



Farm to School Successes

February 9, 2016 – 3:00pm – 4:00pm MST

Use computer audio or call in at:

US Toll free: [+1-855-797-9485](tel:+1-855-797-9485)

US Toll: [+1-415-655-0002](tel:+1-415-655-0002)

Access code: 927 389 821

+ Presenters



Aubree Roth

Montana Team Nutrition Program
(406) 994-5996 | aubree.roth@montana.edu

opi.mt.gov/Farm2School



Erin Jackson

Gallatin Valley Farm to School
(406) 219-7929
erin@gvfarmtoschool.org

www.gvfarmtoschool.org



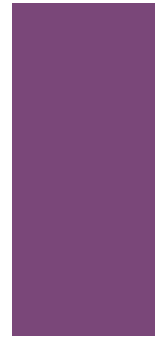
Ginny Kirby

Bigfork School District
gkirby@bigfork.k12.mt.us



Erin Turner

Monforton School
eturner@monfortonschool.org





What is Farm to School?





CORE ELEMENTS OF **FARM to SCHOOL**

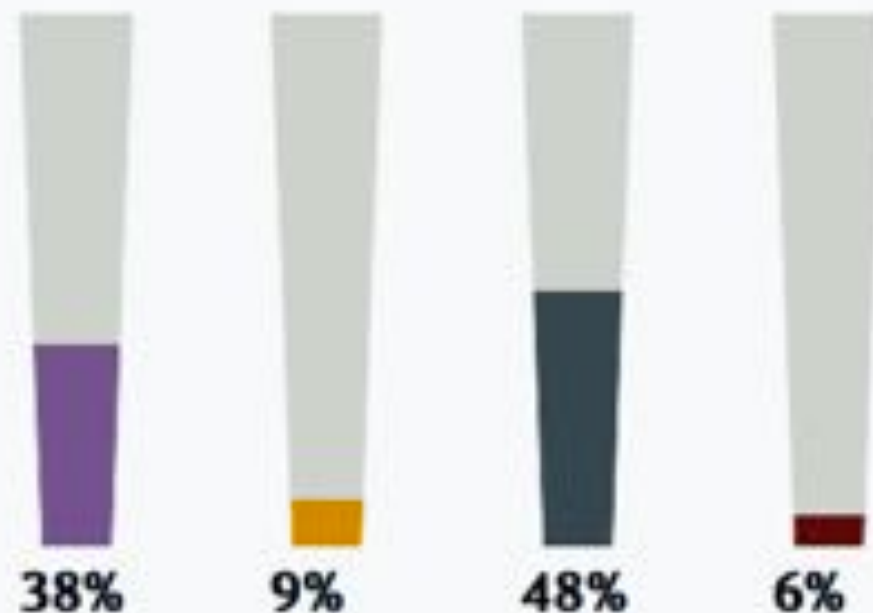


ARE YOU PARTICIPATING IN FARM TO SCHOOL ACTIVITIES?

- Yes
- Plan to start in the future
- No
- Don't know

38% said yes

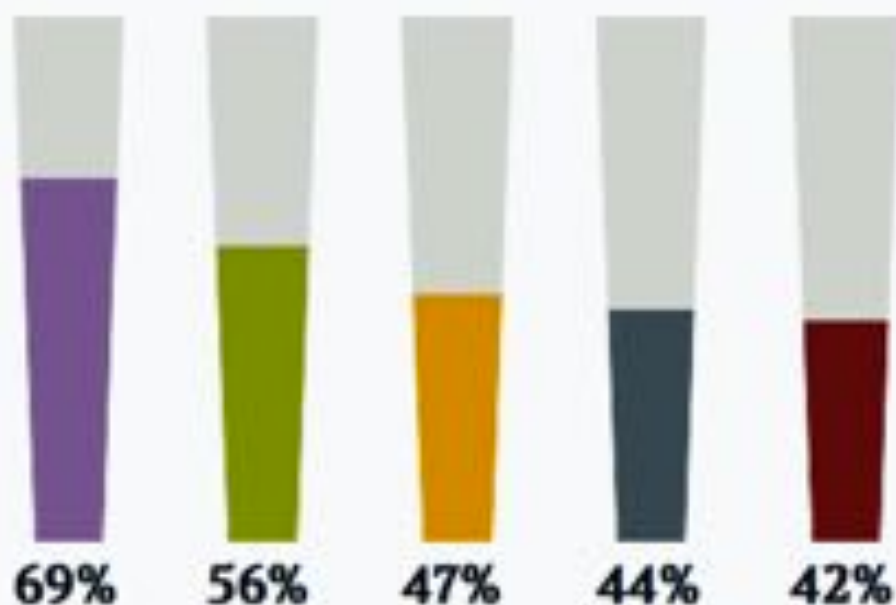
they are engaged in farm to school activities



WHAT KINDS OF LOCAL PRODUCTS ARE YOU BUYING?

- Vegetables
- Fruit
- Fluid milk
- Meat or poultry
- Grains/flour

69% said
vegetables
followed by fruit at 56%



+ Why Farm to School

Public
Health

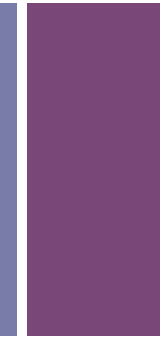
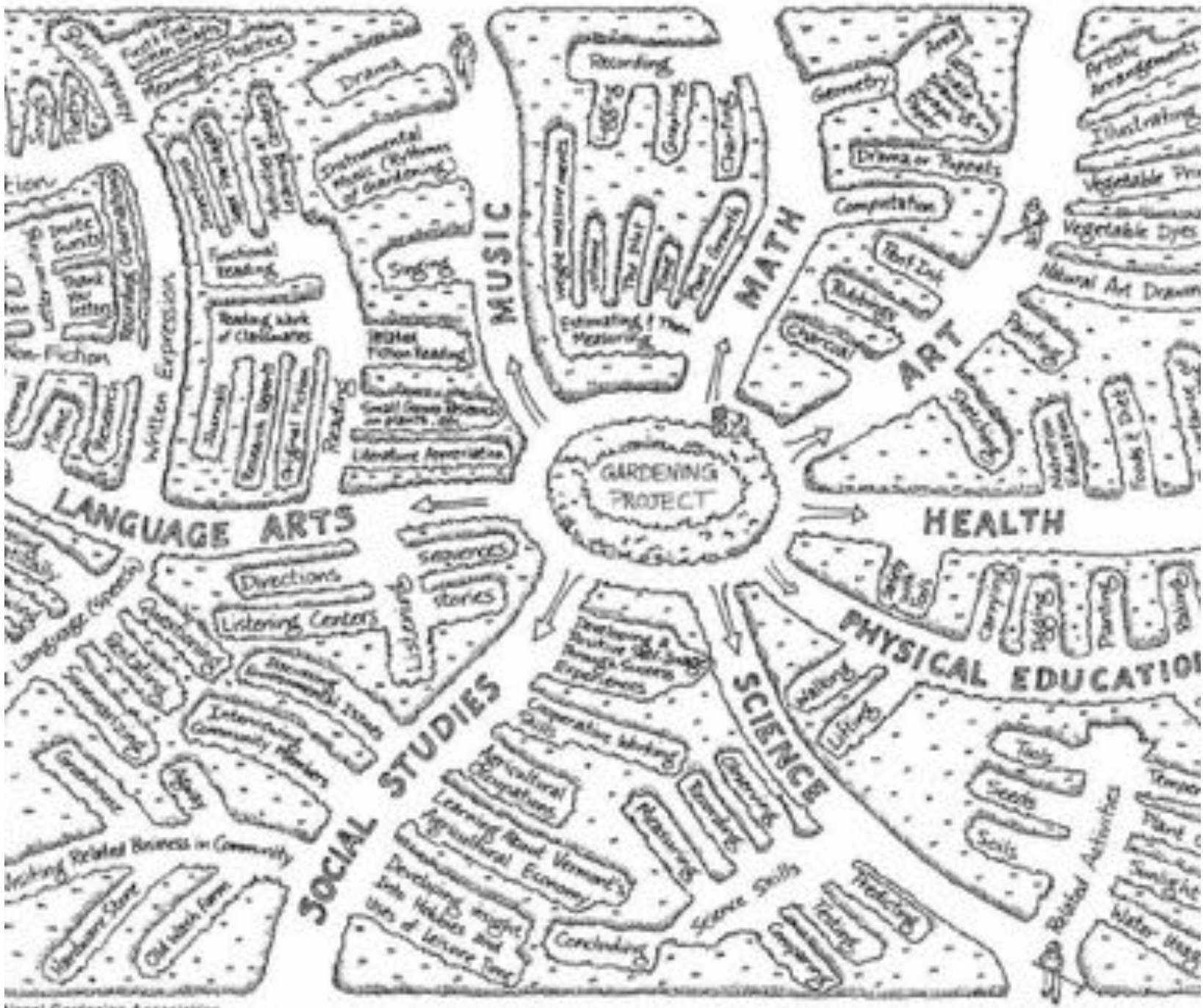
Economy

Environment

Education



<http://www.farmentoschool.org/Resources/BenefitsFactSheet.pdf>



+ Steps to Success

1. Build Team
2. Assess Current Situation & Establish Goals
3. Define Local & Find Local Foods
4. Buying Local Foods
5. Food Safety
6. Promoting Your Program
7. School Gardening
8. Evaluate
9. Sustain Your Program





Resources & Projects



Montana Beef to School



<https://www.facebook.com/beef2school>

<https://twitter.com/mtbeeftoschool>

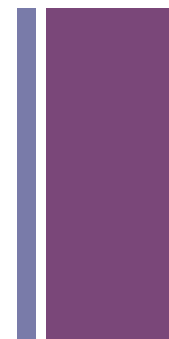
+ Montana Farm to School
Leadership Team

Outreach – F2S
Website
Redevelopment

Distribution

F2S Grant
Program

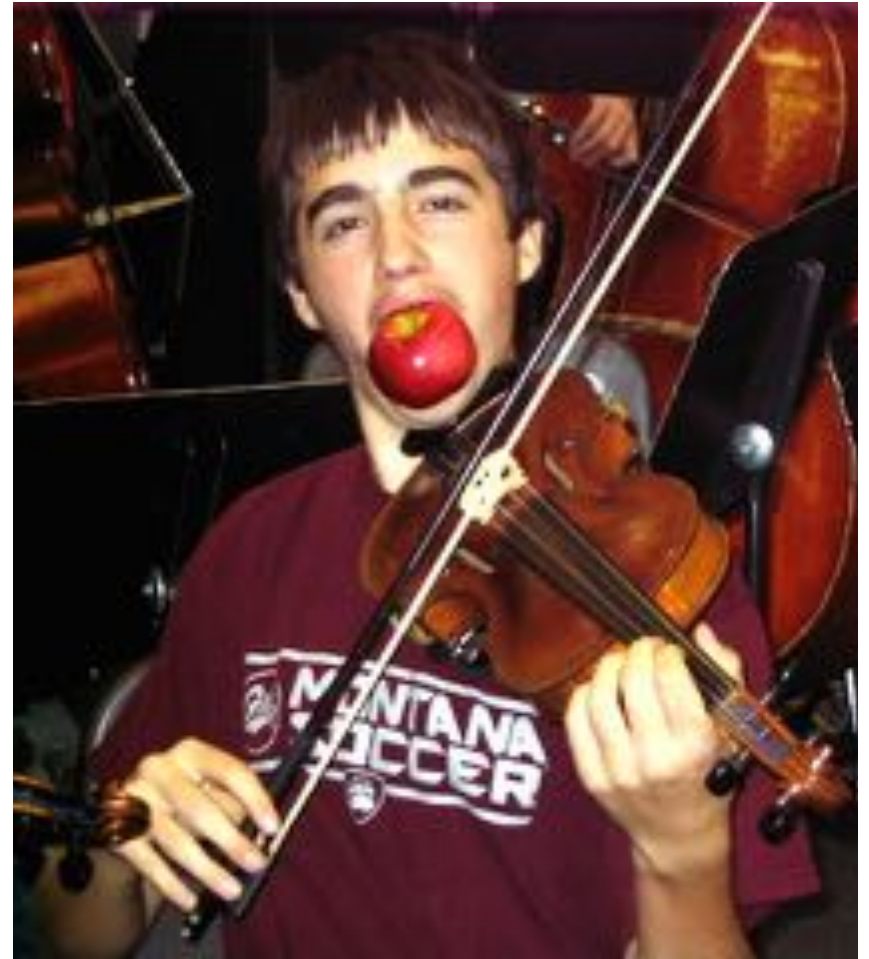
+ FoodCorps Montana



2016/17 Sites:
Ronan, Polson,
North Shore
Compact (Somers,
Bigfork, Cayuse
Prairie), Missoula,
Butte, Browning,
Bozeman, Kalispell,
Boulder, Hardin,
Red Lodge



+ Montana
Crunch Time



[Opi.mt.gov/Farm2School](http://opi.mt.gov/Farm2School)



Celebrate **Farm to School Month** throughout **Montana!**



+ Montana Menu Boards

Contact:
aubree.roth@montana.edu





Discover MT's Delicious Treasures

Lesson Plan with 3 activities

Poster

Developed by MT Team Nutrition

MONTANA DISCOVER OUR STATE'S DELICIOUS TREASURES

Make a **Montana Tray** by eating foods grown in Montana. See below for examples of foods grown in Montana to help you build a **rainbow** on your tray.

PROTEIN **GRAIN** **DAIRY**
FRUIT **VEGETABLE**

Fuel up with fruits at meals or snacks Apples Apricots Cherries Chickpeas Huckleberries Melons Peaches Pears Pineapples Raspberries Strawberries	Vary your veggies Asparagus Beets Broccoli Cauliflower Cucumbers Eggplant Garlic Kale Lentils Mushrooms Onions Peas Spinach Squash Sweet potatoes Tomatoes Zucchini	Make half your grains whole Barley Flax Pancakes Oats Whole wheat	Get calcium-rich foods Cheese Milk Yogurt	Go lean with protein Beef Chicken Eggs Fish Lentils Pork Poultry Rice Tofu Turkey Yogurt
--	---	---	---	--

Find your balance between food and fun!
There are many ways to get moving in Montana: hiking, yoga, biking, swimming, fishing, snowshoeing, water skiing and more!
Aim for at least 60 minutes of activity most days.

Montana Department of Agriculture
Montana State University Extension
Montana State University

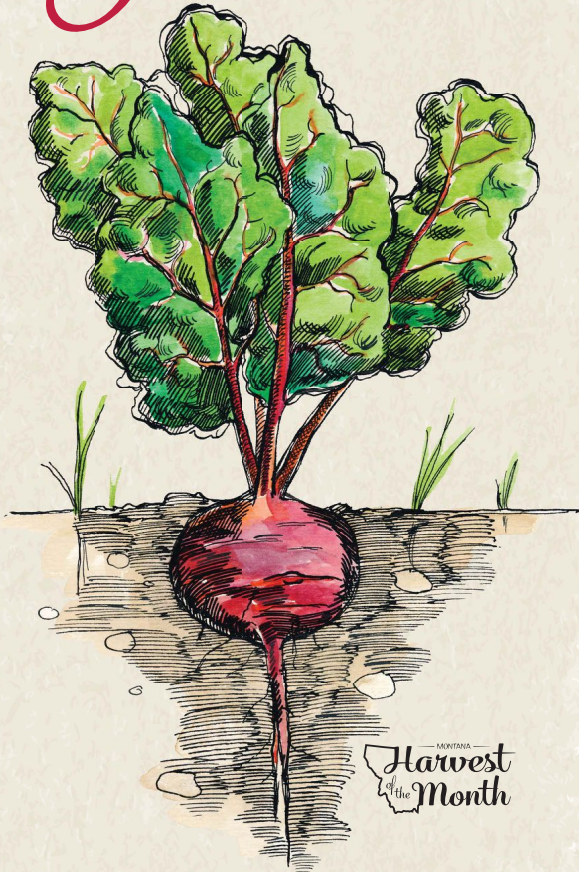


— MONTANA —
*Harvest
of the
Month*

aubree.roth@montana.edu



Beets



MONTANA
Harvest
of the
Month

The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and communities. This program is a collaboration between the Office of Public Instruction, Montana Team Nutrition Program, the National Center for Appropriate Technology, Montana State University Extension, and FoodCrops Montana.

MONTANA
Harvest
of the
Month

Cafeteria Bites

Beef



Facts

- Cattle are ruminants, meaning their stomachs have four chambers, which allow them to digest grasses. Typically cattle are raised in pastures until they are at least one year old. Then they are sold and transported for "finishing" which means they are usually fed a grain-based diet to increase weight and fat marbling.¹
- Montana is home to more cattle than people and ranks 6th in the nation for the number of beef cattle.²
- The first beef cattle arrived in the United States via Mexico in the 1500s, but more arrived in the early 1600s. In Virginia in 1620 about 500 cows roamed the fields, and less than a decade later the population increased to 30,000 bovines!³
- While only about half of each animal is used for beef, the entire animal is important to the cattle industry. The parts of the animal we do not use for beef are called by-products, and are used to make many products including soap, pharmaceuticals, leather, glue, and tires!⁴

Selection

The flavor, tenderness, nutritional value, and fat content of beef depend on many factors including the breed, age of the animal, feed, cut, and cooking techniques. A less expensive cut can be tender and delicious when cooked using proper techniques such as tenderizing, marinating, and cooking slowly for longer times. To reduce fat content, select lean varieties and cuts.⁵

Montana schools can purchase beef that has been slaughtered and processed in either an official Montana Department of Livestock-inspected (state-inspected) or a USDA-inspected (federally-inspected) facility. Schools cannot purchase beef slaughtered in a custom-exempt facility.⁶ For a list of state-inspected facilities visit the Montana Department of Livestock's website (<http://livestock.gov/MI/state-inspected-plants/mcpi/>) and the USDA's website (www.fsis.usda.gov/wps/portal/fsis/topics/inspection/mpi-directory/) for federally-inspected facilities. For stories on how schools are successfully serving local beef for school meals, visit: <http://farmtocafeteria.ncaat.org/beef-to-school>.

Storage

Keep beef refrigerated below 40°F or frozen at or below 0°F. Ground beef can be refrigerated for one to two days or frozen for three to four months. Steaks and roasts can be refrigerated for three to five days or frozen for six to twelve months.⁷

Uses

Generally, cooking time is dependent on type of cut, size of meat and desired doneness. For a complete guide to cooking beef, see *Confident Cooking with Beef*.⁸

Broil. Preheat oven for 10 minutes. Add seasonings, if desired. Place on rack of broiler pan and put in oven 2-4 inches below heat element. Turn once and cook 8-30 minutes. Ideal for kabobs, ground beef patties or steaks.

Brown. Brown and cook ground beef in a steam-jacketed kettle until internal temperature reaches 165°F. Prepare sauces, chili, and other items containing thawed pre-cooked crumbles in a steam-jacketed kettle.

Cook. Cook to an internal temperature of 145°F for steaks and roasts; 165°F for ground beef. Questions? Visit www.foodsafety.gov and click on Keep Food Safe.

Chop. Slice or chop steaks or ground beef, cook, and add to salads for added protein.

Grill. Add seasonings, if desired. Place on grill over medium heat. Cover and grill for desired tenderness, turning once. Ideal for kabobs, ground beef patties or steaks.

Heat Pre-cooked Patties. Convection Oven. Place patties on sheet pans lined with parchment paper. Bake in a preheated convection oven at 300°F for 10-12 minutes, rotate the pan and then cook for an additional 10-12 minutes until the internal temperature reaches 165°F.

Rotating Oven. Stack vertical rows of patties in 4" full pans with a little water for moisture. Cover in food film and foil and bake in rotating ovens at 350°F for 45 minutes or until reaching an internal temp of 165°F.

— Continued on page 4 —

Montana Harvest of the Month: **Beef** 1

MONTANA
Harvest
of the
Month

MT Harvest of the Month

Aubree.roth@montana.edu



Save the date!

MONTANA FARM TO SCHOOL SUMMIT
SEPTEMBER 22-23, 2016
MONTANA STATE UNIVERSITY, BOZEMAN

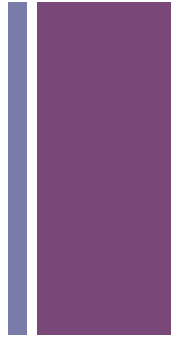


*Sprouting
Success*

INFORMATION AND REGISTRATION

https://tofu.msu.montana.edu/cs/f2s_2016
406.994.5996 | aubree.roth@montana.edu

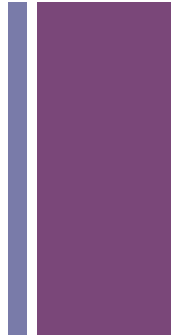




<http://farmtocafeteriaconference.org/8/>

+ Resources to Get Growing

- MT Farm to School - *New website under construction*
<http://opi.mt.gov/FarmtoSchool>
- National Farm to School Network
www.farmtoschool.org
- USDA Farm to School
<http://www.fns.usda.gov/farmtoschool/farm-school>
- Kids Garden – *resources & funding*
<http://www.kidsgardening.org>
- California School Garden Network– *tons of gardening help*
www.csgn.org



Ginny Kirby, Supervisor



Bigfork School District #38

gkirby@bigfork.k12.mt.us

406-837-7409



Baby Steps... GREAT Success!!!

- ❖ Purchase a little here and there
- ❖ Local availability
- ❖ Salad Bar

Picture: Our Salad Bar with Local Vegetables.



Motivated by Programs

- ❖ FoodCorps
- ❖ Harvest of the Month
- ❖ FFVP



Picture: National School Lunch Week with Local Apples and Kale, and Beef for Cheeseburgers.

Support

- ❖ Superintendent (my boss)
- ❖ Budget
- ❖ FoodCorps
- ❖ Staff, Teachers, Parents, Community

Picture: School Nurse and FoodCorps Member dressed up as Veggie/Fruit Heroes.





Erin Turner & Meghan Montgomery, 2015



Monforton Farm to School, Cafeteria to Classroom/Learning Connection



We connect schools and producers in the Gallatin Valley to cultivate healthy kids, vibrant farms & strong communities



Our programs:

- Classroom lessons
- Garden lessons
- Summer camps
- Local food procurement
- Recipe development
- Community events

How did the Monforton School farm to school program get started?



The Wellness Committee set goals to:

- Purchase more **local foods** for school lunches
- Increase **nutrition education** in classrooms
- Provide **farm field trips**
- Build & maintain a **school garden**
- Promote **nutrition** by offering **only healthy snacks** at our Snack Shack run by our PTO



Month	Montana Product
February 2015	Beets
March	Beef
April	Whole Grains
May	Lentils / Dry Beans
June	Mixed / Salad greens
September	Summer Squash
October	Kale
November	Apples
December	Winter Squash
January 2016	Carrots



Components of the HOM program that have made our Farm to School Program successful:

- Taste Tests
- Classroom Activities
- Handouts to go home
- Help from the FoodCorps service member and Gallatin Valley Farm to School



Harvest of the Month in the Cafeteria



How it works:

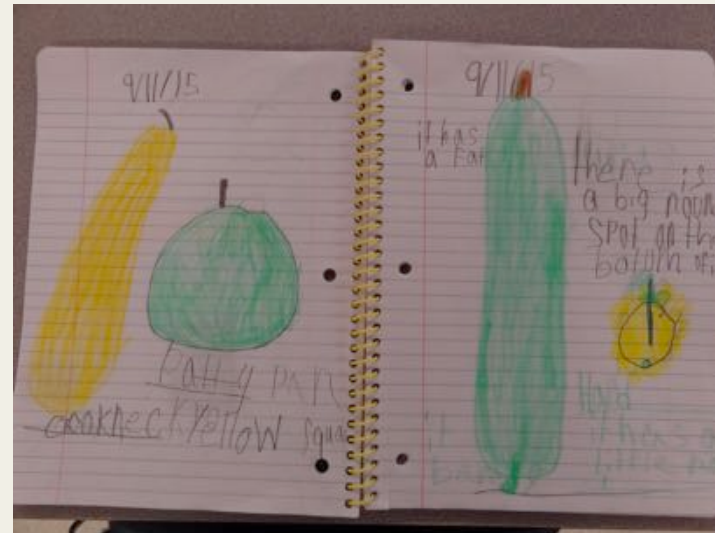
- Every month we offer a local harvest item on our menu and salad bar.
- Students taste test the item the day before it is served in the cafeteria.
- GVF2S provides classroom training on the same Harvest of the Month item that is being served in the cafeteria.



Harvest of the Month in the Classroom

Students will:

- **Try new foods**
- Learn **nutrition** information about each food
- Understand the **importance of local agriculture**
- Learn basic **cooking skills**
- Practice hands-on **math, science and language arts**



The results of our classroom and cafeteria connections...

"She loved that [carrot salad] so much we had to make some that night! It was good!" - Monforton parent

"I didn't like it, I LOVED it!"

- Student about roasted winter squash

\$400+ back to local producers, Sept 2015 - Jan 2016!

"I told Max the plan we had: grab the salad and RUN!"

- 2nd grader about zucchini rainbow salad

"This is the BEST thing I've EVER tasted!" - Student about kale salad



My daughter has been telling me all about carrots. We have made that [carrot] salad twice and tried some purple and yellow carrots. Thank you for helping teach our children!"

- Monforton Parent



Food Service & Classroom Challenges:

- Finding local farms
- Coordinating delivery
- Processing farm-fresh foods
- Cost
- Recipe Development
- Time
- Popularity of recipes





Helpful Resources:

- Gallatin Valley Farm to School (gvfarmtoschool.org)
- FoodCorps
- Root Cellar Foods for processing
- Local Farm List
- MT HoM materials

My Recommendations:

- Get to know your farmers!
- Get students involved & on board to promote the local food items.

Future Goals:

1. Increase local, farm-fresh food in our meals.
2. Partner with a local farm to plan next year's crops and pricing!
3. Continue to provide farm field trips & nutrition education through Gallatin Valley Farm to School.
4. Build a school garden for growing food for the cafeteria!

Work Together!



Thank you!
Any Questions?



Erin Jackson
Education Coordinator
Gallatin Valley Farm to School
erin@gvfarmtoschool.org

Erin Turner
Food Service Director
Monforton School District
eturner@monfortonschool.org



+ Thank you!

Aubree Roth

Farm to School Coordinator

Montana Team Nutrition Program

(406) 994-5996

aubree.roth@montana.edu

Opi.mt.gov/Farm2School



opi.mt.gov

