



Webinar Series

Procuring Local for the Summer Farm Fresh Challenge!

June 18, 2024

1:30 PM - 2:00 PM



Meet Your Host



Ashley Kennedy, SNS

HEALTH AND NUTRITION SERVICES SPECIALIST

Welcome!



upLIFT was designed specifically for child nutrition professionals like you. It offers resources to help you LEARN about nutrition, get INSPIRED on meal choices for your participants, FEED students healthy meals, and TEACH others in your community about your programs.

You can look forward to materials and monthly webinars featuring unique upLIFT content showcasing Arizona child nutrition professionals, and providing ongoing inspiration throughout the year. This will empower you to upLIFT your programs in your own unique way!

Overview

- 1. Procuring Local Overview**
- 2. Summer 2024 Farm Fresh Challenge**
- 3. Taste, Teach, and Connect Arizona!**

Procuring Local Overview

Local Foods Review

Local Foods include fruits, vegetables, beans, grains, meats, condiments, herbs, eggs, and dairy procured within a certain **proximity**. Important note, local is determined by the school district and what works best for meal service!

This can mean a farm located...



Within miles
from the
entity



Within the
county



Within the
state

Local Foods Review

Sourcing Local Foods

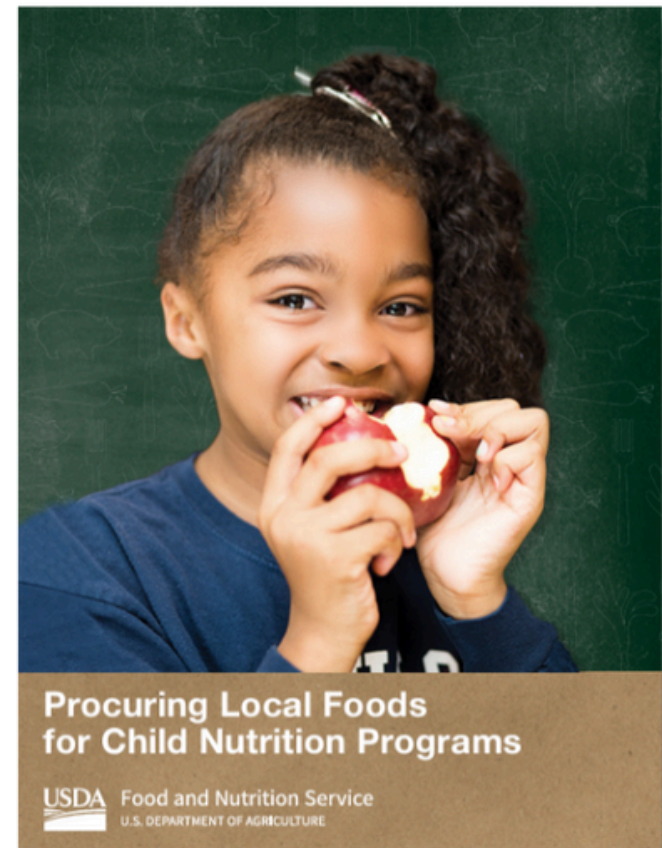
An entity's decision to procure local products is **individual**, and procurement may be achieved through a **combination** of the sources listed below.



Local Foods Review

Local Procurement Guide

USDA Food and Nutrition Service has updated and created the 'Procuring Local Foods For Child Nutrition Programs' [guide](#).



Local Foods Review

This guide highlights a collection of topics to help schools **source** and **purchase** local foods including:



- Menu Planning
- Procurement Methods
- Solicitation Practices and Geographical Preference
- Buying from School Gardens
- USDA Foods and DoD Fresh
- ...and MORE!

Local First Arizona

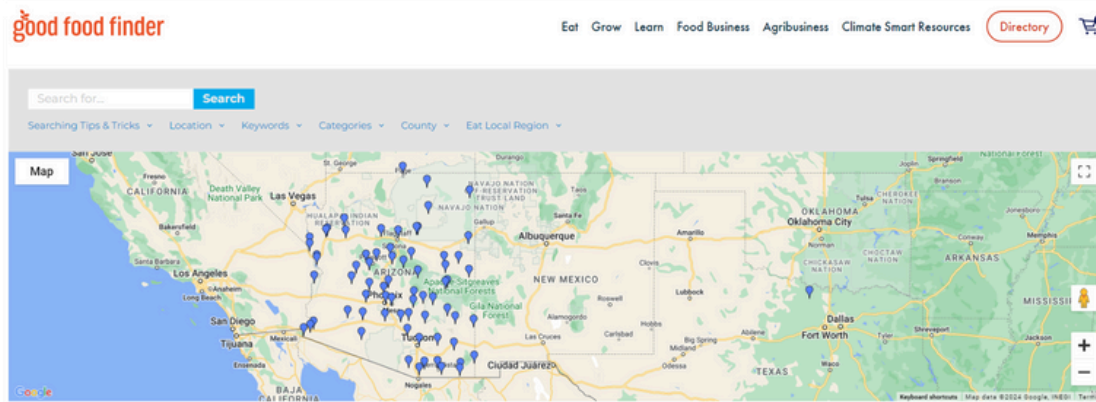
Good Food Finder

Local First Arizona sponsors the [Good Food Finder](#) initiative, which makes it easy to buy and support local food across Arizona. The website includes:

- [Farm to School](#) resources
- Farmer's Market locations
- Community garden locations
- Local farmer and producer lists



Local First Arizona



good food finder

Eat Grow Learn Food Business Agribusiness

Climate Smart Resources

Directory



Farm to School

HEALTHY FOOD CHOICES IN SCHOOLS

Home Posts Resources Featured Series Webinars Free Online Courses Accessibility

JUNE 12, 2019 BY HEALTHY-FOOD-CHOICES-IN-SCHOOLS
Feature Series: Farm to School and Local Food Procurement

SEARCH

Search ...



CONNECT WITH US



CATEGORIES

Additional School Food Initiatives

Healthy Food Choices in Schools

The Business of School Food

TAGS



This content series highlights the goals, challenges and successes of procuring and serving local foods in school meal programs.

Arizona Farm Bureau

Fill Your Plate

This interactive tool was created by the Arizona Farm Bureau as part of the [Fill Your Plate](#) initiative which makes it easy to locate farms and farmer's markets, find recipes, and even visit local farms!

The screenshot displays the Arizona Farm Bureau's 'Fill Your Plate' website. The header features the Arizona Farm Bureau logo, social media links for Facebook, Twitter, and Pinterest, and navigation links for 'About Us', 'Join AZFB', and 'Contact Us'. A main navigation bar includes links for 'HOME', 'RECIPES', 'NUTRITIOUS NEWS', 'CELEBRITY Q&A', 'ARIZONA PRODUCE IN SEASON', and 'FARMERS' MARKETS'. The central content area is divided into several sections: a 'FIND A FARM PRODUCT' section with a search bar, a 'FIND A FARMERS MARKET' section with a search bar, a 'VISIT A FARM' section with a 'NEW!' badge and a 'Travel Guide of Arizona Agriculture' link, and a 'FIND RECIPES' section with a search bar. Below these sections is a 'Featured Recipe' for 'Peach Paradise' with a description and a 'read more' link. To the right, there is a 'Fill Your Plate Blog' section with a 'visit blog' link. The bottom right corner features a 'Friday's Food Facts' banner with the Arizona Farm Bureau logo and the KNIX 102.5 logo.

Arizona Farm Bureau

Recipe
Directions



Farm
Location



Arizona Melon Dessert

6 Tablespoons Mint Jelly
6 Tablespoons Fruit Juice
1/2 Teaspoon Ginger
4 Cups Melon Balls (Mix of Arizona Cantaloupe, Honeydew and Crenshaw)

Directions
Beat jelly and fruit juice together; stir in ginger. Pour over melon balls and chill. Serve in individual serving dishes. OR arrange melon balls in rows in serving dish, top with the mint sauce.

Provided by: Sandstone Melon Farms



Where You Can Buy Ingredients:

Farmers
Abby Lee Farms Abby Lee Brooks Sahuarita, AZ, 85629 View details
Blue Sky Organic Farms David Vose Litchfield Park, AZ, 85340 View details
Crooked Carrot Farm Clark Furlong Queen Creek, AZ, 85242 View details
K&B Farms Kelly Cathcart & Beep Lawrence Cottonwood, AZ, 86326 View details
Lucky Nickel Ranch Michael and Pam McKenzie Eloy, AZ, 85131 View details
Rousseau Farming Company Will Rousseau Waddell, Arizona, 85355 View details

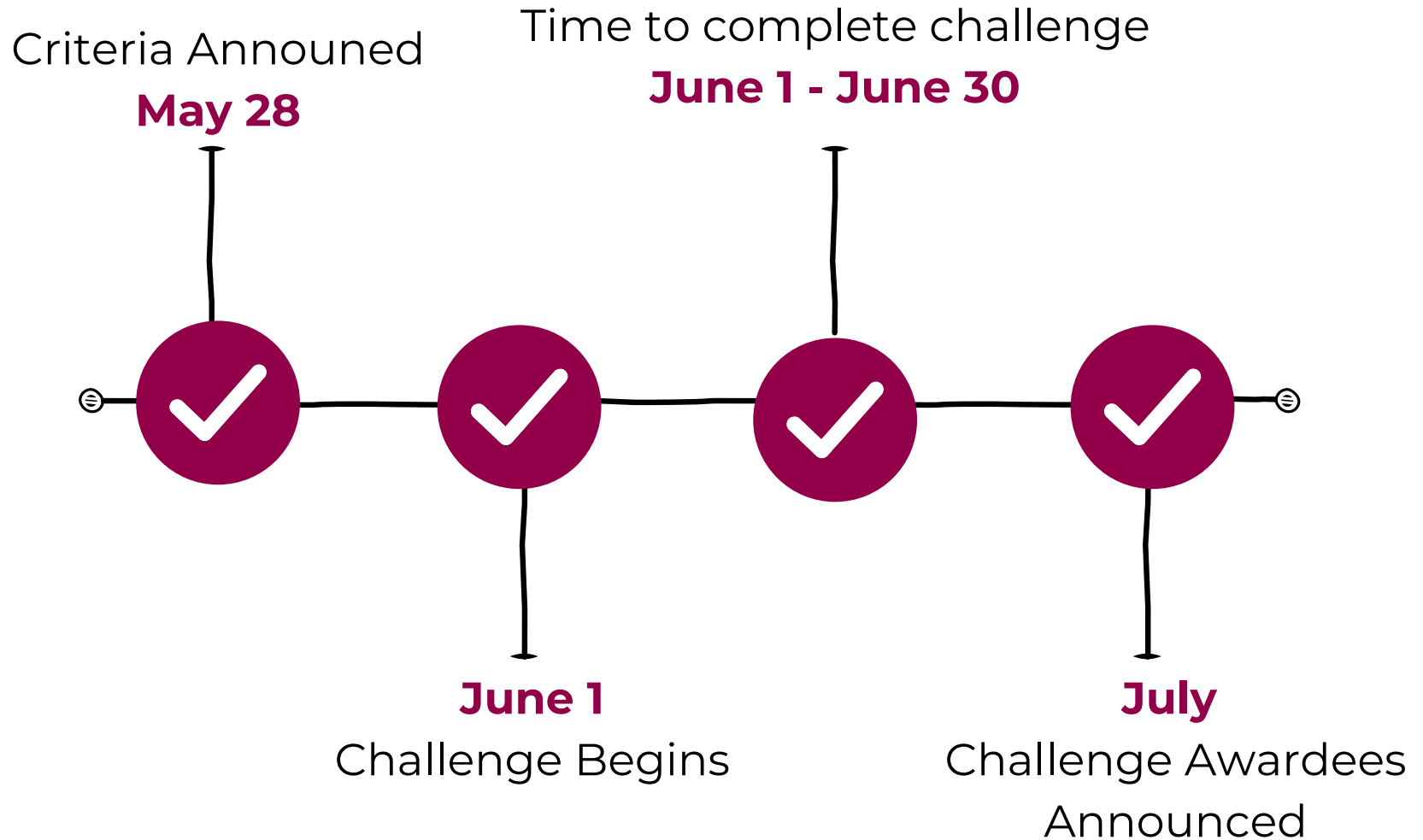
Summer 2024 Farm Fresh Challenge

Poll Question

**Have you participated in
HNS' Farm Fresh
Challenge?**

- 1. Yes, it's awesome!**
- 2. No, what's that?**

Important Dates



What is the Summer 2024 Farm Fresh Challenge?

The Summer Farm Fresh Challenge is an HNS initiative designed to **empower** Child Nutrition Program operators to **cultivate excitement** around fresh and locally sourced foods.

Participating operators must...



Complete a series of challenges within the month of June



Creatively promote **local food** items during meal service



Satisfy **all three** taste, teach, and connect components



Finalize all challenge components by **June 30th**

How to participate?

Join the challenge!

- ✓ Complete challenge activities within the month of **June 2024**.
- ✓ Follow along the [road to success](#). Report Results to share how you completed the challenge!



Taste Arizona!

Taste Arizona

What is the criteria?

Procure at least three* "easy to reach" local items (milk, fruit, or vegetable) to receive a **copper award**. Serve an additional "hard to reach" local item (whole grain or meat/meat alternate) to be awarded **silver**, and two "hard to reach" local items to be awarded **gold**!

** Fruits and vegetables can be counted more than once if more than one variety is served.*



Teach, Connect, and 3 Easy to Reach:
Copper Award



Copper Award + 1 Hard to Reach:
Silver Award



Silver Award + 1 Hard to Reach:
Gold Award

Taste Arizona

Where to start?

- What's **ALREADY** local on your menu?
 - Look at your records or ask your distributor or meal vendor for a report on items you purchase that meet your definition of local
- What **COULD** be local?
 - Conduct a menu audit. Can any menu items be easily replaced by local items?

Taste Arizona

There are many ways to procure **local foods** in Arizona. Below are examples of different agencies that provide great **insight** and **resources** to procure local foods.

- Local Farmers
- Food Service Team Members
- U of A Cooperative Extension
- County Health Services
- Health and Nutrition Services Specialists
- AZ Farm to School Network



Teach Arizona!

Teach Arizona

What is the criteria?

Teach Arizona is the educational component of all Farm Fresh Challenges. Participants must host a minimum of **two** educational activities themed around Arizona's local food and agriculture.



Teach Arizona

Where to start?

- Determine what kinds of activities would work best for the **population** you serve
 - Age group, group size, etc.
- Determine what activities would work best for your **site**
 - Volunteers, space availability, availability of on-site gardens or nearby farms, etc.

Teach Arizona

Common Examples:

- Offer taste tests with locally produced foods
- Provide nutrition education on local crops
- Host cooking demonstrations using local foods or share recipe cards
- Take a field trip to a farmer's market or a farm
- Invite a farmer to visit your summer meals site
- Conduct on-site garden activities
- Create and send newsletters home with recipes, farmers market tips, etc.
- Hold a Harvest of the Month educational event

Connect Arizona!

Connect Arizona

What is the criteria?

Connect Arizona is the promotional component of all Farm Fresh Challenges. Participants must promote the challenge activities to the community.



Connect Arizona

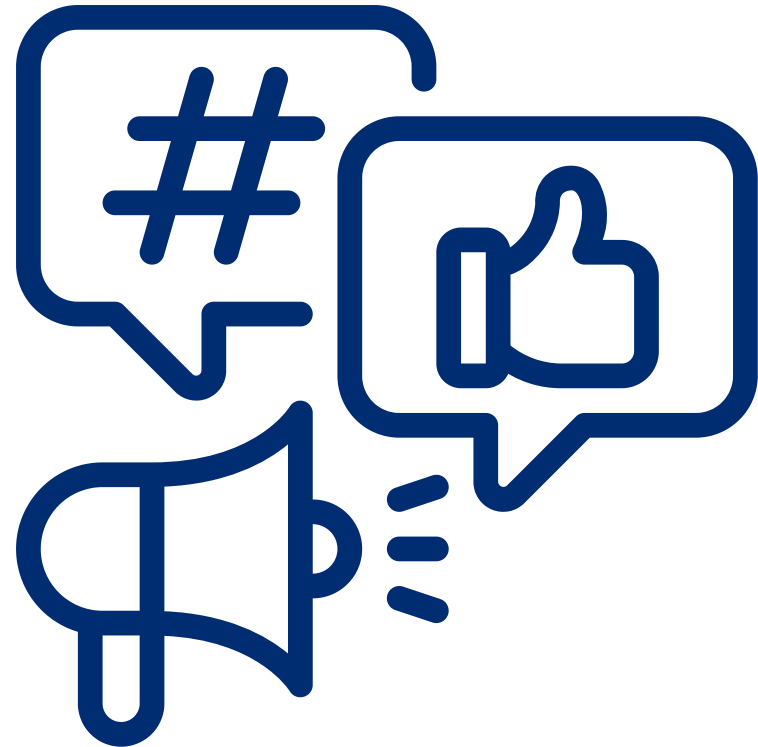
Where to start?

- Determine how you would like to promote your items:
 - Social media, Newsletter, etc
- Highlight local ingredients on the menu - you can use the name of the farm or farmer if you know it on the service line!
- Use the following post topics as inspiration:
 - Using local ingredients
 - Incorporating agriculture-based education activities
 - Participating in gardening activities

Connect Arizona

Common Examples:

- Social media posts
 - Facebook, Instagram, Twitter
- Community Magazine
- School announcements
- Newspaper articles
- Flyers
- Handouts



Examples from the Field

Taste Arizona

Osborn Elementary School District



Gold Awardee



Sourced from:

- Sun Produce Cooperative
- Shamrock Foods



Taste Arizona

Balsz School District



Gold Awardee



Sourced from:

- Sun Produce
- Pivot Produce
- Shamrock Farms
- Local Arizona Farm resource



Teach Arizona

Osborn Elementary School District



Teach Arizona

Osborn Elementary School District



Teach Arizona

Balsz School District



Teach Arizona

Balsz School District



Teach Arizona

Balsz School District



Connect Arizona

Osborn Elementary School District

HALLOWEEN
 PUMPKIN DATE
 SMOOTHIE

Clarendon Elementary School

Join us for breakfast on Halloween! We will be serving a delicious and nutritious pumpkin date smoothie that is prepared with locally sourced ingredients. By purchasing from local farms, Osborn helps to support farm to school programs and local farmers.

Milk is rich in calcium which helps keep bones strong and healthy!

Milk from Shamrock Dairy Farm

Dates are a great source of iron which can help keep us energized and ready to learn!

Dates from Argitopia Farm

FARM FRESH CHALLENGE
OCTOBER 2023
 Solano Elementary School

October is National Farm to School Month. We are committed to supporting local farmers and providing nutritious meals for our students. The Farm Fresh Challenge is a great way to do this!

FEATURES

BUTTERNUT SQUASH

https://www.osbornschools.org/2023-farm-fresh-challenge

LOCAL NUTRITION

Farm Fresh Challenge 2023

Butternut Squash - Aguiar Farms

Black Tepary Beans - Romana Farms

Chevre Goat Cheese - Crow's Dairy

Flour Tortillas - La Canasta

Connect Arizona

Balsz School District

FARM FRESH CHALLENGE

Featuring:
AUGIAR FARMS, ANGEL ORCHARD, TURE GARDEN,
QUEEN CREEK OLIVE MILL, JUSTICE BROS, CROW'S
DIARY FARMS, & RAMONA FARMS

FARM TO SCHOOL CELEBRATION

BRUNSON-LEE ELEMENTARY SCHOOL
WEDNESDAY, OCTOBER 25 @ 10:30AM-12:30P IN THE CAFETERIA &
THURSDAY OCTOBER 26 @ 9AM TO 10AM IN THE GARDEN

BALSZ
SCHOOL DISTRICT CHILDREN FIRST

Oct 2023

The poster features a central illustration of a farm scene with two red barns, two windmills, a red tractor, and a red wheelbarrow, all set against a light yellow background with stylized clouds and birds. The Sodexo logo is in the top right corner.

Resources

Whole Food Profile

Learn the basics to start cooking with this nutritious, whole food!

NECTARINES

Nectarines are a sweet, smooth-skinned fruit with a pit in the middle. They are available in the early summer through fall, with a peak season in the middle of summer. They contain Vitamins A, C, and Fiber, all important for good health!



How to Select and Store NECTARINES:

Selection	Storage
<p>ROUND Oval</p> <p>SMOOTH Skin</p> <p>YELLOW Base</p> <p>Nectarines are normally around 5 to 7 cm in diameter and should have a golden-yellow base. If the base has a green tinge, it has been harvested early and will not ripen with a favorable taste.</p> <p>The golden yellow or white flesh inside should be dense, semi-firm, and aqueous with a succulent nature.</p>	<p>ROOM TEMPERATURE OR REFRIGERATION</p> <p>Whole, unripe nectarines can be kept at room temperature until ripe. Once ripe, the nectarines should be stored in the refrigerator, where they will keep for a few additional days.</p> <p>They can also be sliced and stored in a sealed container in the freezer for 3 to 6 months.</p>

Preparation

Nectarines do not need to be peeled. To remove the pit, use a paring knife to cut the nectarine along the seam and around the seed. Twist to separate the halves. Use the knife tip to carefully detach the seed.

TRY NECTARINES...

Fresh Eating nectarines straight out of hand, with the skin on is the easiest way to enjoy them. They can also be sliced or cubed after removing the pit.

Prepared After removing the pit, place the nectarine in boiling water for 30 seconds. Transfer to a bowl of ice water, and gently pull the skin away from the fruit.

Crisped Lightly coat the nectarine and grill with oil spray. Cook, flesh side down for 2 minutes, or until lightly charred. Grill on the other side for about 1 minute.

Did you know?

Nectarines are believed to be a natural genetic mutation of a peach that makes them smooth, and have fuzz-less skin!

UPLIFT
LEARN. HEAR. FEEL. TEACH.
This institution is an equal opportunity provider.

Whole Food Profile


How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

NECTARINES

Nectarines grow on trees that can reach up to nine meters in height and are known for their edible skin, semi-firm flesh, and sweet, spice-filled flavor. Substitute nectarines for peaches in any recipe to add flavor variety!

Examples:



Peach Cobbler **Rainbow Fruit Salad** **Nectarine Salsa**

Peaches and Cream Overnight Oats **Nectarine Smoothie**

UPLIFT
LEARN. HEAR. FEEL. TEACH.
This institution is an equal opportunity provider.

TIP! Consider using NECTARINES FR 20 (L&C), Item # 14908 from USDA Foods!

How to Use Whole Foods

Research Rundown

Article:

Cafeteria Assessment for Elementary Schools (CAFES): Development, Reliability Testing, and Predictive Validity Analysis

What did this study examine?

The objective of this study was to design guidelines for elementary school cafeteria environments that promote healthy eating by developing and testing the CAFES assessment tool in several pilot schools. The methods were organized by 3 distinct parts:

- Item Identification**
Identifies process of environment attributes that promote healthy eating, e.g., smart design, food presentation techniques, food station placement, before food sharing begins, cafeteria design, etc. (oversee)
- Reliability**
Scoring and consistency of how well cafeteria environments promoted or inhibited fruit and vegetable selection and consumption overall.
- Predictive Validity Analysis**
Measuring fruit and vegetable serving and consumption behaviors by taking photographs of trays before and after consumption.

Key findings:

According to results from testing the CAFES program, it was found that the following factors had the biggest effect on both fruit and vegetable selection, as well as consumption:

- Fruit selection is affected by factors such as availability, presentation, and serving method (whether a choice is offered or not).
- Fruit consumption is a function of not only choice, but also room, table/chairing, plate, and food size factors.

Through testing this pilot program, it was found that taking measures in which objective measures are taken, such as photo waste studies and photographs taken before and after consumption, are effective in determining whether or not an intervention is successful.

Put it into practice!

- Assessments such as the CAFES, Smarter Lunchrooms, and more are useful tools for helping you to develop low or no-cost intervention strategies to overcome barriers to and promote healthy eating within your school cafeteria.
- You can use assessments when developing and implementing a student wellness policy that promotes healthy eating and adequate amounts of physical activity. Below are a few tools that are available to you today.

• **SMARTEAT.ORG**
• **WELLNESS.EDUCATION.GOV**
• **HEALTHY SCHOOL ASSESSMENT - ALLIANCE FOR A HEALTHIER GENERATION**

UPLIFT
LEARN. HEAR. FEEL. TEACH.
This institution is an equal opportunity provider.

Research Rundown

Spice Things Up!

Cut the salt and dive into loads of flavor with these fantastic herbs, spices, and seasonings!

Garlic

- Flowering plant that grows from a bulb
- Related to onions, leeks, and chives
- Raw garlic is pungent in taste and odor
- Cooked garlic is soft, sweet and buttery in taste

Used in salad dressings, all dips, and with tomatoes and potatoes of all different cultures

Ginger

- Has a spicy and citrusy aroma that comes from essential oils and resins
- Has a distinct, spicy fresh flavor that's often described as warm, hot, pungent, and slightly sweet

Common in Asian dishes, marinades for chicken or fish, fruit salad dressings, and gingerbread

Cilantro

- A pungent herb with a strong, distinctive smell that's also known as coriander
- Some describe the taste as lemony, however others believe it tastes like soap due to a gene variation

Popular in guacamole, salsas, salads, stews, and fresh breads

Dill

- Herb known for its feathery leaves and flat seed pods
- Has a fresh, bright, and slightly sweet taste with a grassy undertone and citrus like notes

Good in tuna salad, potato salad, dips, soups, and vegetable, fish, tomato and corn salads

Lemon Juice

- A pale yellow juice that is derived from the flesh of lemons
- Extremely popular flavor profile and has a bright, tart, acidic, and sour pungency
- Has an earthy, zesty flavor that's subtly sweet and tangy

Incorporated in fruit salads, desserts, and marinades for fish, meat, and vegetables

Italian Seasoning

- Italian seasoning is a mixture of marjoram, oregano, basil, and rosemary
- Has an earthy, zesty flavor that's subtly sweet and tangy

Delicious in pasta dishes, chicken parmesan, soups, pizza, and gnocchi

UPLIFT
LEARN. HEAR. FEEL. TEACH.
This institution is an equal opportunity provider.

Nutrition Knowledge Fact Sheet

<https://www.azed.gov/hns/nslp/uplift/>

Reminder

upLIFT Your Voice!

Remember to tell us how YOU upLIFT'ed your voice this month! ADE wants to spotlight your marketing and promotional efforts! Email Ashley.Kennedy@azed.gov with any stories, photos, examples or anything you are excited about!



Looking Ahead

Join us next month!

July upLIFT Webinar - Turnip Your Summer Program!

July 16, 2024

1:30 pm - 2:00 pm

Join Health and Nutrition Services July 16 as we dive deep into ways to enhance your summer menu and boost nutrition integrity! In this session we will go over resources available to operators to participate in the USDA's Summer Meals Award Program: Turnip the Beet. This program aims to recognize outstanding summer meal programs and provide a platform for operators who have gone above and beyond to ensure high-quality, nutritious and appetizing meals are served to participants. Listen as we share tactics to help guide you to create an appealing summer meal service worthy of praise from the community! Are you up for the challenge?



Thank you!

**Any questions?
Please type them into the Q&A now.**

If you are attending the live webinar, you will receive an email once attendance has been completed. Once you have received this email, your training certificate will be available in Arizona Professional Learning Development (APLD).

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.



Congratulations!

You have completed the [Procuring Local for the Summer Farm Fresh Challenge!](#)

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: [Recorded Webinar: Procuring Local for the Summer Farm Fresh Challenge!](#)
- Length: [0.5 hour](#)

Please Note:

- Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.

Congratulations!

Requesting a Training Certificate

Please click on the link below to complete a brief survey about this webinar. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey.

*This will not appear in your Event Management System (EMS) Account.

<https://www.surveymonkey.com/r/upliftrecordedwebinar>

The information below is for your reference when completing the survey:

- Training Title: [Recorded Webinar: Procuring Local for the Summer Farm Fresh Challenge!](#)