

## **2015 Conference Workshop Descriptions**

### **Beyond the Lunch Line: Incorporating Local Foods in Senior Meals and Out of School Time Settings**

*Presenters: Kimberly Clark, Farm to Cafeteria Program Director, Farm Fresh RI; Jennifer Perry, Director of Distribution and Nutrition & Rachel Orie, Nutrition Outreach Coordinator, The Open Door*

How can we increase access to healthy, locally grown foods in all different types of nutrition programs? Learn about an innovative program in Rhode Island that connects senior meal sites to locally grown foods, and about the incorporation of locally grown foods in after school snack, supper, and summer food service programs in Gloucester.

### **Closing the Loop from Table to Farm: Waste Reduction, Composting Organics, and School Gardens**

*Presenters: Janice McPhillips, Holly Hill Farm; Ann McGovern, Consumer Waste Reduction Coordinator, Mass. DEP; Kathi Mizra, Municipal Assistance Coordinator, Mass. DEP*

Massachusetts just implemented a pioneering food waste diversion law. Find out how you can reduce cafeteria waste, turn leftover food scraps into compost, and then feed your farm or garden with this “black gold.” Learn about the grants, equipment, and technical support available, and hear from Friends of Holly Hill Farm in Hingham and Quabbin High School Food Service about the work they have done.

### **A Collaborative Approach to School-Based Wellness through Farm to School Initiatives**

*Presenters: Maria Hall, Robin Chapell, and Kathleen Garvin, Walpole Public Schools*

Learn how one district was able to successfully implement a number of farm to school initiatives through collaboration by engaging the whole school community.

### **Garden to Table: Learning Outside the Box**

*Presenter: Peter Hinrichs, Horticultural Specialist and Seth Bernier, Food Service Director, Learning Prep School*

As different as people are in their looks they are as different in the way they learn. Learning Prep School is an innovative school for students with language and learning challenges which uses exploratory shop classes such as horticulture and food service as a means to reinforce academic learning in a practical setting through our garden to table program.

### **Growing in the Classroom and Out: Mushroom Cultivation, Compost Bins, and School Gardens**

*Presenters: Wesley Price & Todd Leftwich, Nantucket Mushrooms, LLC; John Alphin, Recycling and Garden Coordinator, City of Springfield*

The cross-curricular nature of mushroom cultivation brings endless opportunities to a school community. In this session, we will describe the benefits of mushroom cultivation, the “how-tos” of growing indoors, school and food service collaboration, and a variety of ways to enhance curriculum.

### **Farm-Based Education Initiatives: Urban and Rural Farm Field Trips**

*Presenters: Prudy Pilkanis, 6-12 Wellness Curriculum Coordinator, Hamilton-Wenham RSD; Catherine Donovan, SNS, Director of Food Service, Hamilton-Wenham RSD; Katie Rozenas, Regional Environmental Council; Lilly Lombard, Founder, Grow Food Northampton.*

Strengthen your wellness curriculum by incorporating visits to local agricultural producers. This workshop will feature programs that are bringing students out to the field, including Hamilton-Wenham’s annual trip to Appleton Farms in Ipswich, the Regional Environmental Council’s organization of field trips to their urban farming sites in Worcester, and Grow Food Northampton’s partnership with Northampton Schools. Participants will learn tips for collaboration and logistics to help these learning experiences happen.

## **Farm to Preschool**

*Presenters: Deb Habib, Executive Director, Seeds of Solidarity Education Center; Rina Zampieron, Drumlin Farm Community Preschool*

Get inspired to create gardens and programs that engage young children – especially those without access to fresh food – in growing and enjoying the fruits of their joyful labor. Leave with ideas for community partnerships and programs that promote successful early childhood initiatives that inspire life-long skills for health and food resiliency. This workshop will also focus on developing year-round farm curriculum for early education programs using STEM standards.

## **Farm to School Curriculum Connections**

*Presenters: Karyn Novakowski, Farm to School Project Director, Somerville Public Schools; Chris Mancini, Executive Director, Groundwork Somerville*

The Somerville Farm to School Project provides curriculum support so that teachers can create real life, hands-on experiences for students in school gardens and in the classroom. Join us, along with Groundwork Somerville, for a hands-on workshop about farm to school curriculum connections.

## **Farm to School Planning 101**

*Presenters: Catherine Sands, Food and Wellness Evaluation Consultant; Simca Horwitz, Mass. Farm to School; Jenny Devivo, Food Service Director, West Tisbury & Chilmark Public Schools; Noli Taylor, Director, Island Grown Schools*

Are you new to farm to school? This session will provide you with an overview of planning, implementing, and evaluating a farm to school program with a particular focus on cafeteria-based initiatives. The workshop will address the basics of local foods procurement, engaging key supporters in the school community, and funding your program.

## **Farm to School Policy and Advocacy**

*Presenters: Cris Coffin, New England Director, American Farmland Trust; Maryanne Reynolds, Esq. Noli Taylor, Director, Island Grown Schools; Simca Horwitz, Eastern Mass. Program Director, Mass. Farm to School*

How can public policy create an environment in which local farms remain viable and farm to school programs are thriving? Meet with agriculture, public health, and school nutrition policy experts to discuss opportunities to strengthen Massachusetts policy to support the growth of farm to school. Hone your skills as a farm to school advocate and join the conversation about next steps in farm to school policy.

## **Food Safety from Garden to Early Childcare**

*Presenter: Catherine Wickham, MS, RD, UMass School of Nutrition*

Develop an understanding of the risks of foodborne illness from fresh produce and gain some practical information on food safety basics with a special focus on farm and garden-related activities in early childcare settings.

## **Funding Farm to School**

*Presenters: Danielle Fleury, USDA Food and Nutrition Service; Karyn Novakowski, Somerville Public Schools; Sally Loomis, Parent Volunteer, Williamsburg Public Schools*

Representatives from both public and private entities will discuss funding streams that support farm to school activities in Massachusetts. Participants will hear about grant programs, as well as creative fundraising strategies that school districts and their partners can create to build or sustain farm to school work in their community.

### **Identifying, Developing, and Introducing Successful, Culturally-Relevant Recipes**

*Presenter: Melissa Honeywood, Director of Food and Nutrition Services, Cambridge Public Schools*

How do you develop recipes that reflect the true demographics of your student population and utilize many different locally grown vegetables? Learn from the pioneering example of the Cambridge Public Schools where they have successfully incorporated Chinese, Ethiopian, Haitian, and Indian dishes into their school meals.

### **The Logic of the Plantation: Slavery, the Food System, and the Modern University**

*Presenters: Elizabeth Rucker and Drew Love, Real Food Challenge*

This workshop traces the practices of the modern, conventional food system back to the plantation agriculture that took root in the 1400s. It examines the links between the slave trade and the founding of colonial universities and from there asks us to consider how universities (and other large institutions) influence the food system and support unsustainable and unjust agricultural practices. Then we end with a discussion of students' advocacy for justice.

### **On-Campus Farming**

*Presenters: Nancy Hanson, Farm Manager, Hampshire College; Rachel Dutton & Joanna Benoit, Auxiliary Enterprises, UMass Amherst; Peter McLean & Tobin Porter-Brown, Book & Plow Farm, Amherst College*

Colleges and universities throughout Massachusetts have the potential to make significant impacts in local food systems, through their purchasing power and by fostering student engagement on campus. More and more colleges throughout Mass. are looking to the student body and campus resources to help foster change through on-campus farming. This panel will present three different college farm models and highlight how each intersects with academics, dining services, the student body, and the greater community.

### **Pioneer Valley Vegetable Venture**

*Presenter: Nico Lustig, Franklin County Community Development Corporation Western Massachusetts Food Processing Center*

Learn how to extend the season with freezing and canning on a large scale for year-round farm to school offerings. Hear about the work of the Western Massachusetts Food Processing Center in their mission to supply healthy locally-grown food to New England schools.

### **Real Food Calculator: Student Led Research for Transparency and National Food Standards**

*Presenter: Drew Love, Real Food Challenge*

"Real Food" has increasingly become a buzz word around college campuses and beyond. But what is real? What is local? What is sustainable and what is fair? Join the Real Food Challenge Team as we discuss the Real Food Calculator. The calculator is a student-led research project and web application actively used by over 80 undergraduate research teams across the country. Join us for an interactive discussion about student engagement, transparency, and the critical role of administrators and faculty in creating a better food system for all.

### **Regional Networking Sessions**

Meet other farm to cafeteria practitioners and advocates from your region of the state in this structured networking session. Facilitators will lead groups from southeastern, northeastern greater Boston, and central and western Mass. in a discussion of the unique farm to cafeteria opportunities and challenges in your region. This will also be an opportunity to connect with invited legislative representatives and explore opportunities to strengthen the farm to cafeteria policy landscape in Massachusetts.

## **Sea to School: Incorporating Local Seafood into School Meals**

*Presenters: Bob Kinch, Food Service Director, Maynard Public Schools; Andrew Wilkinson, Northcoast Seafood; Ken Miller, Food Service Director, Fessenden School; Kyle Foley, Gulf of Maine Research Institute*

Learn from experienced food service directors and a local seafood distributor about opportunities to incorporate healthy, affordable, kid-tested seafood recipes into your lunch program. Our discussion will include the ease of preparation, the nutritional benefits, and the affordability of local seafood, as well as the “where and how” to make this happen.

## **School Gardens**

*Presenters: Alice Posner, Mass. Agriculture in the Classroom School Garden Program Associate; Debi Hogan, Mass. Agriculture in the Classroom Executive Director; Lara Lepionka, Director, Backyard Growers; Meghan Stratton, FoodCorps Service Member*

Join panelists from leading school garden organizations Mass. Agriculture in the Classroom and Backyard Growers to learn about all aspects of the school garden, from gaining funding and community support to setting up the garden and choosing plants to grow. This workshop will show you how to create a successful district-wide elementary school garden program with limited time, money, and resources.

## **Soup and Salad on Steroids: A Cooking Demo**

*Presenters: Kevin Gibbons, Executive Chef, UMass Dartmouth Dining Services; Nancy Wiseman, Director of Operations, UMass Dartmouth Dining Services*

The main focus of this demonstration will be to combine some interesting culinary techniques and recipes with nutritional information and highlight new ways of preparation to encourage a healthier approach to foods. We will feature less commonly used vegetables so that we can expand our guests and our own palates. We will focus on teaching healthy methods of food preparation that do not compromise flavor.

## **Student Engagement**

*Presenters: Robin Organ, Green Schools Executive Director; Nicole Bourdon, Mass in Motion Program Director, Springfield Department of Health and Human Services*

Students are essential partners in growing the farm to school movement. In this workshop you will learn from two innovative programs that harness the power of student leadership to affect change. Learn how to best involve students in designing and implementing your farm to school program, and how farm to school can help develop the next generation of sustainability leaders.

## **Targeting Local Foods through Fair, Open, Competitive Procurement**

*Presenter: Danielle Fleury & Martine Cherry, USDA Food and Nutrition Service*

This session will provide an overview of federal procurement regulations and guidelines, and discuss a variety of ways that schools can access local foods in accordance with federal requirements. Participants will learn about the various tools at their disposal when targeting local foods in creating product specifications and written solicitations.

## **University Dining as Sustainability Leaders: The Nuts and Bolts of Starting a Program from the Ground Up**

*Presenters: Rachel Dutton, Sustainability Manager, UMass Auxiliary Enterprises, UMass Amherst; Joanna Benoit, Sustainable Food Systems Coordinator, UMass Auxiliary Enterprises, UMass Amherst; Sabrina Pashtan, Sustainability Coordinator for Boston University Dining Services*

Campus food service has enormous potential to drive sustainable solutions in this world. Join two premier Massachusetts Universities – UMass Amherst and Boston University – to explore how they have instituted

local procurement and sustainability initiatives on campus. Learn about the unique challenges and opportunities that come with working within a public and private institution and self-operating and managed dining services.