





Farm to Summer:

Incorporating Local Foods into Your Summer Meals Menu

2020 'School's Out, Food's In' Webinar Series

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Webinar recordings and slide decks for all webinars will be <u>available here</u>.

January 21: Engaging Community Partners in Summer Meals Planning for the New Year

February 18: Farm to Summer: Incorporating Local Foods into Your Summer Meals Menu

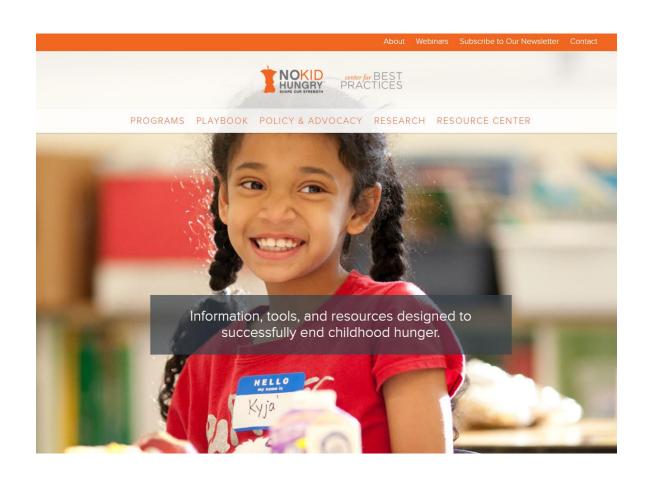
March 18: Strategies to Improve the Summer Meals Experience for Kids and Families

April 21: Managing Summer Meals Program Finances

May 19: Summer Meals Program Outreach and Awareness

June 16: Sustaining Participation Over the Summer

Visit our website!



bestpractices.nokidhungry.org

Now with an updated Resource Center!

AGENDA

- Why Farm-to-Summer?
- USDA Farm to Summer Competition in CA
- Q&A
- Strategies and Tactics for Incorporating Local Foods into Your Summer Meals
- Q&A

Today's Speakers



Emily Pia
Program Manager
No Kid Hungry



Laurie Pennings
Farm to School Lead
Nutrition Services Division
California Dept. of Education



Vince Caguin
Director of Nutrition
Services & Warehousing
Natomas Unified School
District



Donna Martin, EdS, RDN, LD, SNS, FAND Director, School Nutrition Burke County Public Schools







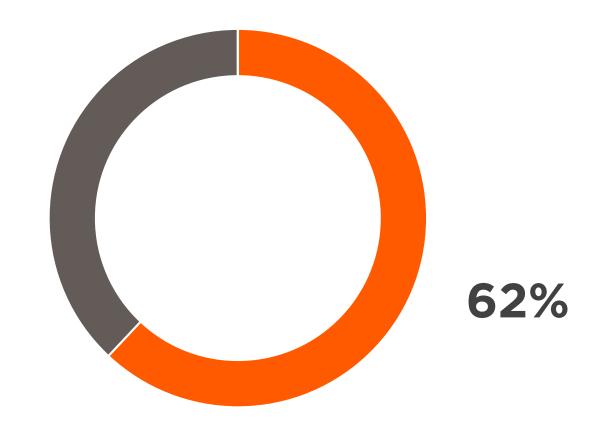
WIN

WIN

WIN

According to families...

Healthy, wholesome meals are necessary to attend a summer meals site.







Enrichment & Education

- Taste tests with local foods
- Invite a local farmer to your summer meals site
- Cooking demo with local foods
- Host a meals site at a farmers market
- Garden grow your own!

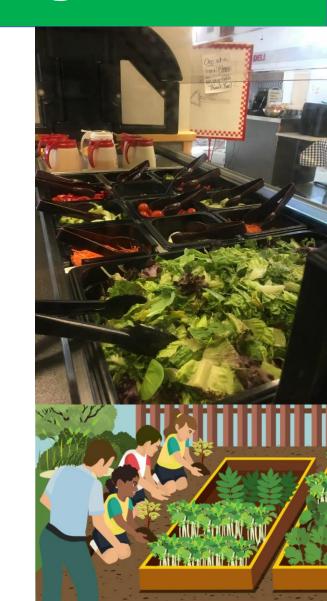
Procurement

- Plan a "Harvest of the Month" menu item
- Incorporate one local food on your menu 1x/week
- Participate in USDA's Farm to Summer challenge
- Incorporate local foods and farmers into summer kick-off or spike events

California's Farm to Summer Week Challenge

During the Week of June 24–28:

- □ Serve a minimum of one locally sourced food item (Taste)
- ☐ Host a minimum of one educational food activity(Teach)
- □ Share my Farm to Summer (F2Summer) Week Challenge activities at least once through social media, my website, or another outlet (Connect)



California's 2019 F2Summer Week Challenge



27 sponsors participated



11 sponsors completed the Challenge



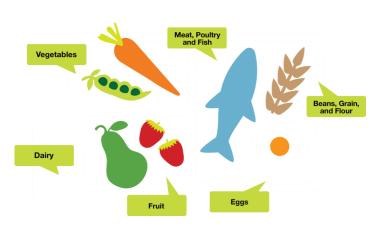
220 sites included F2Summer Week activities



Over 60,000 meals served with a locally sourced food item

Locally Sourced Food Items—More than Just Fruits and Vegetables

- Almost all sponsors were serving locally sourced foods daily, even before F2Summer Week.
- The majority of summer meal sponsors held taste testing or cooking demonstrations.
- 100 percent served local fruits or vegetables
- Over 50 percent served local milk
- 40 percent served a local grain
- 25 percent served a local meat/meat alternate



Locally Sourced Fruits and Vegetables

- 2/3 purchased from a local farm or farmer
- 1/2 purchased from their regular distributor
- 1/3 purchased from a vendor
- 1/3 purchased from the US
 Department of Agriculture
 Department of Defense (DoD) Fresh
 Fruit and Vegetable Program
- 1/3 served foods from a local garden



Education Activities

- Half of sponsors used education lessons through:
 - 1) Dairy Council of California, 2) Center for Ecoliteracy, 3) USDA Team Nutrition
- > 50 percent received assistance from state or community partners
 - Local health departments, Dairy Council of California, Girl Scouts, master gardeners, and local libraries











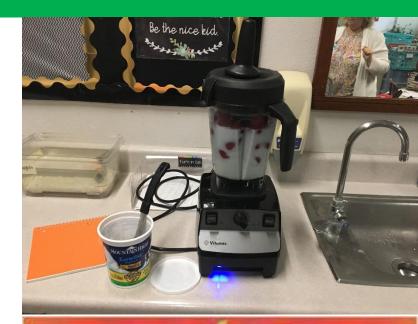
San Luis Coastal Unified School District (USD)

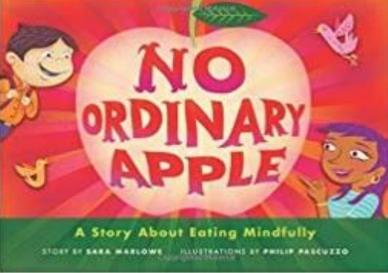
Without Assistance:

- Served strawberries on salad bar from a local farm
- Made Strawberry Lassi
- Activity: Used the Center for Ecoliteracy's About Strawberries enrichment materials
- Read the book, No Ordinary Apple

With Assistance:

- Local health department staff conducted Rethink Your Drink activity
- Dairy Council of California talked about local dairy





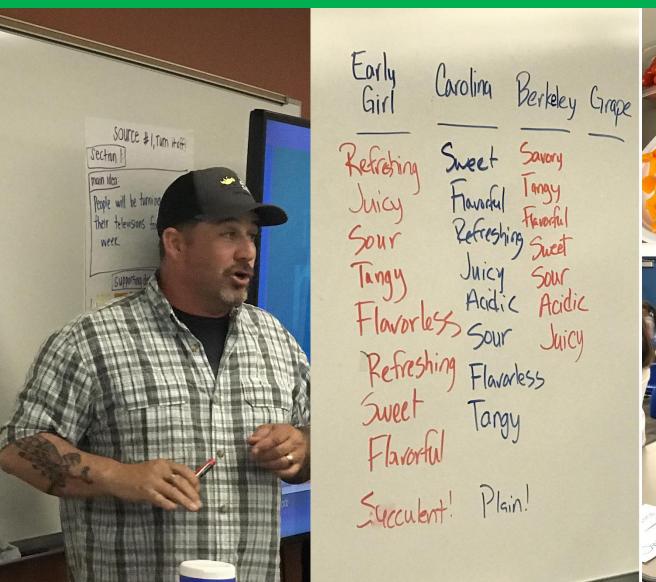
F2Summer Week Post on Instagram



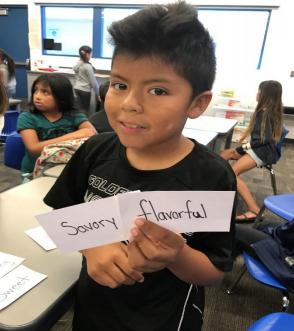
slcusdfood Celebrated Farm 2 Summer Week today @hawthorneelementaryslo with @dairycouncilofca and @slopublichealth with California strawberry tastings, ReThink Your Drink, and @center_for_ecoliteracy nutrition education lesson with 5th graders! We practiced mindful eating and tasted strawberry lassi drinks! #f2summer

Natomas USD

A Farmer
Conducts
TasteTesting
of Four
Varieties of
Tomatoes







Natomas USD (Continued)

The lesson ended with salsa and chips!







Who we are

- County Population: 22,243
- Poverty Level: 100% of students eat at no cost
- Unemployment rate: 7.6%
- School System Enrollment: 4,200 students
- Schools: 5 schools
- · Population Density: 26.7 people/sq. mile
- Summer Meals Sites: 160 sites



Advantages

- Lower Carbon Footprint
- · Enriches local economy
- Food is fresher and tastes better
- · Ag education for students and staff
- Farmers have ready market for product
- Improved meal quality kids and parents love it!











Disadvantages

- Training farmers on how to package, deliver and charge for food
- · Weather effects on farmers
- Storage of product
- Quality Control







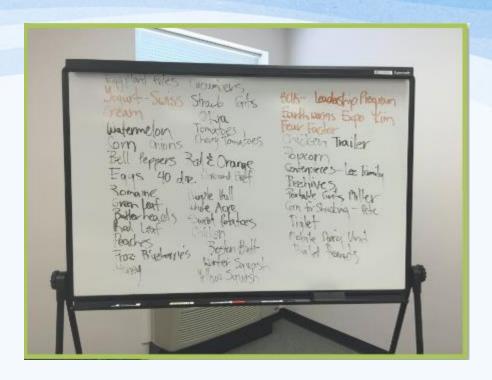
Where to Start? Your Menu!

SFSP Summer Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fliet Sandwich on WW Bun	Turkey and Cheese Sandwich on WW Bun	Ham and Cheese Sandwich on WW Bun	Turkey and Cheese Sandwich on WW Bun	Cheeseburger on WW Bun
Apples	Blueberries	Plums	Peaches	Nectarines
Cucumbers and Ranch	Cherry Tomatoes and	Broccoli and Ranch	Baby Carrots and	Raw Vegetables and
Dip	Ranch Dip	Dip	Ranch Dip	Ranch Dip
Mustard & Mayonnaise	Mustard & Mayonnaise	Mustard & Mayonnaise	Mustard & Mayonnaise	Mustard & Mayonnaise
Juice- Apple, Orange,	Juice- Apple, Orange,	Juice- Apple, Orange,	Juice- Apple, Orange,	Juice- Apple, Orange,
Grape	Grape	Grape	Grape	Grape
Milk - skim, lowfat & chocolate	Milk - skim, lowfat & chocolate	Milk - skim, lowfat & chocolate	Milk - skim, lowfat & chocolate	Milk - skim, lowfat & chocolate

How to find farmers?

- Cooperative extension
- Gathered Farmers together
- Ag Department at School
- · Check with other School Districts
- State and National Farm to School Organizations

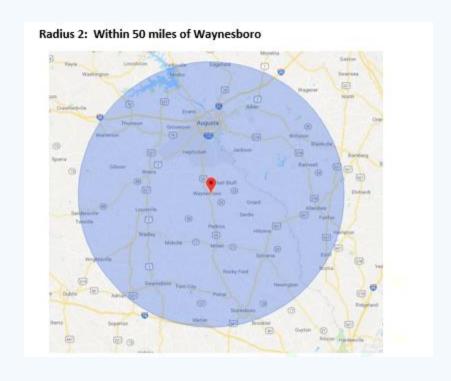


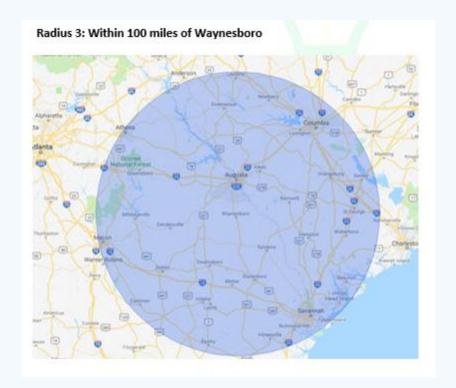


Farm to School Vendor Application

1.	Farm or Business Name:	
2.	Owners Name:	
3.	Address:	
4.	Business Phone Number:	
5.	Cell Number:	
6.	Email address:	
7.	What size is your farm? How many acres are in production?	
8.	Please circle which radius you are located within. Please see	attached images for radius depiction.
Ra	dius 1: Within Burke County lines	Radius 4: Within the GA state lines or 70 miles of
Ra	dius 2: Within 50 miles of Waynesboro	the GA-SC state line
Ra	dius 3: Within 100 miles of Waynesboro	Radius 5: Southeast region-NC, FL, AL, TN
9.	Do you currently sell to any other school system or business? Yes No If yes, please list with references.	

Radius Description





Farm to School Vendor Application Cont.

10. Does your farm submission	n currently hold liability	currently hold liability insurance? (circle one) *If yes, please provide proof of insurance upon bid				
340111331011	Yes	No				
11. Are you willing	g to complete a farm ins	spection by BC SNP with 48 hours' notice?				
	Yes	No				
12. Are you willing	g to host a farm tour/vis	it for students and/or faculty?				
	Yes	No				
_	Certified Organic Certified Naturally-Gr	ns? *If yes, please provide proof of certifications upon bid submission rown actices (GAP) Certified				

Farm to School Vendor Application Cont.

14.	*If you have attended any training, please provide proof of training upon bid submission								
15.	Are you willing to deliver your product(s) to all locations described in request for bid? (5 Waynesboro, 1 Sardis) Yes No								
16.	How much lead-time do you need for orders?								
17.	Do you have a minimum amount, volume, or dollar value for orders and/or delivery? Yes No								
	If yes, what is the minimum?								
18.	What is your policy for products of poor quality? Are you willing to offer credits or returns?								

Farm and Production Practices

1.	Is the water tested annually? Yes	No	
	a. If yes, can you provide proof? Yes	No	
2.	If applicable, how often do you clean and surfaces?	sanitize pro	ocessing equipment and/or food handling contact
	a. Please list address of processing fa	icility or eq	uipment
3.	Is the source of wash water used on food p contamination? (i.e. manure, livestock, per		d storage containers protected from cross
	Yes	No	N/A
4.	If raw manure is incorporated into soil, is harvest?	it added at	least 2 weeks prior to planting or 120 days prior to
	Yes	No	N/A

5.	How is the food transported from facilities to schools? Are you able to maintain appropriate temperatures during transportation (if applicable)?					
6.	How much time does it typically take from harvest to delivery? Please provide a range in hours or days.					
7.	Do you have traceability methods in place? (Documentation tracking harvest date, location, crop type, quantity, place of sale/delivery, etc). *If yes, please provide proof of traceability documentation with bid submission Yes No					
	a. If so, can you provide documentation upon request? Yes No					
8.	Is the produce you are intending to sell to BC SNP grown and harvested on a sole location or multiple locations? If grown on more than one, please list all locations that produce is sourced from.					
	I have read the Request for Quote (RFQ) document; I understand and agree to all terms.					
	, verify that all above information provided is true to the best of my knowledge and understand pof of above claims may be requested at any time.					
Signati	are (typed if electronic submission) Date					

Print Name

Farm to School Bid

Harvest Bright Vendor Specification Form

γ							
Date	Name/Farm Name	Phone Number	Email Address	School Year			
				2018-2019			

Please check the shaded box and fill in ALL shaded boxes for items you are bidding. If you would like to submit a bid for items not listed, please use the 'Other' boxes at the bottom of the form. If you are submitting a bid for an item that does not meet our specification standards, please indicate how it would differ in the specifications field. *Delivery dates may vary slightly from what is listed. Dates subject to change. **FFVG: Fresh Fruit and Vegetable Grant. Delivery dates to be determined based on seasonal availability.

		Approxima	ite Dates of	Quantities	Quantities Able	
Produce	ce Specifications Use (please circle dates		Needed	to Provide	Pricing	
		when item	is available)	Needed	to Provide	
Collards	Acceptable form:	Aug 13-17	Jan 14-18	435 lbs/delivery	PER DELIVERY:	\$
	Ribbon cut and washed	Aug 20-24	Jan 28-Feb 1		lbs	per delivery
	Temperature Control:	Sept 4-7	Feb 4-8			
	Pre-cooled, stored, and delivered	Sept 10-14	Feb 11-14			
	between 33-41 degrees	Sept 17-21	Feb 19-22			
	Packaging:	Sept 24-28	Feb 25-Mar 1			
	Ventilated	Oct 1-5	Mar 11-15			
		Oct 15-19	Mar 18-22			
		Oct 22-26	Mar 25-29			
		Oct 29-Nov 2	Apr 1-5			
		Nov 5-9	Apr 16-19			
		Dec 3-7	Apr 29-May 3	TOTAL:	YEAR TOTAL:	\$
		Jan 8-11		10785 lbs	lbs	per pound
Cabbage	Acceptable form:	Aug 27-31	Jan 22-25	505 lbs/delivery	PER DELIVERY:	\$
	Whole heads	Sept 10-14	Feb 4-8		lbs	per delivery
	Temperature Control:	Oct 10-12	Mar 4-8			
	Not needed	Oct 22-26	Mar 18-22			
	Packaging:	Nov 26-30	Apr 22-26	TOTAL:	TOTAL:	\$
	At vendor discretion			5050 lbs	lbs	per pound
White Acre Peas	Acceptable form:	Aug 27-31	Jan 22-25	46 bushels/delivery	PER DELIVERY:	\$
	Shelled, cleaned, blanched and	Sept 17-21	Feb 11-14		bushels	per delivery
	frozen, vacuum sealed	Oct 10-12	Mar 4-8			
	T					

Farm to School Bid Award

Production Criteria	Samuel 1	Source 2	S 2
Evaluation Criteria	Source 1	Source 2	Source 3
	Total Points	Total Points	<u>Total Points</u>
Timely Submission +1: yes +0: no			
Willingness to host farm inspection +2: yes +0: no			
Origin +10 points: Within Burke County lines +7 points: Within 50 miles of Burke County +5 points: Within the GA state lines or 70 miles of the GA-SC state line +3 points: Southeast region (NC,FL,AL,TN)			
Cost +2 lowest cost			
Delivery -2 points if unable to deliver product to all schools +1 point if product is delivered to in town schools only +2 points if product is delivered to all schools	-		
Packaging and Labeling (5 possible pts) +5 points: Product meets BCSNP requirements			
Harvest date [before delivery date] ** +3 If product is harvested 48-72 hours before delivery. +0 If product is harvested >73 hours before delivery.			
Other ** +1: Can host students or staff for farm tours +1: Insurance +1: GAP-certified (or similar)			
Total points received:			

Seasonal Item Delivery Schedule

ltem						
Cantaloupe						
Date of	Total					
Delivery	Amount	BES	WPS	SGA	BCMS	BCHS
June 8	308 each	96 each	20 each	24 each	120 each	48 each
July 6	308 each	96 each	20 each	24 each	120 each	48 each

Minimally Processed Fruits and Vegetables

Top 10 Minimally Processed Fruits & Vegetables*							
Purchased by Washington Schools							
Item	Type of Processing	Pack Size	Notes				
Shredded Lettuce	Shredding ¼" or 1/8"	5 lb bag, 4 or 6/case20 lb case					
Broccoli Florets	Fresh, cut into florets	3 lb bag 3 lb bag, 4 or 6/case 12 lb case 20 lb case	Broccoli slaw is listed in Food Buying Guide, could be marketed as a way to get more dark green subgroup into a coleslaw.				
Carrots	Peeled and cut into sticks, coins, or shreds	1.5 oz bags sticks, 200/case 2 oz bags sticks, 100/case 3 lb bag, 10/case 5 lb bag, 4/case 20 lb case	**2 oz sticks = ½ Cup, ideal for single-serves ** ½ Cup = approx. 6 sticks **1 lb =3 ¾ Cups sticks				
Salad Mix	Cut and mixed	2 lb bag, 6/case5 lb bag, 4/case20 lb case					
Sliced Apples	Cut, with ascorbic acid	2 oz bags, 100/case 3 lb bag, 4/case	**2 oz = ½ Cup, ideal for single-serves ** ½ Cup = approx ½ of a 125-138 count apple, or 2/5 of a 120 count apple				
Corn	Cut from cob fresh, cut from cob frozen	30 lb case					
Peas	Shelled fresh, shelled frozen	30 lb case					
Frozen Strawberries	Sliced IQF or whole IQF	5 lb bag, 6/case30 lb case					
Cauliflower	Fresh florets, frozen florets	3 lb bag3 lb bag, 4 or 6/case5 lb bag, 4/case12 lb case					
Frozen Blueberries	Whole IQF	5 lb bag, 6/case30 lb case					

^{**}Single-serve sizes based on the Food Buying Guide that schools use to guide planning and documentation of all food served in their meal programs.

Pack size estimates based on USDA Commodity Foods list, and input from schools (Spokane, Wahluke, Ellensburg, Whatcom, LaConner), and farms/processors/distributors (Ralph's Greenhouse, Shawn's Produce, Duck Delivery)

Fruit

Fruit:

Produce	Standard Pack Size	Equivalent Count per Pack Size	Notes
Apples	• 40 lbs. box, usually layered	• 72, 88, 100, 113, 125, 138, 150 or 163 count per container	Size definition: 72 count: 3 ½ in in diameter 88 count: 3 ¼ in in diameter 100 count: 3 1/8 in in diameter 113 count: 3 in in diameter 125 count: 2 7/8 in in diameter 138 count: 2 ¾ in in diameter 150 count: 2 5/8 in in diameter 163 count: 2 ½ in in diameter
Apricots	24-lb lugs, with count per 1 lb stamped on exterior 2- or 3-layer tray pack *Most fruit packed 96-count tray pack	84, 96, and 108 apricots per tray pack	Size definition: Extra jumbo: 8 per lb. Jumbo: 10 per lb Extra large: 12 per lb Large: 14 per lb Medium: 16 apricots per lb,
Blackberries	12 6-oz. clamshells 12 1/2-pint containers 12 1-pint containers		
Blueberries	12 6-oz. dry pints clamshells 12 12-oz. dry pints clamshells 5- and 10-lb. cartons	Count varies by size 12 6-oz. dry pints clamshells yields about 9 cups of blueberries (36 servings if served ¼ cup per serving)	Size definition: • Extra Large: less than 90 berries per cup • Large: 90-129 berries per cup • Medium: 130-189 berries per cup • Small: 190-250 berries per cup
Cherries	• 11- to 20-lb. cartons or lugs • 32-lb. crates		Size measured by how many rows of cherries fit per box; 9, 9.5, 10, 10.5, 11, 11.5, and 12 rows.

Vegetables

Item	Type of Processing	Pack Size	Notes
Shredded Lettuce	Shredding ¼" or 1/8"	5 lb bag, 4 or 6/case20 lb case	
Broccoli Florets	Fresh, cut into florets	 3 lb bag 3 lb bag, 4 or 6/case 12 lb case 20 lb case 	Broccoli slaw is listed in Food Buying Guide, could be marketed as a way to get more dark green subgroup into a coleslaw.
Carrots	Peeled and cut into sticks, coins, or shreds	 1.5 oz bags sticks, 200/case 2 oz bags sticks, 100/case 3 lb bag, 10/case 5 lb bag, 4/case 20 lb case 	**2 oz sticks = ½ Cup, ideal for single-serves ** ½ Cup = approx. 6 sticks **1 lb =3 ¾ Cups sticks
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Corn	Cut from cob fresh, cut from cob frozen	30 lb case	
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Cauliflower	Fresh florets, frozen florets	 3 lb bag 3 lb bag, 4 or 6/case 5 lb bag, 4/case 12 lb case 	
Frozen Blueberries	Whole IQF	5 lb bag, 6/case30 lb case	

Does Farm to Summer take more time? You have to get staff on board!



Packaging may be different?



Extra prep



Help unloading from Farmer

Don't forget to market the program to students, parents and the community



TV Interviews



Newspaper Articles

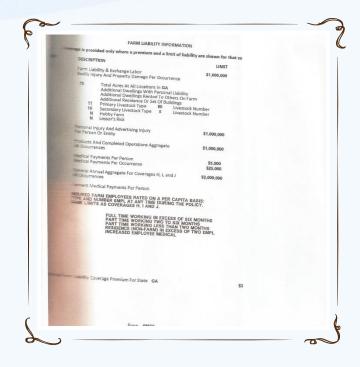
Farmers Market







What about Insurance? GAP Certified? Forward Contracts? Bidding?







Insurance

Information

Certification

Product Liability Insurance

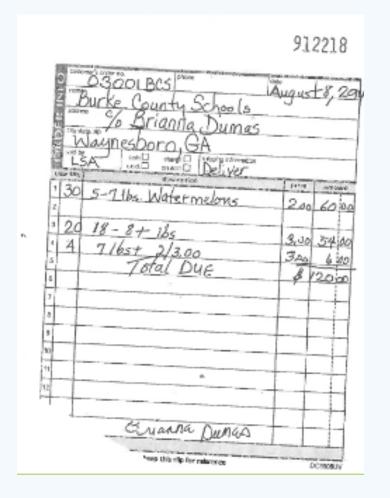
- What is Product Liability Insurance? Product Liability Insurance is a tool a farm can buy to protect the farmer and farm from financial risk. This kind of insurance protects farmers against people who may claim to suffer illness, injury, or loss due to the product the farmer sold to them. Product liability insurance covers medical expenses, the cost of a lawyer, and more.
- Who Requires Product Liability Insurance?
 Product liability insurance is generally required for all farmers who sell to grocery stores, retailers, farmers' markets, and institutions such as schools, colleges, and hospitals. Institutions generally require between \$1 million and \$5 million in product liability insurance coverage.
- How To Get Product Liability Insurance For Your Farm:
 Product Liability Insurance can be purchased either through an insurance company that specializes in farm insurance, or may be an additional service offered by a homeowner, renter, or auto insurance company. Ask for recommendations and feedback about insurance from fellow farmers, the Farm Bureau and other agricultural advocates and business advisors.

Good Agricultural Practices (GAPs)

- Good Agricultural Practices are a voluntary set of food-safety guidelines designed to help farmers handle food safety from the farm to the market. These practices include:
 - · Developing a food safety plan for the farm
 - Training farm employees about this plan and farm food safety practices
 - Documenting farm practices to reduce the risk of dangerous bacteria or toxins on farm products
 - Federally, it is not required that school food vendors have GAP certification. Some schools do require the certification, and many wholesalers and food distribution companies contracting with schools do require it.
 - Certification of GAPs is a voluntary, annual audit process that certifies that a farm shows commitment by management and staff to follow and maintain these practices.

What do I charge???? How do I create an invoice????

- Market Bulletin for Pricing
- Word Processing
- Excel classes



INVOICE & PAYMENT

- · Separate Invoice for each school with the following information:
- Name, address and phone number of vendor/business selling products to each district.
- Date of delivery
- Itemized list of quantity, item description, origin of the item (farm, location), unit of sale (ea, cs, lb, etc.), price per unit and extended total price for each item listed on invoice
- Grand total amount each district has to pay for the total purchase
- · Payment form will be agreed upon at time of contract
- Invoice Number

Lots of Training!



How to grow for the schools



How to fill out Bid documents.



Food Safety Training

Flexibility - What happens when?

- The Farmer's crop fails
- The Farmer has more crop than he can sell?
- · The Farmer has a new item you have never used?
- Hurricanes hit?
- The product you get is bad?





Collards



Corn on the Cobb



Purple Hull Peas White Acre Peas Butter Beans







Sweet Potatoes

Peaches

Honeydew







Red Potatoes

Broccoli

Cabbage



Whole Wheat Flour



Homemade Rolls



Cucumbers



Strawberries



Watermelons



Squash - Beef - Pork



Organic???



Lettuce



Whole Grain Grits
Whole Grain Corn Meal

Farm to School Grants

- \$10 million in funding
- · Proposals usually due mid-December and awarded the next spring
- 1. Planning grants are intended for school districts or schools, local agencies, Indian tribal organizations, small—and medium—sized agricultural producers or groups of small—and medium—sized agricultural producers, and non-profit entities working with schools or school districts just starting to incorporate farm to school program elements into their operations. (\$20-\$50,000)
- 2. Implementation grants are intended for school districts or schools, local agencies, Indian tribal organizations, small—and medium—sized agricultural producers or groups of small—and medium—sized agricultural producers, and non-profit entities working with schools or school districts to help scale up or further develop existing farm to school initiatives. (\$50-\$100,000)
- 3. State Agency grants are intended to increase the amount of local food served in eligible schools by funding State agencies to support and expand farm to school efforts in their states (\$50-\$100,000)

Results







I love a clean plate!

We are changing the way children eat which should change their lives!!



Salad anyone???



Early Head Start students – Age 2-3



We root for Students, Farmers and the Community!



Resources

- Washington State https://agr.wa.gov/departments/business-and-marketing-support/farm-to-school-toolkit
- Georgia Organics
 https://georgiaorganics.org/for-schools/
- National Farm to School Network <u>http://www.farmtoschool.org/</u>
- Kansas Farm to School <u>https://www.kn-eat.org/F2S/F2S_Menus/F2S_Home.htm</u>
- Healthy Foods for Navajo Schools <u>http://www.farmtoschool.org/Resources/Navajo%20F2S%20Manual%20revised.pdf</u>



FUNDING OPPORTUNITIES

Our Program Innovation team is looking for up to ten pilot partners to test two ideas that might help sponsors reach more kids with summer meals. Selected partners will receive up to \$10,000 and technical assistance with implementation and evaluation.

Adult Meals: **Apply Here**

Activities: Apply Here





Register for our next webinar!

Strategies to Improve Your Summer Meals Experience for Kids and Families

March 18 at 2:00PM ET

