot shows a web browser window with the Missouri Grown USA website. The browser tabs include 'MoDOT Traveler Informa...' and 'Missouri Grown USA'. The address bar shows 'Secure | https://missourigrownusa.com'. The website features a green header with the 'MISSOURI Grown USA' logo. Below the logo is the main heading 'MISSOURI GROWN PRODUCTS' in large green letters. A sub-heading reads: 'Produce, cattle, cotton, wine. Get familiar with the best products in Missouri, for Missouri.' Below this is a search section with three input fields: 'I'm looking for' (containing 'Farmers Market'), 'This close in miles' (containing '...this close in miles...'), and 'To this zip code' (containing '...to this ZIP code...'). A green 'Search Missouri Grown!' button is centered below the fields. The main content area displays five product categories with images: 'BAKED GOODS' (bread), 'FRUITS & VEGGIES' (child eating an apple), 'MEAT, DAIRY & EGGS' (burger), 'SNACKS & BEVERAGES' (a grey placeholder box), and '...AND EVERYTHING ELSE!' (berries). At the bottom, two more categories are shown: 'FROM THE FARM' (farmer with child) and 'TO THE TABLE' (basket of fresh produce).



# Farm to School 101

## MoBeef for MoKids

- area ranchers
- double the beef
- expands the menu
- beef education

## MO BEEF *for* MO KIDS

### MEET YOUR RANCHER: ROD LEWIS

4R FARMS, owned by Rod Lewis, is located in Sarcosie, Mo. Rod and his wife are proud to be fourth-generation ranchers and to live on the original homestead that was founded in 1878. Rod's favorite way to eat beef is a grilled ribeye steak, cooked to perfection at medium rare.



To learn more about how Missouri beef ranchers are working to **BEEF UP** school lunches, visit:  
[MissouriGrownUSA.com](http://MissouriGrownUSA.com)

— feed MORE —



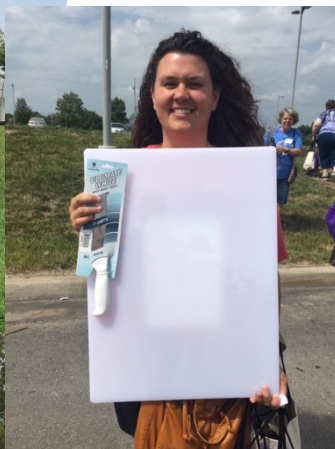
# Farm to School 101

## Missouri Grown Fundraiser

- Keep dollars in Missouri
- Sell more member product
- Connections
- Student business opportunities
- Located at
  - [www.MissouriGrownUSA.com](http://www.MissouriGrownUSA.com)



# Farm to School 101



## MEET THE GROWERS BUS TOUR

Thursday, June 14, 2018  
9:45 a.m. - 4:00 p.m.

Cost: \$10-15 lunch at Barnyard Cafe

### FARM TOUR ITINERARY

Register Now!  
Only 50 spots available

9:00am-10:00am	Meet at Thierbach Market	18227 State Hwy 47 Marthasville, Mo.
10:10am-11:10am	Thierbach Berry Farm	Marthasville, Mo.
11:30am-12:15pm	Lunch at Barnyard Cafe	Washington, Mo.
12:15pm-1:00pm	Geisert Farms	Washington, Mo.
1:15pm-2:15pm	Riegel Dairy	Washington, Mo.
2:30pm-3:30pm	3 Girls and a Tractor	Marthasville, Mo.
3:45pm	Back to Thierbach Market for dropoff	Marthasville, Mo.



To register:  
Contact Morgan Householder  
673-751-9019  
morgan.householder@mda.mo.gov



Discover the best Missouri has to offer.  
**PICK MISSOURI GROWN**  
[www.MissouriGrownUSA.com](http://www.MissouriGrownUSA.com)





# Missouri's Early Childhood Approach



- Focus on 14 Missouri fruits & vegetables
- Program branded for Missouri with farmer MO and chef Ginger
- Engage families & community



Farmer MO



Chef Ginger

# Seasonal Produce Poster & Menus

## MO's Harvest of the Season – Winter Menu

Sweet potatoes, winter squash

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>					
Fluid Milk <small>*(Unflavored for children under 6-years of age)</small>	**1% or fat-free	1% or fat-free	1% or fat-free	1% or fat-free	1% or fat-free
Juice, Fruit, or Vegetable	Orange smiles	Warm diced peaches (juice pack)	Banana smiles	Fresh or frozen berry topping	Fresh grape halves
Grain/Bread		Warm brown rice	WG Cheerios®	Oatmeal	WG toast
Meat or Meat Alternate	Scrambled egg				Cheese cubes
Other Foods					
<b>LUNCH</b>					
Fluid Milk	1% or fat-free	1% or fat-free	1% or fat-free	1% or fat-free	1% or fat-free
Fruit of Vegetable	<b>Chili roasted sweet potatoes</b>	Mandarin oranges	Tossed salad	Butternut squash in stir fry	Sweet potatoes in spaghetti
Fruit or Vegetable	Steamed green beans	Broccoli in Chic Penne	Taco soup – tomato based soup & corn	Chunky mixed fruit	Applesauce
Grain/Bread	WG bun	WG Penne	Corn tortilla chips	Brown rice	Spaghetti noodles
Meat or Meat Alternate	<b>Ground Beef Sloppy joe</b>	<b>Chic Penne</b>	<b>Ground beef &amp; bean Taco Soup</b>	<b>Stir fry fajita chicken, squash &amp; corn</b>	<b>Somali spaghetti</b> (ground beef or turkey)
Other Foods					
<b>SNACK – Select 2 of the 4 components.</b>					
Fluid Milk		1% or fat-free			1% or fat-free
Juice, Fruit, or Vegetable	Pineapple tidbits	<b>Spiced apple topping</b>	Carrot & celery sticks		
Grain/Bread		Cream of Wheat		WG toast	WG mini bagel
Meat or Meat Alternate	Cottage cheese		<b>Lentil squash hummus</b>	Hard cooked egg	Sunflower butter or peanut butter
Other Foods	Water	Water	Water	Water	Water

**Menu Guide:**

WG = whole grain served at least once per day  
 Yogurt must contain no more than 23 grams of sugar per 6 ounces  
 Cereal no more than 6 grams of sugar per ounce  
**BOLD** = recipe provided on: [www.health.mo.gov/growingwithMO](http://www.health.mo.gov/growingwithMO)



Spring			
	Strawberries	Broccoli	Lettuce
Summer			
	Summer Squash	Bell Pepper	Cantaloupe
	Peaches	Cucumbers	Green Beans
Fall			
	Tomatoes	Spinach	Apples
Winter			
	Winter Squash	Sweet Potatoes	

Missouri Department of Health and Senior Services • Team Nutrition • [health.mo.gov/teamnutrition](http://health.mo.gov/teamnutrition)



<https://health.mo.gov/living/wellness/nutrition/farmltopreschool/>



# Stretch Break





# Farm to School & Whole School Health

*A Natural Partnership*



It is time to truly align the sectors and place the child at the center. Both public health and education serve the same students, often in the same settings. We must do more work together and collaborate.

-Wayne H. Giles, Director, Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion, CDC



# Missouri State Nutrition Facts - 2015



39.4% of students in grades 9-12 ate fruit or drank 100% fruit juices less than one time daily.

37.5% of students in grades 9-12 consumed vegetables less than one time daily.





# Westran Middle Collaboration



- o Teachers
- o Students
- o Families
- o Community



# Using the WSCC Framework

- Health Services
- Nutrition
- Out of School Time
- Physical Education & Physical Activity

**Integrating School Health Services Across the WSCC Framework**

School health services staff can help students stay at school, safe and ready to learn. Here are some evidence-based strategies and promising practices for using the Whole School, Whole Community, Whole Child (WSCC) approach across the school setting to promote health services and active healthy lifestyles for students with chronic health conditions.

- Develop direct services to students with acute and chronic health conditions and coordinate care with external health care providers.
- Educate students and their caregivers about chronic health conditions and coordinate care with chronic health conditions.
- Educate students and their caregivers about chronic health conditions and coordinate care with chronic health conditions.

**Integrating Nutrition Across the WSCC Framework**

Schools should provide students and staff with access to healthy foods and beverages, consistent messages about nutrition, and opportunities to learn about and practice healthy eating. Here are some evidence-based strategies and promising practices for using the Whole School, Whole Community, Whole Child (WSCC) approach to promote nutrition education and healthy eating behaviors across the school setting.

- Allow students sufficient time to eat their meals.
- Provide options for students with special dietary needs, per federal regulations.
- Ensure that students have access to free drinking water in the gym and other physical activity areas.
- Ensure that students have access to free drinking water across the school building or campus.
- Include nutrition education as part of a comprehensive health education curriculum.
- Ensure that health education curricula align with the Dietary Guidelines for Americans 2015-2020 and add healthy eating behavior outcomes in CDC's Health Education Curriculum Analysis Tool.
- Seek out and use agreements for shared spaces, such as community kitchens and school gardens, healthy eating behavior outcomes in CDC's Health Education Curriculum Analysis Tool.
- Link schools with out-of-school programs that promote healthy eating.
- Encourage schools to provide materials about school nutrition programs and nutrition education in languages that students and parents speak at home.
- Encourage school staff to model healthy eating behaviors.
- Ensure that school staff have access to healthy foods and beverages in faculty vending machines.
- Give students access to safe drinking water across the school building or campus, for example, by creating a school garden.
- Give students the opportunity to learn how to grow food—for example, by creating a school garden.
- Ensure that food is never used as a reward or punishment.
- Make sure that students who receive free or reduced-price meals are not identified.
- Train school staff to recognize signs of eating disorders and disordered eating.
- Ensure that school staff can confidently refer students to appropriate staff members for follow-up care as needed.
- Manage the nutritional needs of students with chronic health conditions, such as food allergies and diabetes.

Visit [www.cdc.gov/healthyschools/wscctoolkit](https://www.cdc.gov/healthyschools/wscctoolkit) for more information and additional strategies to integrate nutrition strategies using the WSCC framework.

Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion

**Integrating Out of School Time Across the WSCC Framework**

Out of school time (OST) program leaders and staff are natural partners for extending the Whole School, Whole Community, Whole Child (WSCC) framework beyond the school day. Here are some evidence-based strategies and promising practices for using the WSCC approach to strengthen OST settings on school campuses and support student health and academic achievement.

- Provide access to safe drinking water across the school building or campus before and after school, during, and throughout the day.
- Set up agreements that allow schools and OST programs to share space—for example, shared access to classrooms, gym, and programmatic space for food storage and prep, and use and maintenance of school gardens.
- Ensure food and physical activity are not used as rewards or punishments.
- Foster social-emotional learning by integrating positive youth development principles during program planning—for example, focusing on strengths and positive outcomes.

**Integrating Physical Education and Physical Activity Across the WSCC Framework**

Schools that provide physical education daily can give students the ability and confidence to be physically active for a lifetime. Here are some evidence-based strategies and promising practices for using the Whole School, Whole Community, Whole Child (WSCC) approach to promote physical education and physical activity across the school setting.

- Implement policies and practices that support a Comprehensive School Physical Activity Program, including physical education, recess, classroom physical activity, intramural, physical activity clubs, walk- and bicycle-to-school initiatives, and recess break apps.
- Implement policies and practices that support physical education such as morning daily physical education, a written curriculum, and prohibiting the substituting of physical education for other activities.
- Include physical activity as part of a comprehensive health education curriculum.
- Ensure that health education curricula align with the Dietary Guidelines for Americans 2015-2020 and add physical activity behavior outcomes in CDC's Health Education Curriculum Analysis Tool.
- Create partnerships between schools and local government to create joint-use agreements to allow public access to school facilities, tennis courts, gym, or running tracks.
- Link school programs that promote physical activity.
- Provide resources about physical education and physical activity in languages that students and parents speak at home and in physical activity.
- Encourage school staff to model physical activity behaviors.
- Provide staff with access to physical activity opportunities through staff wellness programs.
- Screen, recruit, and maintain all sports and facilities for physical activity, including playing fields, programs, gyms, and tennis courts.
- Ensure safe routes to school.
- Establish social norms that increase physical activity behaviors of students and staff members, such as morning physical activity for all over the recess period.
- Access student needs related to physical activity and provide counseling and other services to meet those needs.
- Help students overcome barriers to physical activity and build their self-efficacy, cope with barriers, and goals, and make healthy decisions.
- Train students with physical activity systems to learn service staff members.
- Encourage school staff to recognize signs of eating disorders and disordered eating.
- Ensure that school staff can confidently refer students to appropriate staff members for follow-up care as needed.
- Promote safe healthy food, physical activity, such as dance-a-thons, or outdoor games for school sports or physical education.

Visit [www.cdc.gov/healthyschools/wscctoolkit](https://www.cdc.gov/healthyschools/wscctoolkit) for more information and additional strategies to integrate physical education and physical activity strategies using the WSCC framework.

Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion



# WSCC Group Activity

- At your table brainstorm ways your school or district could integrate farm to school into the following pieces of the WSCC Framework:

Table 1: Nutrition Environment & Services

Table 2: Physical Education & Physical Activity

Table 3: Family Engagement

Table 4: Employee Wellness

Table 5: Community Involvement

Table 6: Integrating Out of School Time

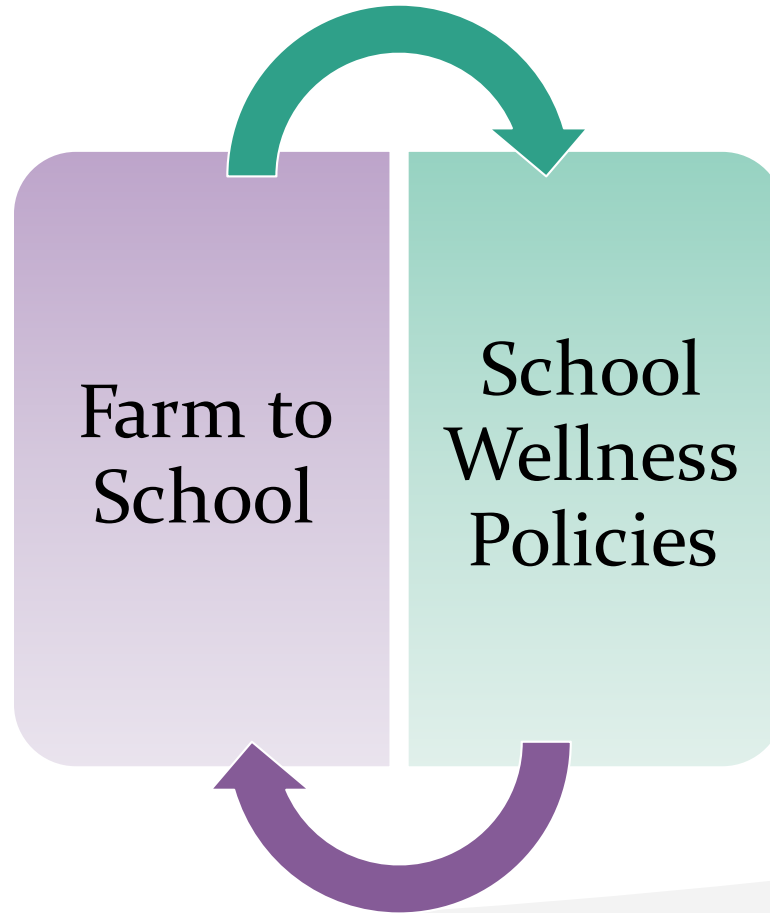


# Key Wellness Policy Requirements

- 7 CFR 210.31(e)(2)
- Broad participation in creation, review, and implementation.
- Specific goals for nutrition education, physical activity, and activities that promote student wellness.
- Nutrition standards for all foods on campus.
- Policies for food and beverage marketing.



# Alignment Opportunities







# Why Farm to School in Wellness Policies?

- Supports achievement of policy goals
- Communicates values
- Establish activities
- Ensure sustainability
- Collect team support
- Create healthy schools for all!





# The Healthy School

- Cafeteria-
  - Menu Board- Highlight the local product
  - Competitive Foods
  - Produce Basket- Participate in USDA's Know Your Farmer, Know Your Food program



# Aligning Wellness Policy Goals and Farm to School Language



# Local Wellness Policy Goals

Policy Goal	Farm to School Language
<b>Nutrition and Food Guidelines</b>	Our schools will source fresh fruits and vegetables from local farmers when practicable.



# Local Wellness Policy Goals

Policy Goal	Farm to School Language
<b>Nutrition and Food Guidelines</b>	Use applicable funds to purchase as many locally grown products for school menus as possible.



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# Local Wellness Policy Goals

<b>Policy Goal</b>	<b>Farm to School Language</b>
<b>Nutrition and Food Guidelines</b>	Our school district will continue to emphasize the following values for food procurement: local economies, environmental sustainability, valued workforce, animal welfare, nutrition, and value-chain equity and innovation.



# Local Wellness Policy Goals

Policy Goal	Farm to School Language
<b>Nutrition Promotion and Wellness Activities</b>	Eating experiences and school gardens should be integrated into the academic curriculum at all grade levels whenever possible.





# Local Wellness Policy Goals

Policy Goal	Farm to School Language
<b>Food Marketing</b>	Create a cafeteria environment that promotes healthy eating, including the incorporation of fresh, locally grown foods into student meals.



# Stretch Break

Lemon Aid



© FruityCuties.com

# Fort Osage Farm to School Program



## FARM TO SCHOOL COMMITTEE MEMBERS

Stacie Waller—Fort Osage Food Service Director 816-650-7207

Janet Daubendiek—Food Service Secretary 816-650-7206

Pam Fore—Elm Grove Principal 816-650-7401

Mandy Vassalle—Elm Grove Cafeteria Manager 816-650-7411

Lisa Burgess—CTC Culinary Arts Teacher 816-650-7190

Michelle Preslar—CTC Agriculture Teacher 816-650-7242

Sara Green—Teacher at Elm Grove Elementary 816-650-7423

Jim Payne—Teacher at Buckner Elementary 816-650-7304

Amanda Crews—High School Teacher 816-650-7743

Floyd Hawkins—Fort Osage School Board Member

Dr. Steven Morgan—Assistant Superintendent of  
Finance & Operations 816-650-7005

Lorin Fahrmeier—University of MO Extension

Farm to Institute Coordinator

660-815-3626



The Fort Osage R-1 School District Food Service Department has begun to explore the Missouri Farm to School program. We have formed a Farm to Fort Committee that has been working diligently over the last 3 months to formulate our plan. The goal will be to implement some new ideas as part of school year 2018-2019.



As part of this planning, we are reaching out to local farmers. We would like to invite you to come to our first external planning session on Tuesday, December 12 at 3:00 p.m. at Fort Osage High School. At this meeting we will discuss what we have developed as internal goals and initiatives. In addition, we will have an open forum to discuss what we will be looking for from our local farmers. As this is an initial meeting, we will look to each of you for suggestions on potential partnership activities.



For more information, please contact Stacie Waller at [swaller@fortosage.net](mailto:swaller@fortosage.net) or 816-650-7207.

Fort Osage School District is  
looking to purchase fresh  
produce from local farmers for  
our school lunches! Join us on:

TUESDAY, FEBRUARY 6  
3:00 P.M.  
FORT OSAGE HIGH SCHOOL  
CAFETERIA



to learn how you can be involved!



# Farm to School Produce Agreement

# Farm to School Food Safety Program







shutterstock.com • 222700726



# Moyer Farms Partnership



shutterstock.com • 66807520



5 | The Clarion, October 2016  
Fort Osage School District's

# FARM TO FORT PROGRAM

Brings Fresh Produce to Students  
by **BOB KROGER, Staff Writer**

Children at the Fort Osage School District are eating local, fresh produce as a part of the new Farm to Fort Program. Outside its National Farm to School Month through the Farm to School Initiative, the district is taking Farm to Fort, an effort to bring healthy eating across the country. The goal of Farm to School is to get more kids, young adults and school employees, according to the Department of Elementary and Secondary Education, USDA. Whether the program is large or small, each program is important, and it works in the form of students and parents. Research by the National Farm to School Network shows that Farm to School programs result in:

- Students consuming more fruits and vegetables, and eating greater variety of farm products in their daily eating.
- School food service operations increasing both the amount of fresh fruits and vegetables served, and increasing their income from adult and student paying for in-school meal programs.
- Teachers identifying their interests, and any demands for the products and educational program opportunities and resources.

Plans for the program began last summer. Inspiration came from a Farm to School Day event, which was created by a group of faculty members. "It was able to provide our students with some produce to eat at school," Nicole Hickey, Food Service Director, said in an interview. "It was a program that school personnel, rather than from the board of education, and partners from the OSU Extension office at Central and Institute Heights had signed. The district was able to work with local producers. It is our view the district brought some fresh produce into the schools for their summer food program. The students are now eating fresh, locally grown produce, including cucumbers, and not just green beans as in their school lunches, provided by Alisha and Eric Moore with their partner, "I hope the local producers, which is very important to the district," Alisha said.

With this new program, the students are excited with the fresh food it brings to their cafeteria. "We're using Eric Green Elementary as the 'pilot school' for the program. The school has an active garden led by Sarah Green, a teacher at the school. 10 classes are right involved in the garden, and all the produce that is taken served in their lunches. Our Principal Pam Farn and Manager Nancy Winkler are advocates of fresh produce schools. In the spring of last year, the school purchased a Pyramus-Rose 1.5-acre, 10,000 sq. ft. plot of the drive. That night students harvested fresh fruits and vegetables. "They're so excited that I honestly don't think I have had it all year yet. They are already excited to see their produce, coming out at their own garden, as part of the food for that day," Hickey said.

Students from the agriculture and culinary departments at the District's Career & Technical Center also play vital roles in the program. The Center has a large agriculture department, with a garden over an acre. Students with food-related needs are well-served in lessons on the growth of growing produce.

There are big goals and plans for the program. "It's not just to grow, serve, and eat, which we could build an additional greenhouse somewhere, the district has an event every fall," Hickey said. The district also wants to expand educational and vocational opportunities, as well as provide field trips through the program. The Career & Technical Center has a large agriculture department, with a garden over an acre. Students with food-related needs are well-served in lessons on the growth of growing produce.

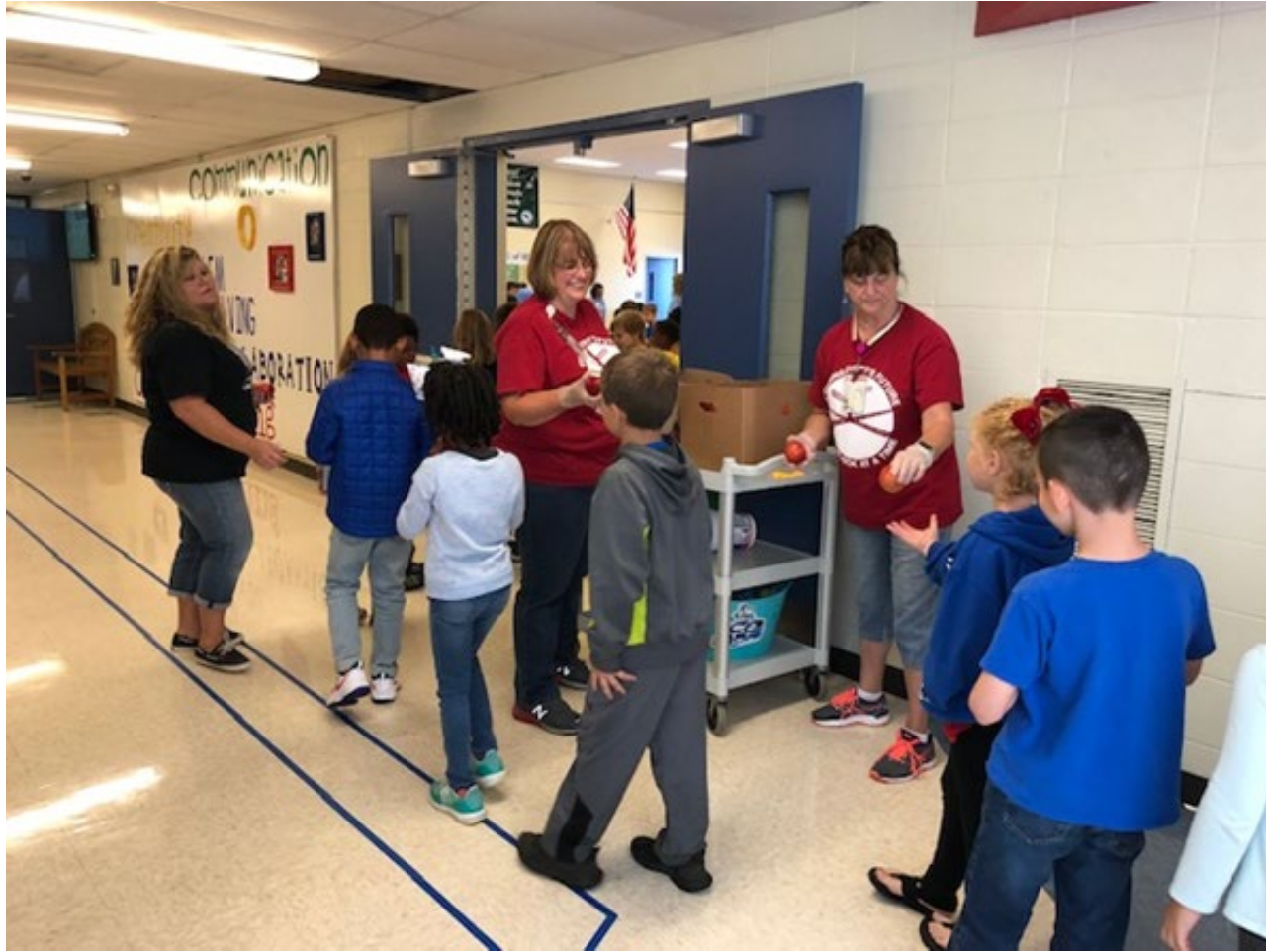
Fort Osage launched the Farm to Fort program in January and currently has members of the Board of Education on October 1, 2016. Students, teachers and faculty all took a bite at the same time for the Great Apple Grand Challenge as members of the Division of Public Schools at Fort Osage. Other buildings and teachers to make up with the idea to engage students in both the Farm to Fort program, and National Farm to School Month.

Thank you for participating in  
**The Great Apple Crunch**



**#FORTCRUNCH**

Please redeem this certificate with your Cafeteria Manager for some fresh warm biscuits to enjoy with your Applebutter.









Staff at other schools participating in the #FortCrunch challenge





Students checking on the student run garden at Elm Grove





1. 2023-2024 Student Leadership Team members receiving their certificates of appreciation from the school principal.

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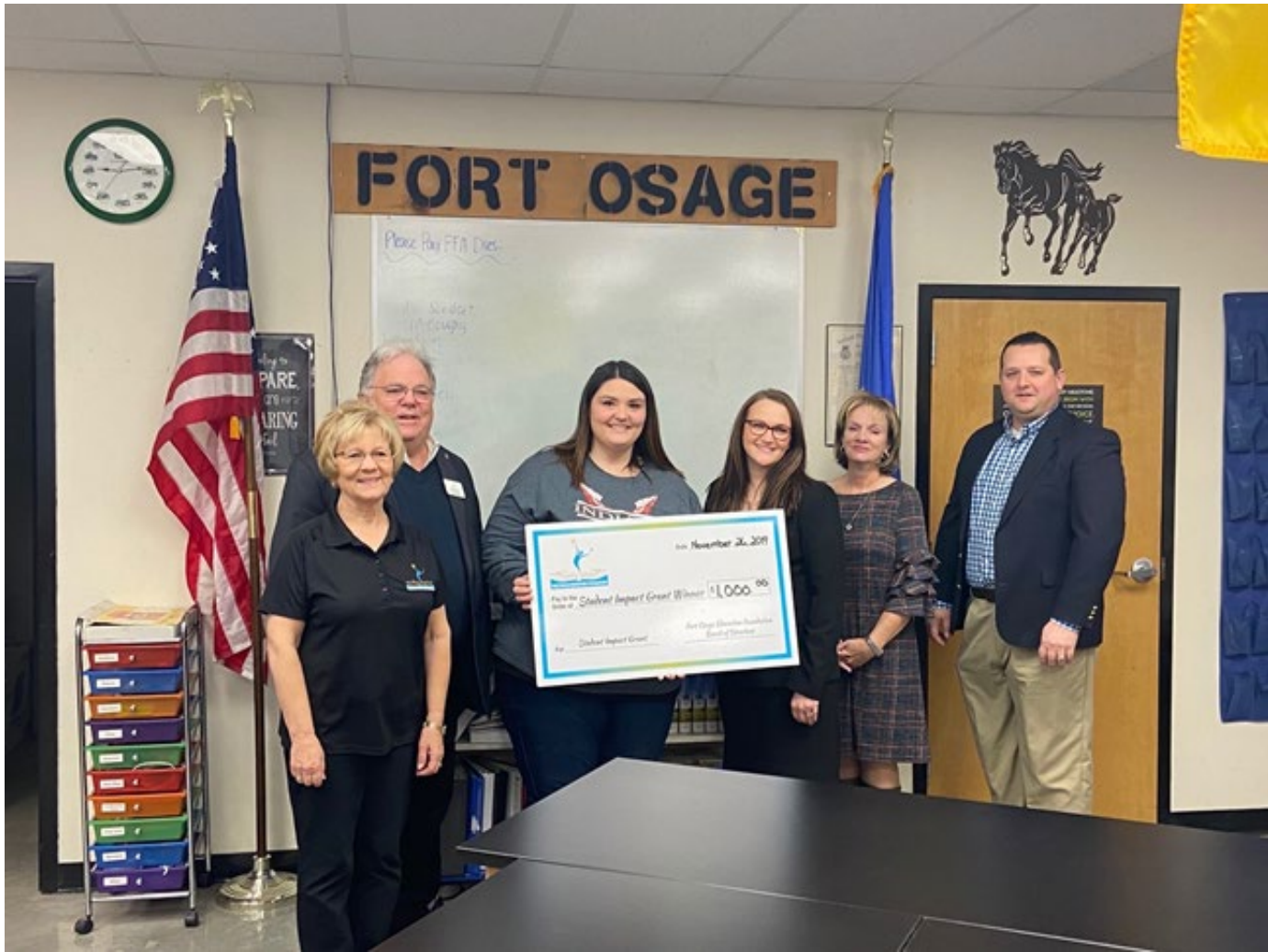
<https://www.google.com/maps/@39.081804,-94.701104,3a>

1/2











# Farm to School

Rockwood School District

Carmen Fischer

2019

# Local Produce General Conditions

- Deliver within 24 hours of harvest
- Size of farm
- Crop diversity
- Able to provide farm tours or class visits
- Pesticide free
- Grown on farms with are less than 50 miles away
- Small farm less than ----acres

# Meet with the farmer to learn what they grow.

- Do they use organic practices or what chemicals do they use?
- Discuss how items will be packaged and delivered
- Do they wash items after they are picked?
- Are they delivered in a clean truck?
- Are GAP (Good Agricultural Practices) followed?
- How will the farmer be paid, board meetings, once a month payment

# Kitchens

- Traceability
- Recipes
- Flexibility to try new recipes and sample products
- Marketing

# Dollars Spent

- FY12 \$3,558
- FY13 \$5,650
- FY14 \$6,680
- FY15 \$6,256
- FY16 \$2,873
- FY17 \$5,795
- FY18 \$5,754
- FY19 \$1,785 so far



Produce arrives with some dirt on it.







Watermelon in the field









A photograph of two children, a young boy and a girl, in a garden. The boy is on the left, looking down at his hands. The girl is on the right, leaning over and touching a plant. They are both wearing blue t-shirts. The background is filled with green foliage.

**EVERY SCHOOL SHOULD**

**TEACH GARDENING**  
**BECAUSE FOOD IS KIND OF IMPORTANT**

**SHARE IF YOU AGREE**



Learn more at [HealthyHolisticLiving.com](https://HealthyHolisticLiving.com)

image source: <https://foodcorps.org>