



**Webinar Series**

# Introducing Fresh Futures: Farm to Table School Meals Initiative!

**September 17, 2024**

**1:30 PM - 2:00 PM**

**Professional Standards Learning Codes: 1100,  
1130, 2200, 2400**



# 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. Fresh Futures Initiative and Procuring Local Review**
- 2. Role of Farm to School in School Meals**
- 3. Summer 2024 Farm Fresh Challenge Success Stories**



# **Fresh Futures Initiative and Procuring Local Review**

# Fresh Futures: Farm to Table

## Introducing the School Year 2024-25 upLIFT Initiative!

The **Fresh Futures: Farm-to-Table School Meals** initiative is designed to offer guidance and innovative strategies for operators to understand the nutritional and program benefits of locally sourced, scratch-made meals. It seeks to **motivate** operators to partner with local producers and vendors, provide participants with healthy, locally sourced meals, and **educate** the community about their meal service program.

# Fresh Futures: Farm to Table

## What to Expect:



Monthly **webinars** discussing topics ranging from produce seasonality to rural procurement!



**Fact Sheets** highlighting and connecting local food production with nutrition education.



Monthly **in-season produce** highlights via the One-in-a-Melon Initiative and **more!**

# Fresh Futures: Farm to Table

## What is the Fresh Futures objective?

The goal is to integrate the Farm Fresh Challenge with **support** for local food procurement, encouraging communities to appreciate the advantages of offering fresh, local nutrition at their locations this year.

We intend to equip you with all the information and guidance necessary for successful participation in the Spring 2025 Farm Fresh Challenge!

**Here's to our Gold awardees!**

# 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

# Farm to School

## Procuring Local Foods in CNPs

An SFA'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

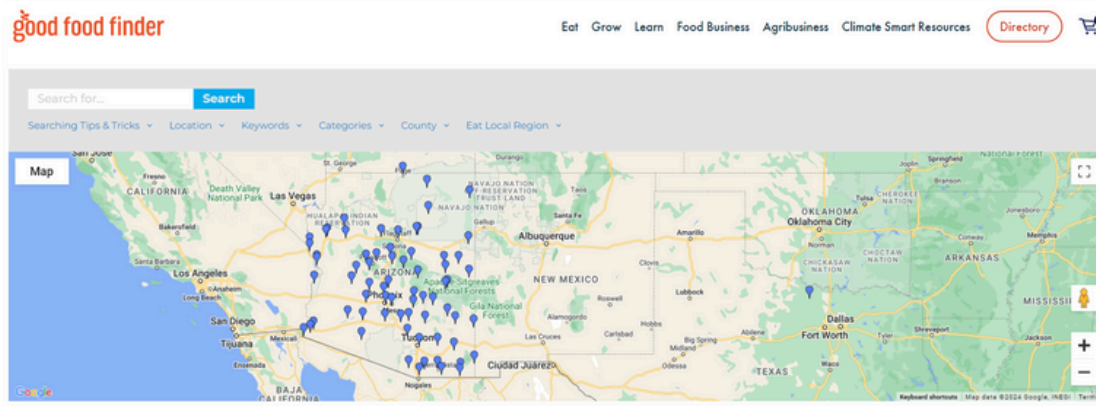
## Good Food Finder

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

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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.

# Try it Local

This campaign is intended to promote local AZ products for use in school meals. It aims to **strengthen** local and regional food supply chains and to **encourage** and **support** SFAs with creating sustainable local procurement practices. To **receive reimbursement**, schools must first purchase eligible foods and then upload receipts and invoices to HNS.

## Criteria for Allowable Foods:

- unprocessed or minimally processed
- local or regional
- domestic
- purchased for use in School Meal Programs



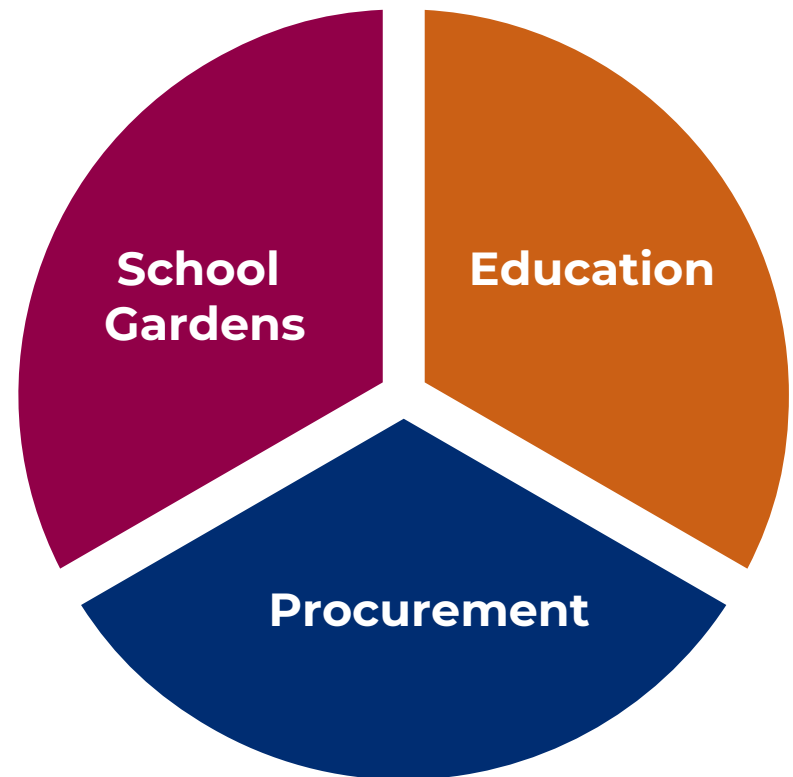
# Farm to School in School Meals

# Farm to School

## Core Elements of Farm to School

Farm to school includes one or more of the following:

- Procurement
- Education
- School gardens



# Introduction

## Why Farm to School?

The **Farm to School Movement** was established in the 1990s to address concerns about processed foods served in school meals.

Procuring food **directly** from school gardens, local farms, and local producers into schools is a great way to introduce children to healthy, fresh food. This movement aims to teach children where their food comes from and introduce them to the concept of **farm-to-table** as soon as possible. Institutional procurement holds more power to benefit farmers than any other local food market.

# Introduction

## Why Farm to School?

Farm-to-school programs and local food procurement policies encourage partnerships between farmers and school food buyers that work to bring local food into school meal programs.

Since 2011, the Arizona Department of Education's [Health and Nutrition Services Division \(HNS\)](#) has worked to connect school food buyers with Arizona producers by offering regional farm tours, regional buyer-supplier meetings, and [training](#) to schools on topics such as local procurement, food safety, and basics in school gardening.

# Introduction

## Farm to School Benefits All!

Farm-to-school benefits everyone from students, teachers, and administrators to parents and producers.

- **Students:** Farm to school provides all kids access to nutritious, high-quality local food so they are ready to learn and grow.
- **Farmers:** Farm-to-school can serve as a significant financial opportunity for agricultural producers by opening doors to an institutional market worth billions of dollars.
- **Communities:** Buying from local producers and processors creates jobs, strengthens the local economy, and builds vibrant and connected communities.



# Farm to School

## Where to start?

- 1 Identify what your district is already buying locally.
- 2 Determine what reimbursement or funding opportunities are available.
- 3 Familiarize yourself with harvest seasons.

# Farm to School

## USDA Farm to School Planning Toolkit

This [guide](#) reviews questions to consider and helpful resources to reference when starting or growing a farm-to-school program.

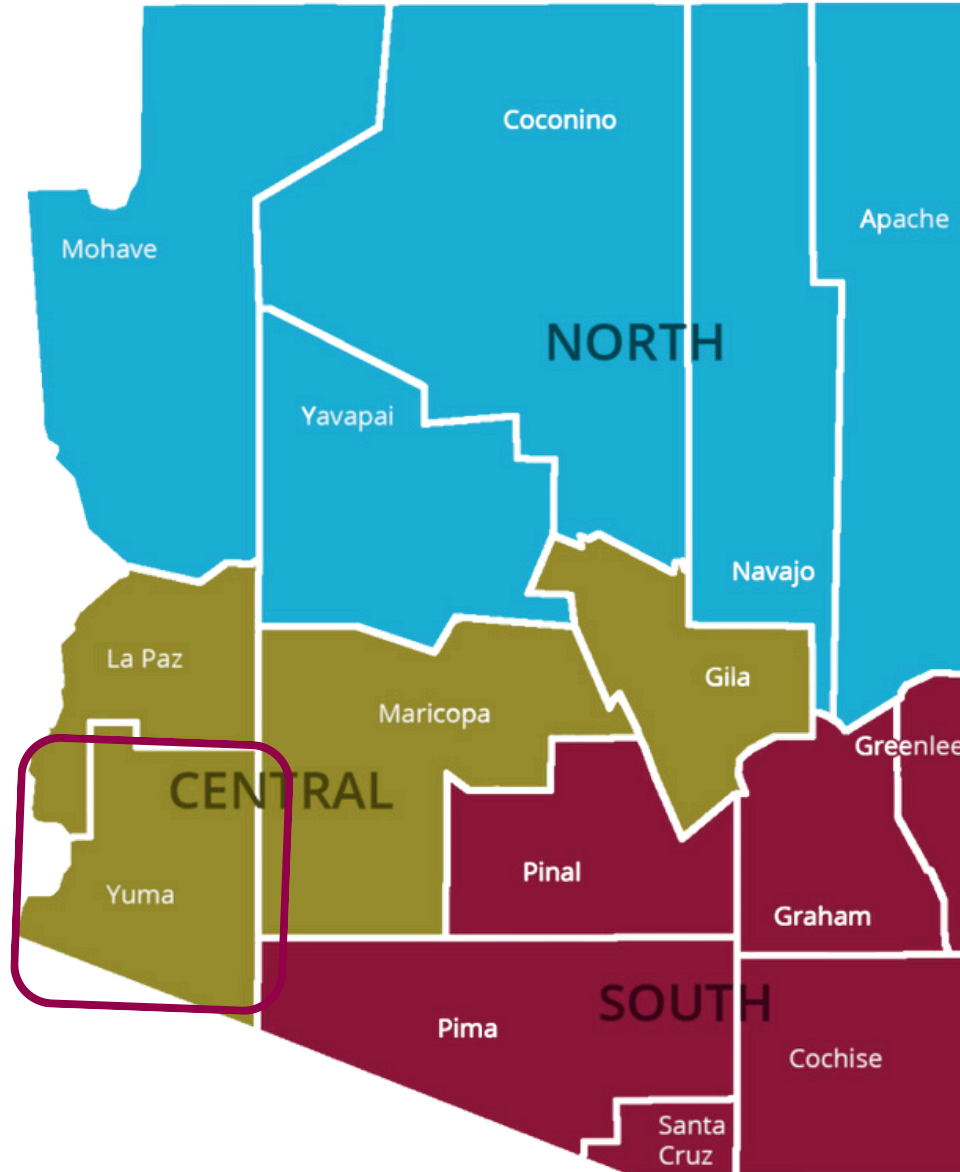
### The USDA Farm to School Planning Toolkit



Questions and Resources for  
Designing a Robust Farm to School Program

United States Department of Agriculture, Food and Nutrition Service

# Farm to School



**This is how ADE is interpreting the regions for Try it Local purposes.**

**Yuma is considered Southern Arizona.**

# Summer 2024 Farm Fresh Challenge Success Stories

# Poll Question

**Have you participated in any of HNS' Farm Fresh Challenges?**

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

# Summer 2024 Farm Fresh Challenge

## Farm Fresh Challenge

SUMMER 2024

June 1-30, 2024

The Summer 2024 Farm Fresh Challenge is an HNS initiative designed to empower CNP operators to cultivate excitement around fresh and locally sourced foods. Participating operators must complete a series of challenges within the month of June that promote participants' tasting, teaching, and connection to foods local to Arizona.

Click the button below to access the challenge criteria!

**CONNECT**  
Promote activities

**TEACH**  
Host educational activities

**TASTE**  
Serve local products

**START**

## Farm Fresh Challenge

SUMMER 2024

### What is the Summer 2024 Farm Fresh Challenge?

The Summer 2024 Farm Fresh Challenge is an HNS initiative designed to **empower** CNP operators to cultivate excitement around **fresh** and **locally sourced** foods. Participating operators must complete challenges that promote participants' tasting, teaching, and connection to foods local to Arizona within the month of **June 2024**.

### What are the Summer 2024 Farm Fresh Challenge rules?

Participants of the Farm Fresh Challenge must complete a series of **TASTE**, **TEACH**, and **CONNECT** activities.

#### TASTE Arizona

The copper tier is awarded to sites that can procure three "easy to reach" local items (milk, fruit or vegetable). Fruits and vegetables can be counted more than once if more than one variety is served.

The silver tier is awarded to those who accomplished the copper tier and one additional "hard to reach" local item (whole grain or meat/meat alternate). The gold tier is awarded to those who accomplished the copper tier and two additional "hard to reach" local items.

**Keep your receipts!** Schools participating in NSLP/SSO may be reimbursed for minimally processed local and regional foods used in the school meals through Try it Local!

#### TEACH Arizona

Host a minimum of two educational activities themed around Arizona local food and agriculture.

#### CONNECT Arizona

Promote your challenge activities via a social media post, magazine feature, newspaper article, etc.

### Will you participate?

Click on the button below to access the challenge map. From there you can click on **TASTE**, **TEACH**, and **CONNECT** in the map for challenge criteria, explanations, and tips on where to start.

Arizona Department of Education | Health and Nutrition Services  
This institution is an equal opportunity provider.

# Farm to Summer

## Summer 2024 Farm Fresh Challenge Quick Facts



### **LOCAL PRODUCTS**

41 different varieties of local products including fruits, vegetables, grains, legumes, and dairy.



### **LOCAL PRODUCERS**

Over 10 different producers in addition to items procured from school gardens.



### **NUTRITION EDUCATION**

19 different nutrition education events including cooking classes, taste tests, table tents, and more!



### **PROMOTIONS**

Over 15 social media posts promoting the challenge as well as flyers and a school market!



# Farm to Summer

## Humboldt Unified School District

 HUSD Child Nutrition is at Lake Valley Elementary School.  
June 4 · Prescott Valley, AZ · 🌍

Today at Lake Valley, families were treated to "Grandma Goldie's" homemade noodles. The noodles were made with AZ produced wheat and eggs. The noodles were mixed with a creamy beef and broth mixture that sat upon mashed potatoes that were all purchased at Mortimer Farms. Families also had the opportunity to sample roasted eggplant and turnips grown in AZ and pineapple salsa, which used AZ grown tomatoes. We also topped our pizza with the AZ grown tomatoes. There were so many... See more



 HUSD Child Nutrition is at Lake Valley Elementary School.  
June 3 · Prescott Valley, AZ · 🌍

Sweet peppers and homemade pickles (Cucumbers) grown right here in AZ!  
[#farmfreshchallenge2024](#)  
[#HUSDSummerMeals2024](#)



**BELL PEPPERS**  
Looking to add flavor and crunch to your meal? Bell peppers are a healthy, colorful addition. Green, yellow, orange, red, and purple bell peppers are in season during the summer months. Did you know that red, orange, yellow, and purple bell peppers start out green and ripen into their color?

**BENEFIT**

- Bell peppers are packed with nutrients and add flavor and crunch to our meals!
- The taste and health benefits vary by color. They all contain high amounts of vitamin C and are good sources of fiber and vitamin A.

**PREPARE**

- Rinse peppers before using.
- After rinsing a bell pepper, cut it into strips or dice, whichever size is needed.
- Remove the top, cut in half, remove the core, and stuff the bell peppers with other ingredients such as cooked rice, meat, sauce, and other vegetables.
- However a pepper is prepared, it is important to remove its stem, core, and seeds.

**SELECT**



# Farm to Summer

## Madison School District

 Madison School District Food & Nutrition Services  
June 25 · 🌐

Farm to school during our summer program at Rose Lane! In addition to local milk, we also served local cottage cheese with blueberries and did our kiddos eat this up!

[#farmtoschool](#) [#farmfreshchallenge2024](#) [#mesdfeedingthefuture](#)  
[#madisonaz](#)



 Madison School District Food & Nutrition Services is at  
Madison Traditional Academy.  
June 20 · Phoenix, AZ · 🌐

Farm to School during our Summer Program at Madison Traditional Academy!!!

All of these delicious meals were made with local produce (beans, tomatoes, lettuce, radishes, cilantro) and we also highlighted a pistachio flavored local milk!

[#madisonaz](#) [#mesdfeedingthefuture](#) [#farmtoschool](#) [#localmilk](#)  
[#localproduce](#) [#snaaz](#) [#schoolnutritionassociation](#)  
[#schoolmeals4summer](#) [#farmfreshchallenge2024](#)



# Farm to Summer

## Osborn School District






# Farm to Summer

## Tucson Unified School District



 Food Literacy Program TUSD is at Ochoa Community School.

June 11 - Tucson, AZ - 🌍

We're serving up school garden grown zucchini at Ochoa Elementary school as part of our [Arizona Department of Education Farm Fresh Challenge](#) today! Kiddos will see this vegetable again later this month in their 🍌 locally sourced veggie tacos 🍌 🍌

[TUSD Food Services UA School Garden Workshop](#)



6





### TEPARY BEAN TACOS

 4 TACOS  15 minutes  30 minutes

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#### Ingredients

- 1 1/2 cups black tepary beans
- 2 zucchini, diced
- 1 red onion, diced
- 10 oz pack grape tomatoes
- 2 shishito peppers
- 2 garlic cloves, minced
- 1 bunch cilantro, chopped
- 1 lime, quartered
- 3 tablespoons olive oil
- 1 teaspoon cumin
- salt to taste
- 4 Tortillas



#### Directions

**Step 1:** In a pot, add beans and 4 cups of water, bring to a boil, cover, and simmer until soft.  
*\*Tip: Allow 1-2 hours for beans to cook.*

**Step 2:** Dice onion, tomatoes, and squash, mince garlic.

**Step 3:** Add 1 tablespoon olive oil to a heated pan. Once the oil is hot, add diced onion, tomatoes, and squash, sauté for 2 minutes.

**Step 4:** Add minced garlic and cumin to pan and continue to saute for three minutes.

**Step 5:** Add filling to each tortilla, top off with cilantro, lime wedge, and enjoy!


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 Food Literacy Program TUSD is with TUSD Food Services and 2 others.  
June 27 - 🌍

Want to recreate the tacos you saw yesterday as part of our [#FarmFreshAZ](#) challenge? Now you can!


# Farm to Summer

## Washington Elementary School District

 WESD Nutrition Services  
June 28 · 🌍



Our last #FarmFreshChallenge2024 item. Cantaloupe microgreens from [Urban Roots Farms](#)! The kids loved trying these and learning about them. Thank you to our partners at [Willie Itule Produce](#) for helping us procure this local item and our other local produce. 🌱

#Summer #AZF2S #AZGrown #FarmFreshAZ #SummerMeals #HaveAPlant #EatLocal #Nutrition

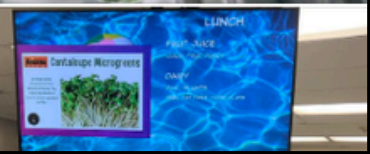


**Arizona Cantaloupe Microgreens**


Cantaloupe sprouts microgreens are rich in vitamins and minerals. They contain high amounts of vitamin C, vitamin A, potassium, and fiber.



**LOCAL GROWN!**








Cantaloupe Microgreens

 WESD Nutrition Services is with Washington Elementary and 9 others.  
June 14 · 🌍

More local items this month! Our hand rolled burritos are made with whole tortillas from [My Nana's Best Tasting](#) and refried beans from [Velmar Food Services](#) all right here in Phoenix!

#Summer #FarmFreshAZ #SummerMeals #AZGrown #EatLocal #WESDFamily #HaveAPlant #Fruits #AZF2S



+6

# Prepare for the PY 24-25 Farm Fresh Challenge!

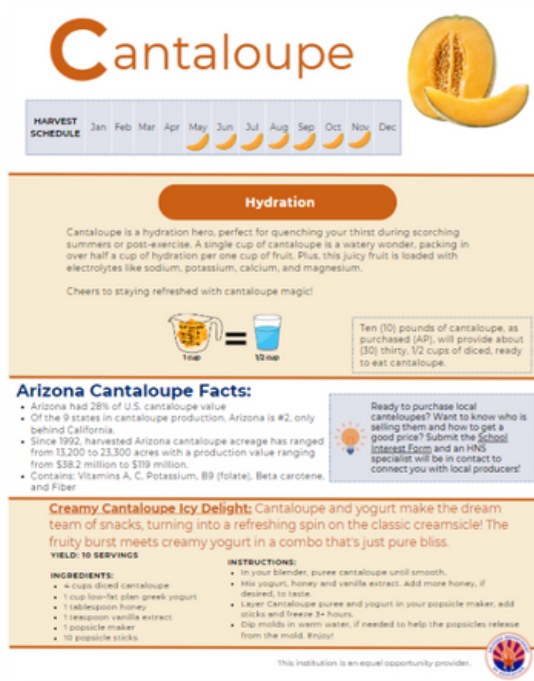
## Take note!

HNS is here to help **prepare** you for the PY 24-25 Farm Fresh Challenge. The challenge will be held in **April** this year so you are well prepared for success!

Keep an eye out for our Farm Fresh Challenge **icons** peppered throughout our upLIFT resources to notate potential **Taste**, **Teach**, and **Connect** components!



# Resources



**Cantaloupe**

**HARVEST SCHEDULE**

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

**Hydration**

Cantaloupe is a hydration hero, perfect for quenching your thirst during scorching summers or post-exercise. A single cup of cantaloupe is a watery wonder, packing in over half a cup of hydration per one cup of fruit. Plus, this juicy fruit is loaded with electrolytes like sodium, potassium, calcium, and magnesium.

Cheers to staying refreshed with cantaloupe magic!

Ten (10) pounds of cantaloupe, as purchased (AP), will provide about (30) thirty, 1/2 cups of diced, ready to eat cantaloupe.

**Arizona Cantaloupe Facts:**

- Arizona had 28% of U.S. cantaloupe value
- Of the 9 states in cantaloupe production, Arizona is #2, only behind California.
- Since 1992, harvested Arizona cantaloupe acreage has ranged from 13,200 to 23,300 acres with a production value ranging from \$38.2 million to \$119 million.
- Contains: Vitamins A, C, Potassium, B9 (folate), Beta carotene, and Fiber

**Ready to purchase local cantaloupe? Want to know who is selling them and how to get a good price? Submit the School Interest Form and an HNS specialist will be in contact to connect you with local producers!**

**Creamy Cantaloupe, Icy Delight:** Cantaloupe and yogurt make the dream team of snacks, turning into a refreshing spin on the classic creamsicle! The fruity burst meets creamy yogurt in a combo that's just pure bliss.

**YIELD: 10 SERVINGS**

**INGREDIENTS:**

- 4 cups diced cantaloupe
- 1 cup low-fat plain greek yogurt
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 1 popsicle maker
- 10 popsicle sticks

**INSTRUCTIONS:**

- In your blender, puree cantaloupe until smooth.
- Mix yogurt, honey and vanilla extract. Add more honey, if desired, to taste.
- Layer Cantaloupe puree and yogurt in your popsicle maker, add sticks and freeze 3+ hours.
- Dip molds in warm water, if needed to help the popsicles release from the mold. Enjoy!

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One-in-a-Melon

## Soil Science!

Learn about the science of soil and its impact on nutrient density in our food and overall ecosystem sustainability!

### What is Soil Health?

Soil health is a critical aspect of sustainable agriculture and human health. Soil health is defined as the **continued capacity of soil to function as a vital living ecosystem that sustains plants, animals, and humans**. Soil does this by:

- Regulating water
- Sustaining plant and animal life
- Filtering and buffering potential pollutants
- Cycling nutrients
- Providing physical stability and support



### Maintaining Healthy Soil

**Cover crops** are grown for the **protection and enhancement** of soil quality rather than for direct consumption. These crops including, **legumes, grasses, and other green plants**, play a crucial role in sustainable agriculture. By covering the soil, they help prevent erosion, improve water retention, and suppress weeds. Additionally, cover crops can add organic matter to the soil as they decompose, enriching it with **essential nutrients** and fostering a healthy ecosystem for future crops!

### Soil Health and Nutrient Density

**Soil health and nutrients** in crops are intrinsically linked, as soil vitality directly impacts the quality and yield of agricultural produce. Rich, nutrient-dense soil provides essential minerals and organic matter that crops need to thrive, resulting in healthier and more robust plants. Preserving healthy soil prevents drops in the average level of calcium, iron, **vitamins A and C, and potassium** in the plants. This improves the **nutritional content** of the food we consume, contributing to better overall health!



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Nutrition Knowledge Fact Sheet

<https://www.azed.gov/hns/ns/p/uplift/>



# Reminder!

## Fresh Futures

ADE is eager to showcase your hard work procuring and serving local products on your menus this year! Reach out to [Ashley.Kennedy@azed.gov](mailto:Ashley.Kennedy@azed.gov) with your stories, photos, examples, or anything that excites you!



# Looking Ahead

## Join us next month!

### **upLIFT Webinar - Central Arizona Growing Season Highlight**

**October 15, 2024**

**1:30 pm - 2:00 pm**

Join us on October 15 for an inspiring webinar focusing on the Central Arizona growing season and its impact on school meals. Learn about the unique opportunities and challenges of sourcing local produce for school nutrition programs in this region. Discover innovative strategies to highlight and utilize the bounty of Central Arizona's growing season to provide healthy and delicious meals for students. Don't miss this informative session designed for school nutrition professionals interested in serving local foods, and promoting farm-to-school initiatives!





# 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 [Introducing Fresh Futures: Farm to Table School Meals Initiative!](#)

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: Introducing Fresh Futures: Farm to Table School Meals Initiative!](#)
- Length: [0.5 hour](#)
- Learning Codes: [1100, 1130, 2200, 2400](#)

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:

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2. fax:  
(833) 256-1665 or (202) 690-7442; or
3. email:  
[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

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