

2nd California Food Security Summit June 10th Panel Notes

Farm to School: Successes and Challenges

Panelists: Tommie Callageri, Compton Unified School District, Judy Blue, Community Alliance with Family Farmers (CAFF)/Goldcoast Growers Collaborative, Marilyn Godfrey, Ventura Unified School District, Melanie Okamoto, Berkeley Unified School District

Moderator: Marion Kalb, National F2S Program/CFSC

Note taker: Michelle Ross

Tommie Callageri- Senior Director Food Services in L.A.

- She works on the Farm to school program in Compton
- Compton- located south of L.A., with a student population of ~ 35,000 Mostly black and brown students with 35 % Hispanic
- This program serves a low income community
- A large percentage of students qualify for National School Lunch Program (NSLP)- reduced cost or free lunch
- Common nutrition/ health issues- Obesity, Type 2 Diabetes, Heart Disease, Hypertension
- Fruit and Vegetable Consumption in schools
- How will this affect the future? Children's health related issues follow through into adulthood.
- The Farm to School Program should absolutely run in all schools
- Kids DO eat the fruits and vegetables. They love it.
- In Santa Monica, Malibu USD: SMMUSD access to fresh fruits and vegetables at the Farmers' Market; Community awareness of healthy eating habits- evidence in the fact that there are Whole Foods Markets; Student exposure to food variety- students eat Sushi for lunch; 27% of students participate in the National School Lunch Program- there is a higher economic base
- In Compton USD: There are no Farmers' Markets, Fast food is easily accessible; 75% of students qualify for the NSLP
- Fresh Salad Bars
 - 2003 implemented- students are choosing the salad bar over the traditional lunch
 - The salad bars are coordinated to match the school's colors so they identify with it
 - They use harvest of the month- offers great variety
 - Initially students choose salad bar 75%:25%, eventually it balances out to 50%:50%
- Students future is in our hands
- Food service professionals have an obligation to focus on student nutrition and physical fitness
- Provide students with the tools they need to learn and grow physically and mentally
- Incorporate education along with food- children need to understand the value of food in order to make to right decisions
- What does the future hold? Fresh potato salad, soup and salad, re-establishment of the Compton Farmers' Market

Questions & Answers and Comments

Q. How many days a week is the salad bar available?

A. Everyday

Q Is the salad bar a reimbursable meal?

A. Yes, completely by the federal government. There are also bread and milk options

Q. Where is the produce coming from?

A. Initially from Garden Patch Farm but they only wanted to deliver to one location. In order to make sure it gets to all the schools Compton U.S.D. returned to their grocery distributor.

Q. How has the salad bar affected staff preparation time for lunch?

A. There is generous staffing. First there was hesitation from the staff but Tammie convinced them that they had extra time; She knows they have extra time.

Q. Do you have to spend additional money on the salad bar?

A. Yes, because the salad bars need to be child size. But the salad bar keeps all the produce fresh which is a good investment.

Judy Blue- Community Alliance with Family Farmers (CAFF), Gold Coast Growers Collaborative

- Currently how do you get produce to the school? Through a distribution System
- Ventura County wanted produce directly from the farm. First they went to the Farmers' Market and distributor.
- Challenge- To get produce delivered to every school.
- Ideas of how to start with no money: Need cold storage facility- they went into a partnership with Food Share; Hired a refrigerated truck driver; They made themselves look professional; Introduced themselves to new schools; Developed a brochure with seasonal, local menu lists
- CAFF wants to extend to other school districts- They can form a task force and run pilot programs in schools.
- The distribution cycle: Order forms are given to each cafeteria manager the start of each week; Produce is priced/lb. Seasonal produce is cheapest when it is in season; Orders are given to the forager- someone who contacts the growers with a list of the needed fruits and vegetables; Growers pick the appropriate quantity, deliver it to the cold storage, driver pulls specific quantity for a particular school and takes it to school in the truck.
- Salad bar in school twice a week
- School makes a commitment to have as much local produce as possible at the salad bar.
- GCCG delivers to over 23 schools, which serves over 9500 children salad bar lunches twice a week. More schools coming in the fall.
- CAFF mission- to improve the economics of family scale growers in the Gold Coast area of CA
- CAFF vision- a community that knows the value of eating locally grown produce
- Where are we headed? 13 Santa Barbara Head Start Summer Programs
- Create a task force, grassroots movement to get this program running. It will be different in every school district.

Question & Answers and Comments

Q. Are student field trips included in this program?

A. Yes, farm trips along with nutrition education and farmers in the classroom are all components of this program

Q. What is an example of what a school will order in any given week?

A. That depends on the schools needs.

Example order for one school per week (2 days of salad bar) costs about \$500/wk- 12 flats of strawberries, 6 cases of stone fruit, 2 cases of broccoli, 1 case of carrots, 40 lb. of peas, 40 lb. of cucumbers

Q. How big do you have to be to pay for this entire program?

A. CAFF is funded by grants. Eventually this program will become sustainable. The farm sets the price they want for their produce and then CAFF attaches a couple of dollars for paying the driver.

Marilyn Godfrey- Healthy Schools Project

- Make nutrition education FUN to make it successful. Children aren't interested in chronic disease prevention. They want to know what is healthy and what isn't healthy
- There are many different ways to run these programs
 - Hands on is always the best; Tasting is critical
 - Tell kids to make a rainbow on their plate = well rounded lunch
- Three part program
 - Farm Fresh Salad Bar
 - Nutrition Education
 - Garden Based Learning
- Do taste testing in the classroom
- Practical application- use fruit for math lessons (ex.: tangerine segments is a standards bases lesson, only takes about 15 minutes, exposes students to fruit and fits in with the curriculum)
- Try to stay with produce on the salad bar
- If you can't get into classrooms you can taste test in the cafeteria, which is better than nothing can.
- Do cooking in the classroom or a junior chef club- once a week students fix their own simple snack. Make a cookbook with student recipes.
- High school program- giving students basic life skills. Some kids don't know to peel the skin off the onion. These are very practical lessons.
- Healthy Menus for school events- Now schools are turning to Marilyn to help offer alternatives from pizza, chips, and soda
- Parent education is critical

“ Children have to eat healthy to learn but they also have to learn to eat healthy.”

Question & Answers and Comments

Q. Who funds this program?

A. Nutrition Network and Tobacco settlements

Q. What kind of knives do you use in schools?

A. Pumpkin or plastic knives

Q. What changes have you noticed in kids?

A. They get good per pressure to try new vegetables. The message is going home. Kids are requesting parents buy fruits and vegetables. Students waste less on salad bar days.

Comments: Think about incorporating summer cooking classes 1 day a week at summer school

Q. U C Cooperative Extensions Curriculum resources- [Reading up the Food Pyramid](#) [Eating right is basic](#)

Q. Do kids load up on meat-based items?

A. These items are placed at the end of the salad bar because they help create a balanced meal and they are also the most expensive items.

Melanie Okamoto- Berkeley Unified School District

- Establishing policy is just as important as getting these farm to school programs up and running.
- In Berkeley since '90 there has been a dynamic group of food activists
- Overview of Berkeley Food Policy History: 1999 Berkeley passed the Food Policy- this was one of the first in the nation to promote organic food and agriculture; It links cafeterias to nutrition education and the importance of local family farms; This process started in '99 when angry parents went to the school superintendent. From this action they created the Children's Nutrition Advisory Committee, which made recommendations to the School Board.
- School Food Policy can institutionalize Farm to School Programs
- Goal- Support farms and support schools
- #7, 8, & 9 in the Food Policy are key pieces to making the connection to local farms

- The revised Food Policy involves physical activity, getting rid of junk food on campus (SB 19 Legislation), and nutrient standards in schools
- Food policy helps schools build relationships internally with the cafeteria, principals, P.E., and health education

Challenges: They failed to include food service staff in this process. As a result there is a lack of ownership on this program = tension; Learn the policy process; Enforcement and Implementation- often policies are created that aren't actually enforced

Question & Answers and Comments

Q. What is the difference between school food policy and county food policy?

A. It just depends which will you be able to pass more easily. Assess the climate of your district.

Q. In the revised policy are you assessing the financial feasibility of making this possible?

A. They are still analyzing labor costs.

Final Question & Answers and Comments

Q. Is there any possibility for subsidizes for farm fresh fruits and vegetables?

A. Policy is being worked on by CAFF

Q. What are some strategies for cost and reducing waste on salad bars?

A. Adult/ Parent volunteers assisting students to take what they want but not too much; Department of Defense supplies produce- In 1994 DOD purchasing program was opened up to other institutions. They carry great quality produce

Q. (To Judy) How do you budget for variations in foods?

A. Each school district is different. Schools make individual decisions to order appropriately. Inform schools before any price change happens. Schools want to keep items at about \$1/lb.

Q. What is the preparation time involved in providing fresh food?

A. Schools can only order so much of raw products because of preparation time. Most vegetables are cut the day before. Many schools add an extra staff person on salad days.