

Food Day 2015



Guide for School Organizers



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Celebrating Food Day in Indiana

- Food Day is a nationwide celebration of healthy, affordable, and sustainably produced food. It builds all year long and culminates every year on October 24.
- Here are ways you can get involved, depending on your time, interest, and resources:
 - Host a Food Day event or organize an activity in your school. To learn more, visit www.foodday.org
 - Join schools across Indiana and take part in “You  Kale”
 - Determine where to source your kale (local farmer, wholesale distributor, school garden)
 - Build partnerships with the Indiana Farm to School Network, your local Purdue Extension office, teachers, parents, school nutrition services, and local farmers
 - Make plans for a fall garden
 - Decide how you will promote “You  Kale” in your school

KALE, the power-up ingredient

- **This year:**
 - Local farmers will be growing kale for Food Day celebrations.
 - Students will watch kale grow in school gardens.
 - Students will participate in taste tests to determine their favorite kale recipes.
 - On Food Day, the cafeteria will prepare their favorite kale recipe using kale from a farmer, a produce distributor, or the school garden.



Can food grown in school gardens be served in the cafeteria?

- **Yes!** In 2009, the USDA released a memo on frequently asked questions about using food from school gardens in school lunch
 - [USDA School Gardens QandA Memo.pdf - 24 KB](#) - Memo from USDA about serving food from school gardens in cafeteria



Before using produce from the school garden...

Before using produce from the school garden, the USDA recommends visiting the garden and asking the lead gardener about growing practices, including the history of the land use, water sources, soil sampling and results, use of fertilizers and pesticides, and animal control measures.

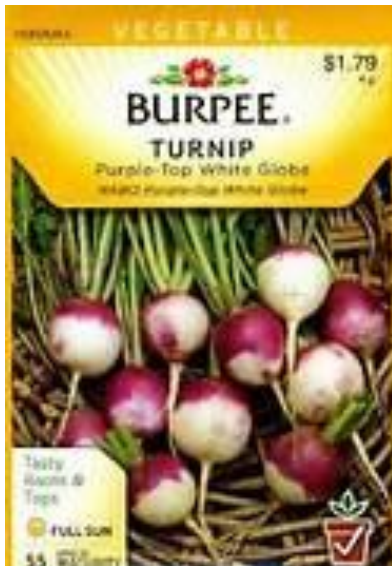
- [School Garden Best Practices - Natl Farm to School Network.pdf - 652 KB](#) - Fresh, Healthy, and Safe Food: Best Practices for Using Produce from School Gardens - Created by the National Farm to School Network
- [School Gardens Food Safety Tips - Maryland Extension.pdf - 580 KB](#) - School Garden Food Safety Tips from Maryland Cooperative Extension
- [Student and Food Safety: Best Practices for Hawai'i School Gardens - 771 KB](#)
- [Serving Foods Grown in School Gardens.pdf - 49 KB](#) - Serving Food Grown in School Gardens - A sample from Portland Public Schools, Portland, OR
- [DPS GardenToCafeteria protocol-final.pdf - 714 KB](#) - Using Garden Produce in the Cafeteria - A sample from Denver Public Schools

Celebrating Food Day in Indiana

Because Food Day is at the end of October, Indiana schools can celebrate Food Day any day during the month of October.



Food Day in the school garden



Food Day in the school garden

- Plant kale seeds in early August to harvest in mid-to late October. For quicker results, use plant starts from a nursery.
- Host an event on the site of an upcoming garden.
- Take photos of the garden site “before and after” building and planting.
- Hold a class on vegetable gardening or cooking to demonstrate recipes using kale.
- Plant a classroom container garden.

A beginner's guide for growing kale in a container

Growing kale in a container

- If you don't have space to grow kale in the garden, you can grow it in a soil-appropriate container.
- The container must have at least six square inches of space for each plant and drainage holes.
- Use a commercial potting soil or soil-less mix.
- Plant your seeds or starts in the center of the pot, following the same fertilization and depth suggested for garden planting (a good layer of compost, with seeds planted ½" deep).



Once summer arrives, kale grown in containers should be moved to a partially shaded area.

A beginner's guide for growing kale in a garden

Growing kale in a garden:

- Kale grows best in rich soil, high in organic matter, with a slightly acidic pH.
- Plant kale in direct sun during cooler weather, or in partial shade as temperatures increase.
- In beds, sow seeds $\frac{1}{2}$ " deep, 15"-18" apart in all directions.
- Keep kale well watered. Side dress throughout the growing season with compost. Mulching is preferred to keep the soil moist.



Food Day in the cafeteria

Activities:

- Introduce taste and food education activities in the cafeteria to encourage kids to try new, healthier choices.
- Start a Salad Bar in your cafeteria.
- Urge food service directors to serve a special Food Day cafeteria meal featuring local foods and highlighting new healthy menu options.

Resources:

- Recipes
- New School Meal Patten Guidance
- Let's Move Salad Bars to School Website:
<http://saladbars2schools.org/>
- National Kale Day Website:
<http://nationalkaleday.org/your-brain-on-kale>



Food Day in the Cafeteria

Serve kale for lunch

- Kale has many uses. You can prepare it in:
 - **salad**
 - **lasagna**
 - **soup**
 - **sauté it in a stir fry**
 - **bake it as a snack.**
- Add kale to smoothies, muffins, cookies, and breads to make your treats more nutritious.
- When making a raw kale salad, massage the kale between your hands to soften it.
- Make kale chips! Trim and wash kale leaves, and cut or tear into bite-sized pieces. Toss in bowl with olive oil and spread on cookie sheet. Sprinkle with salt. Bake at 300 degrees for 20 minutes.

Recipes for K-12 school lunches

Kale is a super healthy and versatile vegetable. It's wonderful served raw in salads, as a stir fry ingredient, in soups, or as tasty baked kale chips!

- [Kale Salad](#) (from Manchester-Essex Schools)
- [Sautéed Kale with Ginger and Soy](#) (from Project Bread)
- [Sue's Minestrone Soup](#) (from VT FEED)
- [Crispy Kale Chips](#) (thanks to Watertown Public Schools)
- [Pasta Fazool](#) (from Cambridge Public Schools)
- [Braised Greens and Beans](#) (from VT FEED)
- [Cheesy Kale Bake](#) (from VT FEED)
- [Winter Vegetable Soup with Noodles](#) (from VT FEED)

Recipes for college dining services:

- [White Pizza with Kale](#)
- [Nutty Kale with Whole Wheat Penne](#)

Where to find Indiana-grown kale

- [Hoosier Harvest Market](#), a food hub for locally grown food
- Farmers markets and farm stands
- Food delivery services like [Green Bean Delivery](#) carry local kale
- Indiana State Department of Agriculture's [Indiana Grown](#) Program website
- Ask your produce distributors if they carry local kale...most of them substitute local kale when it is available

New Meal Pattern Requirements

Vegetables (Lunch)

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	5 (1)
• Dark green	0.5	0.5	0.5
• Red/Orange	0.75	0.75	1.25
• Beans/Peas (Legumes)	0.5	0.5	0.5
• Starchy	0.5	0.5	0.5
• Other	0.5	0.5	0.75
Additional Veg to Reach Total	1	1	1.5

Kale Nutrition Facts

- Kale is easy to grow and harvest. It is a hearty green that can be harvested even after early frosts.
- Per calorie, kale has:
 - **more iron than beef and**
 - **more calcium than milk**
- One cup of chopped raw kale provides:
 - **more than 100% of the daily value of vitamins A, C, and K**



Food Day in the classroom

- Integrate horticulture into your science, family and consumer science, or independent studies classes.
- Partner with a farm to help facilitate the class.
- Have show and tell with vegetables, then create a menu with the class.
- Plan a farming field trip.
- Add kale to your class curriculum ([general nutrition](#), cooking or for the science buffs) and learn about the [molecular makeup of kale](#).



**Download National Kale Day
teaching tools**

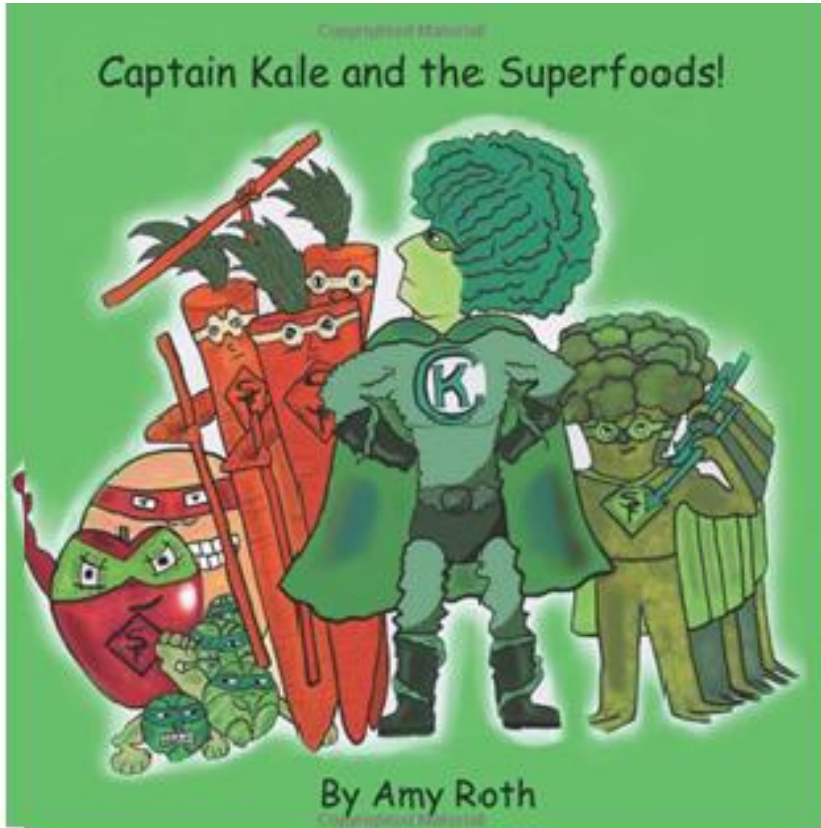
<http://nationalkaleday.org/be-a-kale-hero/>



Take your class to a farmers market

so they can learn how to shop

Read a story about kale





**Tips and a timeline
from two schools in Indiana**

Last Year: Turning up Turnips

- Last year, **Batesville Intermediate School and Jac-Cen-Del Elementary School in Osgood, Indiana**, organized their celebration around turnips.
 - The students watched turnips grow in their garden;
 - participated in taste tests to determine their favorite turnip recipes; and
 - on Food Day, students were served their favorite recipe using turnips grown by Peaper Brothers farm.



Batesville's timeline for Food Day 2014

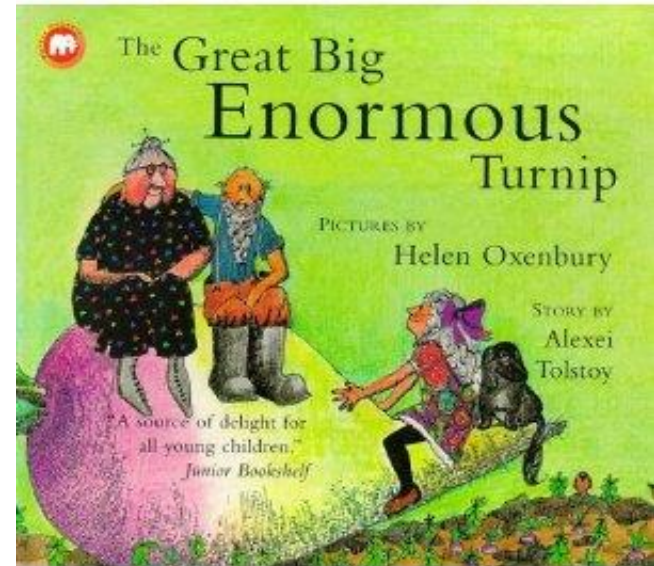
It's never too early to start planning...

In April, all partners met to discuss timeline. A farmer was recruited to grow turnips and participate in Food Day activities. Margaret Mary Health (MMH) provided administrative support (copying and supplies). A MMH representative communicated with all of the partners to assure the timeline was being met.

- April – partners meeting, curriculum ideas developed for teachers
- May – farmer selected
- Mid-July – turnips planted by farmer
- August – turnips planted in containers by students with help of farmer
- August – email to teachers describing program
- August – food service staff determine which recipes to sample. Staff prepared recipes for tasting.
- Sept – Hold tasting. Students vote on their favorite recipe. Farmer and or chef visit school.
- Late Sept – “Turning up Turnips Day ” at the Batesville farmers market – special events for children planned
- Mid-October – Harvest turnips from school gardens
- October 21 & 28 – Food Day activities at Batesville Intermediate School
- October 21 & 28 – Food Day activities at Batesville Primary School

Last Year: Turning up Turnips

- Last year, the **MSD of Warren Township** organized their celebration around turnips.
 - 12,000 students planted turnip seeds in milk cartons.
 - Chefs developed new turnip recipes for a food demonstration and tasting at the high school.
 - Indiana State Superintendent of Public Instruction, Hon. Glenda Ritz, attended the Food Day celebration at Eastridge Elementary (Warren Township) where she read The Great Big Enormous Turnip to a second grade class.



MSD of Warren Township's timeline for Food Day 2014

Sherika Mitchell, RD (Assistant Director of Food Service) started planning early! Here is her timeline.

Mid-June:

- Begin planning Food Day activities
- Focus on areas of improvement from previous year
- Discuss plans with Food Day team

July:

- Finalize Food Day plans
- Brainstorm volunteer group/individuals
- Contact volunteers
- outline event and expectations

End-July:

- Communicate plan with Food Service staff

August:

- Communicate with school district: superintendent, clients, teachers, and other important administration members about the event



MSD of Warren Township's timeline for Food Day 2014

September:

- Finalize volunteers groups/chefs/individuals
- Check for questions or any red flags

End of September:

- Rollout promotional materials for Food Day
- Share Food Day menu with food service staff

Beginning of October:

- Communicate with volunteers. Provide driving directions to each school site, an agenda and a job description for Food Day activities
- Conduct a training for food service staff on how to prepare the Food Day recipes and provide samples to students during the event
- Review job description with volunteer chefs participating in the event and answer any questions

Week before and during:

- Send out a reminder email to all faculty and staff about the event

Day of the Event (October 24):

- Conduct a meeting at the end of the day for volunteers, chefs and staff to debrief, share lessons learned, and to celebrate their success!



Tell us how you plan to celebrate Food Day 2015

Share your story with us using
#INFoodDay



Or, email your story to:
Maggie Schabel,
Wellness Specialist
Indiana Department of Education
School & Community Nutrition
Phone: (317) 232-2130
Email: mstephon@doe.in.gov

