



Year 1 Data from Farm to School

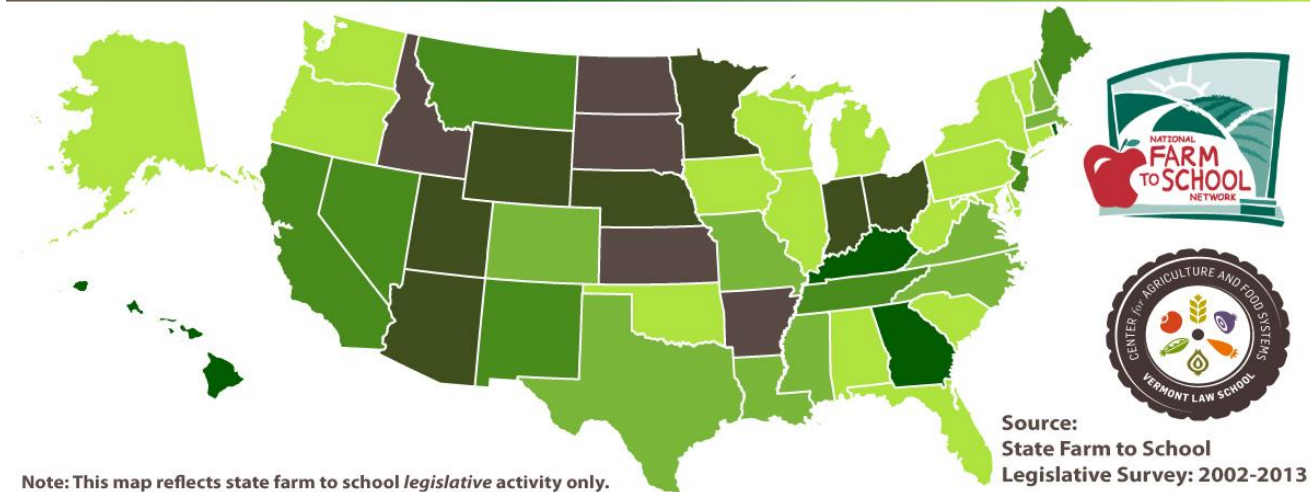
The Dexter Farm to School & School Garden programs are a partnership between the Dexter Wellness Coalition, Dexter Food and Nutrition, and Dexter Community Schools.

Why “Farm to School”?

National movement with a triple bottom-line:

- decrease childhood obesity and diet-related diseases
- strengthen local economies
- reduce negative environmental impacts of food system

FARM TO SCHOOL LEGISLATION 2002–2013



Note: This map reflects state farm to school *legislative* activity only.

Lack of legislation	☆	Local purchasing preferences	☆	Interagency task forces or advisory committees	☆
☆	Legislation introduced, not yet passed	☆	Pilot programs, school gardens, or support for other local initiatives	☆	Statewide Farm to School enabling legislation

Why “Farm to School”?

Local Benefits

- Foster a healthy community
- Increase access to fresh food
- Support farmers and economy
- Boost school lunch participation

“Farm to School is Worth
the Work”

**Research supports Garden-Enhanced
Nutrition Education**

**Students who plant and harvest their own fruits
and veggies are more likely to eat them.**

Three schools in Vacaville, CA

- Nutrition education + gardening (GENE)
- Nutrition Education only (N)
- Control group (regular instruction)

• **GENE** group = significant improvements in 4th grade students’

- Nutrition knowledge
- Preferences for certain vegetables--both grown in the garden and from the supermarket

Morris, Zidenberg-Cherr UC Davis 2002



Farm Fresh Food Days

November

Food:

Fall Root Vegetables

Recipe:

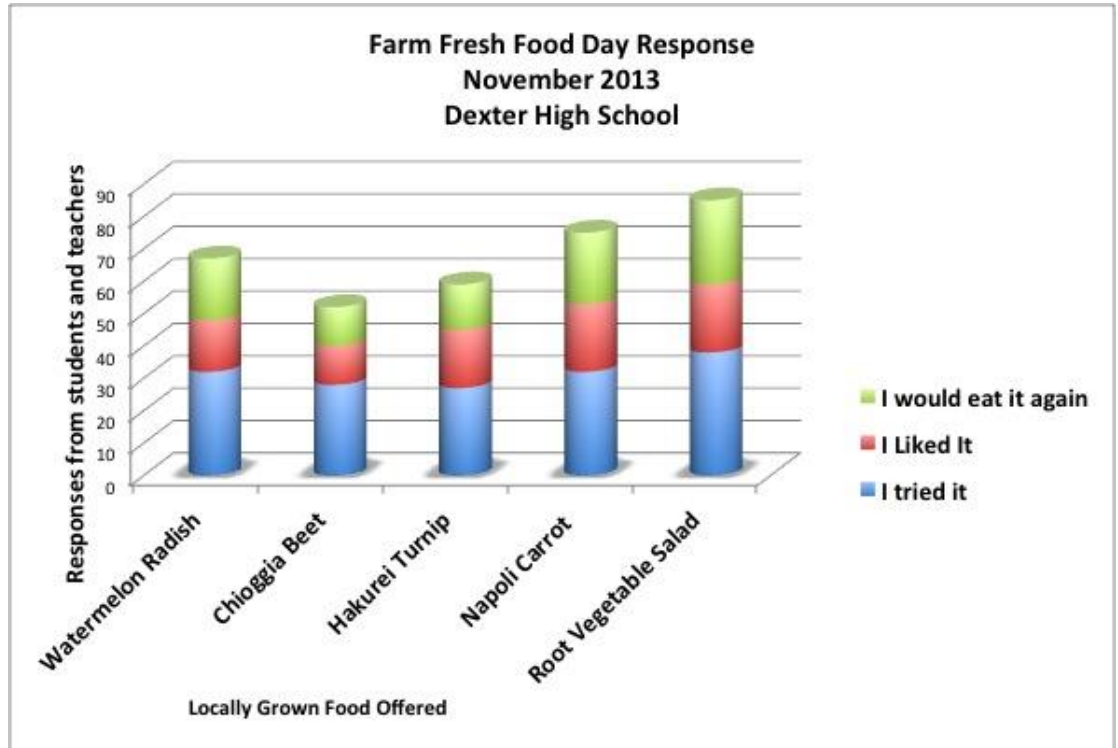
Shaved Root Vegetable Salad

Local Sources:

- Capella Farm
- Seeley Farm
- Tantre Farm

Educational Activity:

Root Vegetable Display



“This is good! We should have it at our school.” – DHS student

Farm Fresh Food Days

December

Food:

Potatoes (4 varieties)

Recipe:

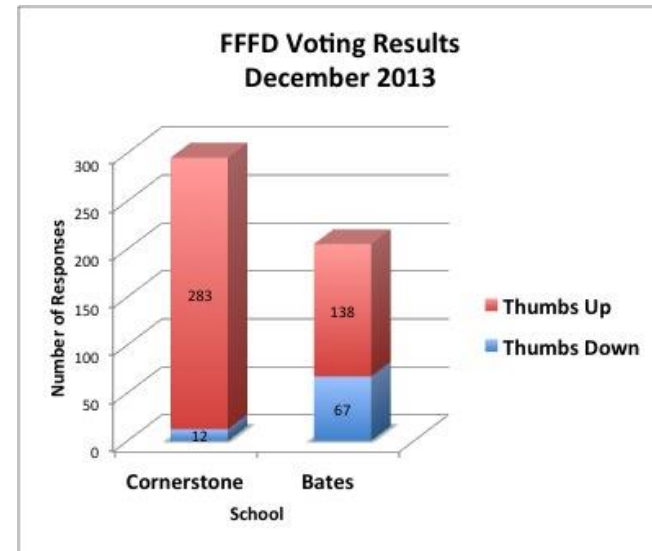
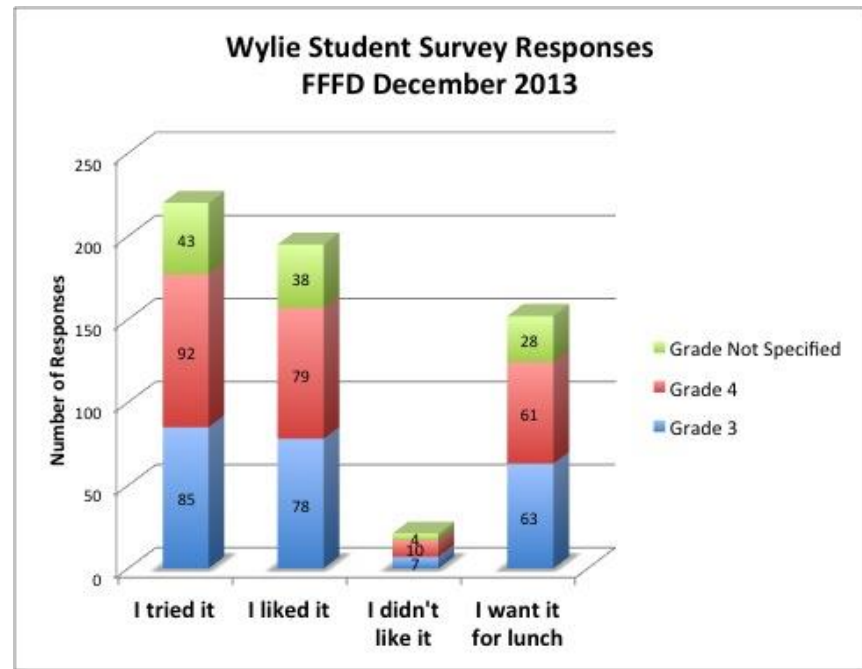
Roasted Potatoes w/ Herbs

Local Sources:

- Sunseed Farm
- Tantre Farm
- Creekside School Garden

Educational Activity:

Potato Variety Display,
Farm on Map of Michigan



Potatoes are majestic! – Wylie Student

Farm Fresh Food Days

January

Food:

Winter Squash

Recipe:

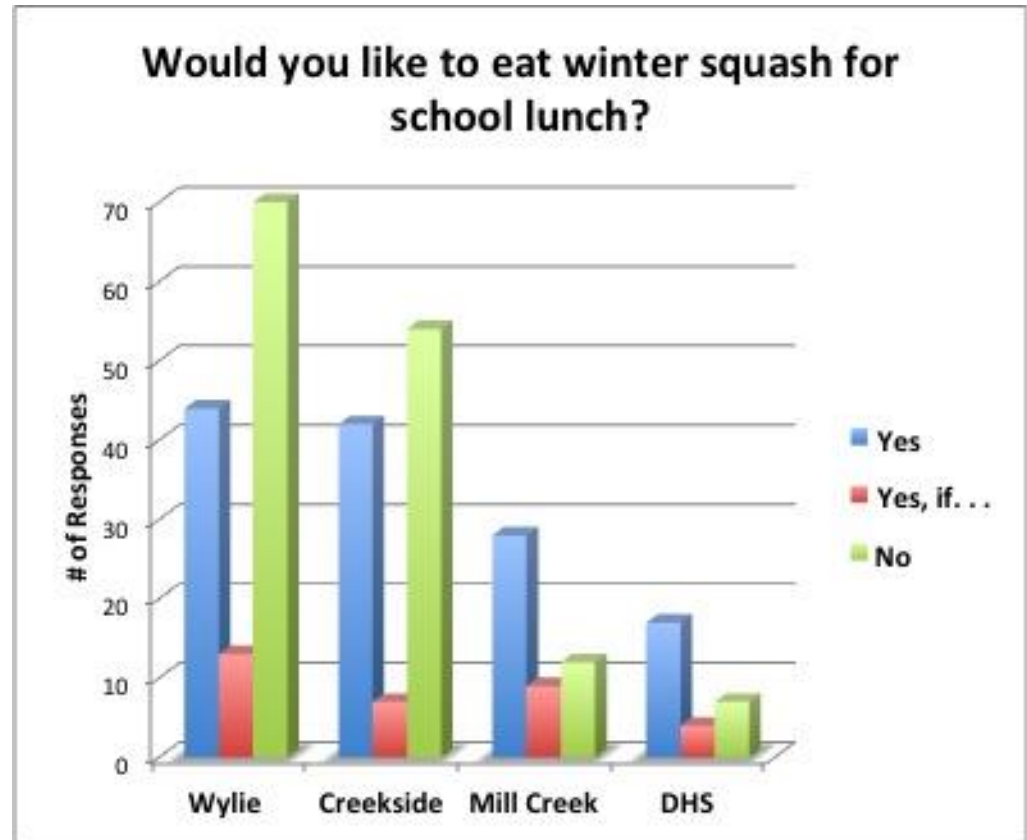
Roasted Squash Bites with
Parmesan Cheese

Local Sources:

- J&T Todosciuk Farms

Educational Activity:

Winter Squash Variety
Display



Yes, I would like winter squash on school lunch if. . .

- *it was peeled*
- *it had parmesan*
- *it was a soup*
- *it was served with pasta*
- *it was deep fried in bacon fat!*
- *it was served sweeter or with brown sugar*

Farm Fresh Food Days

February

Food:

Whole Grains, Blueberries

Recipe:

Whole Grain Blueberry
Bars

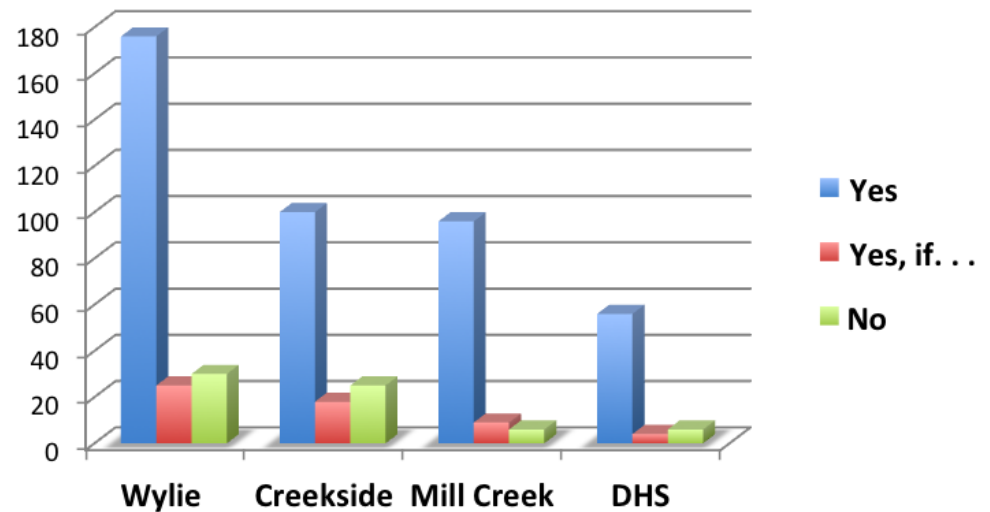
Local Sources:

- Westwind Milling Co.
- Brownwood Farms

Educational Activity:

Slideshow with whole grain growing, processing, and nutrition info.

Wholegrain Blueberry Bar Tasting Responses



“I really like these events and I like asking you so many questions about these foods because you are trying to make us eat healthier and my mom and I like trying to be healthy together.” – 4th grader

Farm Fresh Food Days

March

Food:

Bosc Pears, Lettuce

Recipe:

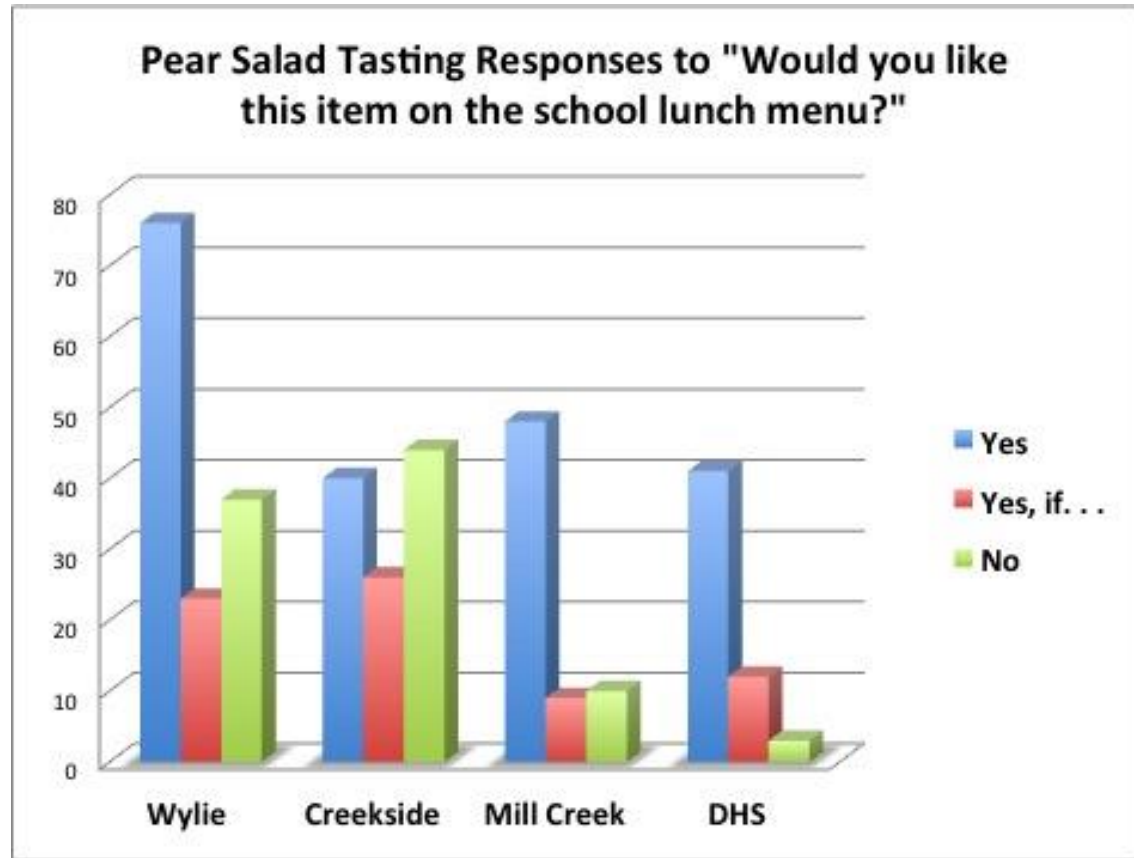
Crunchy Pear Salad

Local Sources:

- Friske Orchards

Educational Activity:

Slideshow with pear growing, processing, and nutrition info. Pear variety display. Discussion of “food miles”.



“I thought they were potatoes, but they are really sweet!”

“Who would vote thumbs down?!”

Farm Fresh Food Days

April

Food:

Wheat Berries, Dried
Cranberries

Recipe:

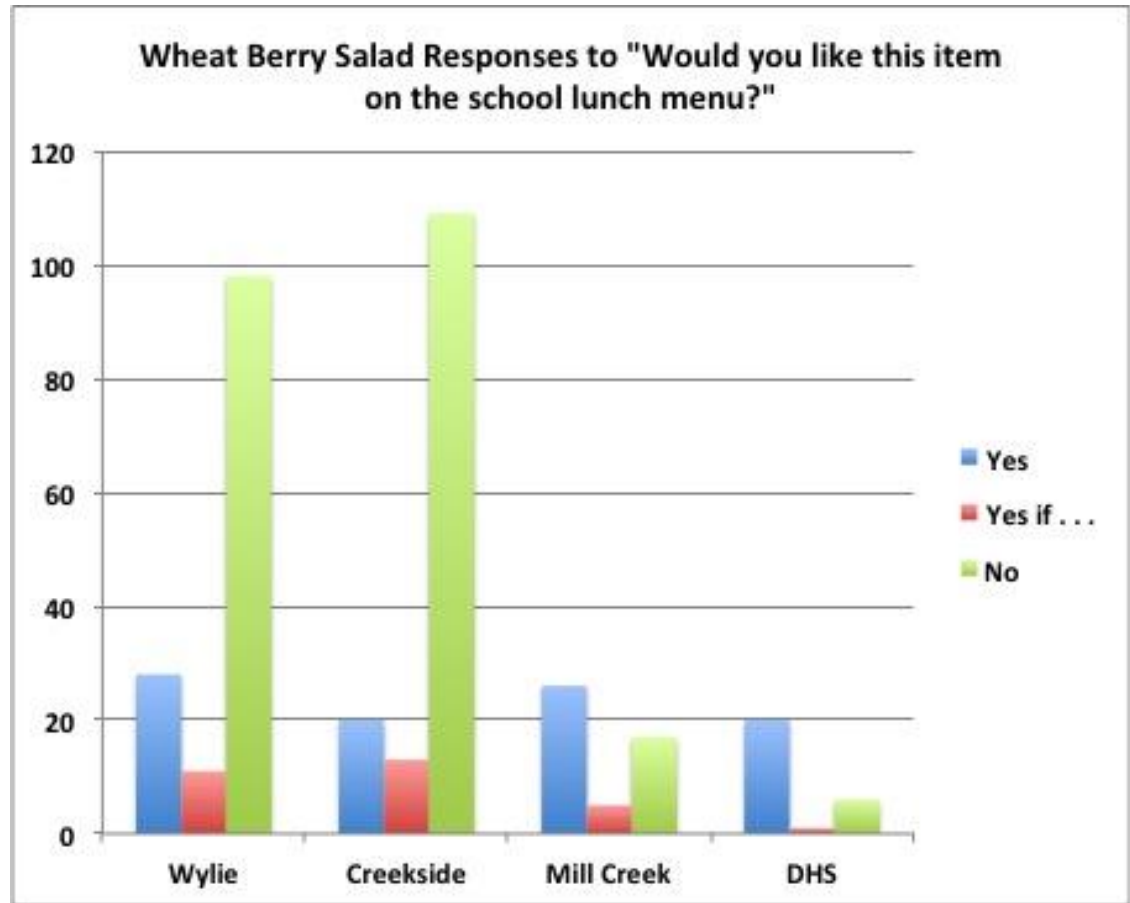
Wheat Berry Salad

Local Sources:

- Shetler's Organic Produce
- Graceland Fruit Co-op

Educational Activity:

Slideshow with wheat growing, processing, and nutrition info. Grain variety display.



Farm Fresh Food Days

May

Food:

Radishes

Recipe:

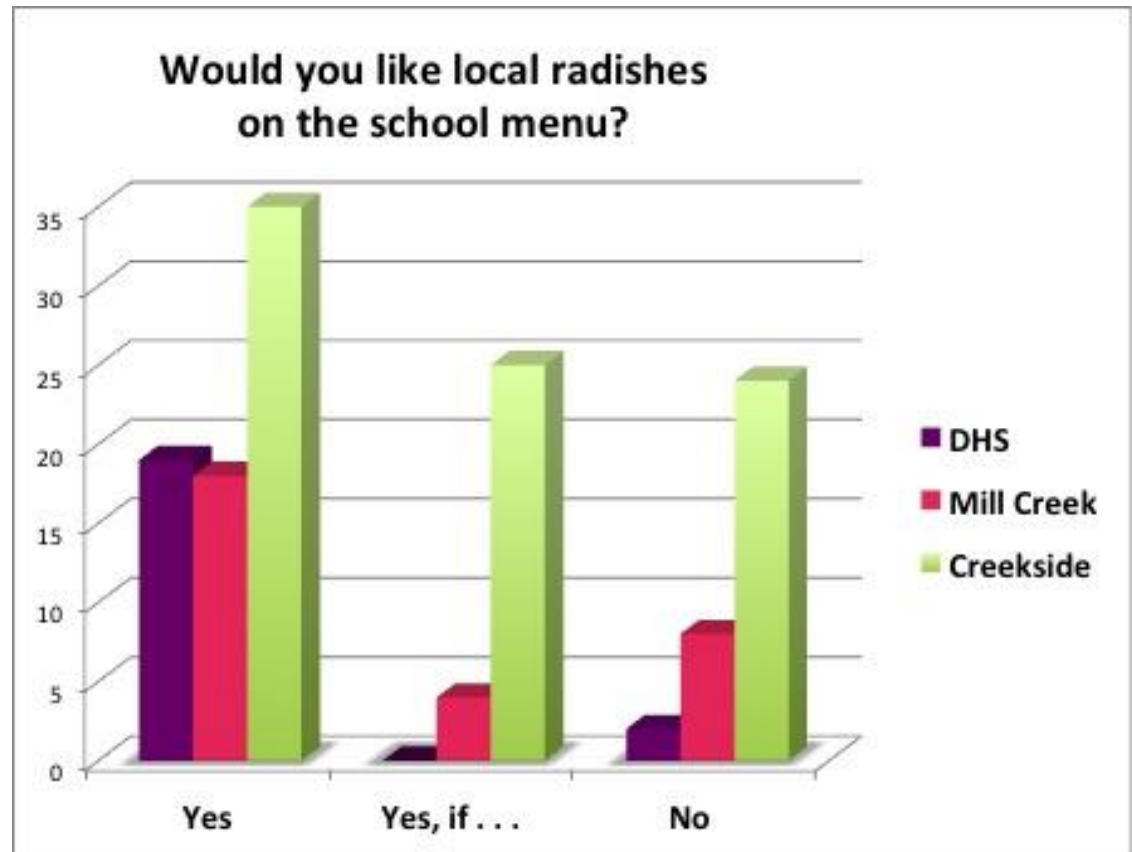
Radishes with Ranch

Local Sources:

- Zilke Vegetable Farm

Educational Activity:

Slideshow with radish growing, processing, and nutrition info. Radishes with leaves on.



Yes, [I want these on the lunch menu] if
“they are not cooked and they are real, not frozen.”