

## **2016 Farm & Sea to School Conference Workshop Presentations**

### **Becoming an Advocate: Practical Policy Tools You Can Use**

*Presenters: Jessica del Rosario, Massachusetts Convergence Partnership; Maria Hall, Walpole Public Schools; Winton Pitcoff, Massachusetts Food System Collaborative*

Learn how you can help grow the farm to school movement by engaging with local, state and federal policy. Participants will learn practical tools such as how to get local legislators to participate in your events and will learn about the role they can play in implementing the recommendations of the Massachusetts Food Plan – a new guide for strengthening our local food system.

### **Changing the Seafood Purchasing Paradigm**

*Presenters: Jared Auerbach, Red's Best; Martin Breslin, Harvard University Dining Services (HUDS) Carolyn Chelius, HUDS; David Davidson, HUDS; Crista Martin, HUDS*

Relevant for food service at all levels, learn how Harvard partnered with Red's Best to increase local seafood purchasing through a standing "Catch of the Day" program. Participants will learn a new purchasing model, the steps to implement it in their own operations, and take home recipes and marketing materials to model their own "Catch of the Day" program.

### **Connecting Community Farms with Schools**

*Presenters: Katie Carr, Grow Food Northampton; Matt Celona, Mass Audubon; Caroline Rosa, Grow Food Northampton; Emma Scudder, Mass Audubon*

This workshop will provide a snapshot of the different ways that community farms can work with their local schools, from selling produce to school cafeterias to hosting farm field trips to offering classroom and school garden-based programs. We will share triumphs, challenges, and lessons learned in two pilot programs.

### **Connecting the Garden to the Cafeteria: Student Education and Food Safety**

*Presenters: Lauren Howe, Slow Food USA; Andrew Nowak, Slow Food USA*

Ever wondered how to get your garden produce into the lunchroom? During this workshop, Slow Food USA will discuss the concept of Garden-to-Cafeteria. Successfully implementing a GTC program requires planning around food safety, training, and partnerships. We'll provide a food safety training and protocol template to get you started!

### **Creativity, Collaboration and Complement = A Recipe for Successful Farm to School Curriculum Integration**

*Presenters: Janet Connor, Dept. of Youth Services; Cynthia Carvill, Dept. of Youth Services; Catherine Kling Nourse, Nourse Farm; Beth McGlory, Dept. of Youth Services; Karen White, Framingham State University*

When farmers, educators and food/nutrition professionals unite, farm to school topics are more fully incorporated across a learning continuum. We will highlight how these sectors collaborated to design an integrated curriculum; offer suggestions for adaptation; and facilitate an activity where workshop participants may apply this learning in their own programs.

## **Cultivating Relationships: How to integrate Farm to School Curriculum Districtwide**

*Presenters: Martha Cohn, Lowell Public School District; Francey Slater, Mill City Grows; Val Snowdon, Mill City Grows*

Learn how to create and leverage school and local partnerships to create a robust farm to school program within your school district. We will explore the model developed by Lowell Public Schools with Mill City Grows, and dive deeper into methods districts can employ to build and leverage relationships to support farm to school curriculum.

## **Farm to School Action Planning: Assessing and Setting Goals and Actions**

*Presenters: Ben Doren, Monument Valley Regional Middle School; Abbie Nelson, NOFA-VT and VT FEED*

Successful assessment and action planning with a farm to school team takes not only convening, but having tools and a process that participants can use to build successful farm to school programs. We will share these tools and how they have worked for school teams in the Northeast.

## **Farm to School Equity: Quincy Public Schools Case Study**

*Presenters: Susan Karim, City of Quincy; Elizabeth Manning, City of Quincy; Janice McPhillips, Friends of Holly Hill Farm; Joanne Morrissey, Quincy Public Schools; Laura Owens, Quincy Public Schools*

Farm to School partners from Quincy, MA will participate in a lively question and answer panel discussion about using Farm to School programming as a means of promoting social equity and healthy food choices, using case study examples from a range of successful programs across the city.

## **Farm to school in the Garden, Cafeteria, and Classroom**

*Presenters: Deborah Jeffers, Salem Public Schools; Graeme Marcoux, Salem Public Schools; Amy Root, Backyard Growers; Meghan Stratton, Backyard Growers*

Join Backyard Growers and staff from Salem Public Schools to learn about farm to school programs including examples of district-wide school garden programs, in-class food system lessons, local fish and produce tastings and procurement, and more! Come discuss our highly adaptive programs and leave with ideas to start your own – even with limited time, money, and resources.

## **A Four College Collaboration to Increase Local Food Purchasing**

*Presenters: Margaret Christie, Community Involved in Sustaining Agriculture; Beth Hooker, Hampshire College*

Come hear from project organizers at CISA and Hampshire College about how four very different institutions have partnered to increase local food on their campuses. This session will include four college case studies, a regional food system analysis, and guidelines for cross-institutional collaboration.

## **Innovations for Getting Local Foods and Nutrition Education into Summer Meal Programs**

*Presenters: Simca Horwitz, Mass. Farm to School; Jiff Martin, University of Connecticut Extension; Leran Minc, Project Bread; Abbie Nelson, Northeast Organic Farming Assoc. of VT & VT FEED; Madison Walker, Greenfield Public Schools*

In the Northeast we have increased summer meal sites over the past few years, but getting local food for these has been a challenge. CT, MA, and VT Farm to School organizations will share how we have met this challenge and worked with local partners to buy local and provide nutrition education.

## **Involving Youth in Local Agriculture – How to start an Agricultural 4-H Club**

*Presenter: Tom Waskiewicz, University of Massachusetts-Amherst Extension Program*

This workshop will engage participants in a discussion about youth/adult partnerships. Attendees will view a short presentation about 4-H and then develop an action plan to initiate a 4-H Club in their community. Topics covered include logistics, recruiting, management, resource allocation, networking, and infrastructure.

## **Keeping Track: Strategies and Tools for Setting Goals and Evaluating Your Local Procurement Progress**

*Presenters: Andy Cox, Smith College*

This workshop will provide participants with tools for setting local foods procurement goals, including how to make strategic decisions about which products to focus on. We will also provide an overview of different tracking tools and discuss the different strengths of the various tools.

## **The Kids CSA: Growing Little Gardeners**

*Presenter: Sara Coblyn Porth, Sweet Roots Gardens*

Sweet Roots Gardens runs a popular garden based Kids CSA program for families and children ages 2-5. The program melds garden based art, exploration, harvest, and yoga. Learn to design and implement an educational garden and program for preschool aged children. Workshop is ideal for educators, parents, and anyone working with little ones.

## **Local Foods and CACFP – Menu Development and Procurement**

*Presenters: Jane Marquis, The Adult Learning Center; Alicia Rampulla, USDA Food & Nutrition Service*

In this workshop you will hear from USDA's Farm to Preschool specialist and a child care practitioner about strategies to develop menus and procure foods to maximize your local foods usage. Presenters will explain the rules surrounding the use of CACFP funds for the purchase of local food and farm to preschool activities. Learn how a childcare center in an urban neighborhood expanded its Farm to Preschool program from growing herbs in the classroom to building a vibrant greenhouse.

## **Making the Most of the Local Harvest**

*Presenter: Sam Icklan, Project Bread*

This workshop and cooking demonstration will provide participants with strategies for using the harvest bounty in season, including working with large volumes of unexpected ingredients, reducing food waste, and processing foods for year round use. Think about fruits and vegetables in all new ways. Watch as one ingredient gets transformed into a soup, a sauce and a salad dressing.

## **Measuring Impact in Community-Based Nutrition Education**

*Presenter: Alexis Daniels, MS, OTR/L, Tufts University, East Boston YMCA, Parachute Teachers*

Urban Farm Kitchen, a 12-week gardening, nutrition, and cooking program, defines a new model for linkages between K-8 students, academia, and urban farms. This workshop will use Urban Farm Kitchen as a case study to explore formal and informal methods to collect quantitative and qualitative data to measure program success.

## **Procuring Better, Procuring Local**

*Presenter: Mark Fine, Metropolitan Area Planning Commission; Karyn Novakowski, Somerville Public Schools*

At this workshop, participants will learn about efforts to use collaborative procurement models to increase the amount of local food in area schools. Hearing from both a lead collaborative procurement agent and a school food director, the session will share examples of how to use procurements/contract management to shape vendor practices, the challenges to getting more local food via procurements and the potential for such arrangements to help districts improve their overall procurement exercises. By learning what has worked and what hasn't, other school districts consider ways to enhance their own efforts to procure local food going forward.

## **Regional Networking Sessions**

In these five regional networking sessions, participants will have the opportunity to learn about the programs and activities of other farm to school leaders in their surrounding communities and discover opportunities to work together to advance these efforts. The sessions will be facilitated by members of the Massachusetts Farm to School Network Leadership Team who will be asking participants for their ideas for the next stage of Network development and will be providing information about how you can stay connected and get involved with a Network working group.

## **The Sea to School Challenge: Building Students' Ownership of a Healthy Diet**

*Presenters: Erin Taylor, CitySprouts; Andrew Wilkinson, NorthCoast Seafoods*

Last spring, middle school students in a CitySprouts elective in Cambridge were given a culinary engineering challenge by their Food and Nutrition Director: design the perfect sauce to go with the fish in your school lunch. With the help of NorthCoast Seafood, they engaged in a hands-on collaborative project that culminated in the entire district serving their sauce with lunch and gave students authentic ownership over their healthy food choices. In this workshop, you will experience a condensed version of that same challenge. Learn how it worked for our youth in the same hands-on collaborative way that they learned to be culinary engineers. Winners earn bragging rights and own their branded signature sauce. Walk away pumped to form your own student group of Culinary Engineers.

## **Teaching Young Children to Like & Eat Local Vegetables**

*Presenter: Nick Speros, Project Bread*

Chef Nick Speros has a passion for feeding people that is only surpassed by his caring for children. He will discuss tricks & insights for motivating kids to eat vegetables during a food demonstration. Menu items will be created & sampled by the audience and there will be a question and answer session for participants.

## **Tricks of the Trade: Garden Education 2.0**

*Presenters: Harry Brandt, Patrick E. Bowe School; Hope Guardenier, School Sprouts Educational Gardens*

This workshop is designed for folks with experience with school gardens – administrators, teachers, garden educators, and parents. Participants will learn tools that seasoned garden educators have used to effectively design, structure, and deliver garden education programs. From utilizing existing curriculum (don't reinvent the wheel) to what to bring with you to the garden (how do I get 20 kids' attention in a classroom with no walls?), workshop leaders will demonstrate and engage in conversation to ensure that participants get the most out of the workshop for their garden program.

### **Values Matter: Institutionalizing Good Food Purchasing**

*Presenter: Brett Tolley, Northwest Atlantic Marine Alliance; Hannah Weinronk, Program Manager, Real Food Challenge; Chatham Commercial Fisherman*

When we think about the farm & sea to school movement a new set of values come to mind. What exactly are these values? How are they different from the old system? And when rubber meets the road, how do we ensure these values stay in tact? Without a more thorough examination of our core values we risk creating a new system with the same foundation as the old system. This workshop will explore a values-based approach toward institutionalizing how food moves from farm & sea to school. Hear directly from those with boots on decks and hands-in-the-soil about new ideas and practical ways that institutions can dive deeper around purchasing decisions that truly reflect their values.

### **When Lunch is Over: What to do with Waste**

*Presenters: Carolyn Dann, MassDEP; Amy Donovan, Franklin County Solid Waste Management District; Kathi Mirza, MassDEP*

So we've gotten farm fresh produce to school, but what happens with the uneaten bits?! This workshop will cover a variety of ways to incorporate food waste diversion and composting into a school and cafeteria and use it to reduce waste, teach students, and connect food to the importance of healthy soil and compost.

### **Youth Engagement in Farm to School Policy**

*Presenters: State Representative Tim Madden; Stephanie Rein, Sustainable CAPE; Noli Taylor, Island Grown Schools; Hannah Traggis, Mass Horticultural Society*

Learn how schools and students can be effective advocates for local and state level policy to support farm to school and build power for the farm to school movement. Hear from schools that have worked with legislators to draft state level legislation, who have hosted legislators in their gardens and cafeterias, and who have built lessons around letter writing and other methods of legislative advocacy through a farm to school lens.

### **Youth as Leaders in the Farm to School Movement**

*Presenters: Neftali Duran, Nuestras Raices; Hannah Finnigan, Healthy Chelsea; Julian Hartmann-Russell, Paulo Freire Social Justice School; Madelyn Herzog, Healthy Chelsea*

This workshop will seek to answer the question of how we meaningfully engage youth as leaders in the farm to school movement. Hear from two community-based Massachusetts organizations, Healthy Chelsea and Nuestras Raices, and their youth leaders about their school food improvement projects, and learn best practices for starting or adapting similar programs in your community.