



October is Farm to School Month



National Farm to School Month demonstrates the importance of Farm to School programs as a way to improve child nutrition, support local economies and educate children about how food grows. Farm to School is any program that connects schools and local farmers with the goal of serving healthy meals in cafeterias and supporting local farms. Activities might include youngsters planting seeds in science class, serving locally grown corn or tomatoes on the salad bar, or inviting the local apple grower with fresh samples. Perhaps you can have a kick off activity by inviting a farmer

to the cafeteria or classroom. Plan school lunch around local produce (melons, tomatoes, sweet corn, milk, cheese, beef/pork/turkey, eggs, honey, etc.). Plant a container garden, use local foods as a healthy school fundraiser, organize farm tours or a virtual farm tour.

Check out these additional resources to help you plan.

National Farm to School Network	Calendar with daily activities	www.farmtoschoolmonth.org/farmto/wp-content/uploads/2013/07/Theme-Calendar-20131.pdf and www.farmtoschoolmonth.org
Midwest Dairy Council	Virtual tour of a dairy farm	www.midwestdairy.com/0p17i373/from-a-farm-family-near-you/
Midwest Dairy Council	The Science of Milk	www.midwestdairy.com/0t326p379/the-science-of-milk/
SDSU Extension, igrow.org	Garden-Based Education	igrow.org/community-development/local-foods/garden-based-education/
USDA Team Nutrition	Garden-related curricula	Dig In! and The Great Garden Adventure Curriculum teamnutrition.usda.gov/library.html

Features:

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- *Dig In! Curriculum*
- *National School Lunch Week*
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Dig In! Team Nutrition's Garden Related Curriculum

The newly released curriculum from USDA, *Dig In!* is designed for 5th and 6th graders to develop an awareness of how foods are grown and to encourage eating of more fruits and vegetables. The curriculum also includes Math, Science, and English Language Arts activities. This kit can now be ordered in print form or downloaded from the Team Nutrition website teamnutrition.usda.gov/library.html.

A sampling from one lesson that fits perfectly with the Farm to School Month theme is the "Farm to Plate" lesson.

- * **Activities** include: journaling about the foods that a child eats that are plants, discussion of where food comes from and how far it travels from a farm or garden, presentation about the "food system", a game using food system steps, and an exploration of links about "where does it grow".
- * **Nutrition-based activities** include harvesting or purchasing and preparing dark green vegetables for tasting.
- * The **assignment** suggests creative writing called "My (Fruit or Vegetable) Travel Journey" writing from the point of view of a fruit or vegetable or journaling about the message of the "Dark-Green Veggies in the House Tonight!" Poster.

Check out all 10 lessons in this free resource!

Dark-Green Veggies in the House Tonight!

- Add spinach to your sandwich.
- Snack on broccoli.
- Make a salad.
- Eat your greens. They're nature's rock stars!

Get all six 24" X 36" colorful posters free!



National School Lunch Week October 14-18,

Join food service staff, teachers, administrators and students to promote and increase participation in school lunch. This year's theme is "School Lunch Across the USA", a celebration of flavors and ingredients from all over the country. Visit www.schoolnutrition.org/nslw for downloadable tools. Check out the toolkit of ideas and regional recipes.

Regional recipes to try:

- Minnesota Sloppy Joes
- Tampa's Cuban Chicken & Yellow Rice
- Classic Cincinnati 3-Way Chili
- Midwestern Turkey and Noodles
- Thai Sweet and Sour Chicken
- Hawaiian Chicken & Pineapple Rice

More at www.schoolnutrition.org/Level2_NSLW2013.aspx?id=18469

- **Try "Southwest-Style Black Bean and Corn Salad".** Ingredients: black beans, red onion, tomato, corn, garlic, lime juice, salt and pepper, cilantro.
- **Post the logo and pictures of national landmarks around the cafeteria.**
- **Sponsor a contest where students submit a brief statement about where in the USA they would like to travel and what food they would eat there. Post on a US map.**

New 10 Tips Nutrition Education Series

<http://choosemyplate.gov/healthy-eating-tips/ten-tips.html>

- Be Active Adults
 - Stay Fit on Campus
 - Mini-fridge Makeover
 - Be Choosey in the Dining Hall
 - Be an Active Family
 - Healthy Eating for an Active Lifestyle
 - Enjoy Foods from Many Cultures
- Download the over 30 titles.

10 tips be an active family

1 Get specific activity times

2 Plan ahead and track your progress

3 Include work around the house

4 Use what is available

5 Build team skills

6 Plan for all weather conditions

7 Turn off the TV

8 Invite friends

9 Include other families

10 About the family with fun physical activity

Healthier MyPlate Recipes



First Lady Michelle Obama has announced a new effort to make healthy MyPlate recipes easy to find and share. Industry and publishing partners are on board to feature nutritious recipes that meet the MyPlate guidelines. There are over 3000 recipes identified on popular cooking websites as well as 1000 of those recipes on Pinterest (www.pinterest.com/MyPlateRecipes). Look for the links that promote “healthy eating”.

Says Michelle Obama, “This partnership takes the guesswork out of finding healthier recipes and gives parents information and the tools they need to make healthy choices for their families every day.”

Some of the publications participating include:

Allrecipes.com
 Better Homes & Gardens
 CookingLight.com
 CountryLiving.com
 Epicurious.com
 Everyday with Rachel Ray
 FamilyCircle.com
 FoodNetwork.com
 GoodHousekeeping.com



MyRecipes.com Parents.com
 RealSimple.com Redbook.com
 Recipe.com Woman’sDay.com

Other sources of healthy recipes include those that are kid-tested from USDA’s **Recipes for Healthy Kids Competition**. These are designed for homes or for serving large groups such as at school lunch or child care sites. Categories include “Whole Grain Recipes”, “Dark Green and Orange Vegetable Recipes”, and “Dry Beans and Peas Recipes”. See all 30 at teamnutrition.usda.gov/resources/recipes_for_healthy_kids.html.

A favorite from this resource was tried at the SD school cooks training this past summer—“Aztec Grain Salad”—featuring quinoa, apples, butternut squash, dried cranberries, golden raisins, ginger, cinnamon, orange juice, honey, mustard, and vinegar. Want to try it?

Families or staff looking for low cost recipes can search the extensive collection at the SNAP-Ed Connection site at <http://recipefinder.nal.usda.gov/>. This site features rated recipes that can be searched by ingredient, recipe name, and category (cooking equipment, menu, topics, cost, etc.)

PSA Campaign from We Can

Maintaining a healthy weight is the message of the We Can campaign (National Institute of Health) that encourages parents and caregivers to help children get physically active and practice healthy eating habits in a fun way for the whole family. The partnership of the Department of Health and Human Services and the Ad Council has designed empowerment messages that are humorous and creative with parents stepping out of their comfort zone. Check out the basketball playing mom or the father with a juicer at www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/opcc-campaign.htm.

Add these to your in-house TV network or link to them on your school website. In addition to video clips there are radio spots and downloadable banners for your website (“KNOWING HOW MUCH IS TOO MUCH can make you and your child healthier” and “MOVING A LITTLE EVERY DAY can make you and your child healthier”).



**MINI-GRANTS
SUMMER 2013**

**\$200 COOL COOKS IN
SCHOOLS
Congratulations
26 Cool Cooks!**

**\$500 HARVEST OF THE
MONTH TRAINING
Congratulations!**

- **General Beadle
Elementary, RCAS**
- **Horace Mann
Elementary, RCAS**
- **Youth & Family Services**
- **Rock Creek Grant School**
- **Mitchell Elementary**



United States
Department of
Agriculture



Child & Adult Nutrition
Services



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Child & Adult Nutrition Services
SD Department of Education

Website:
doe.sd.gov/cans/teamnutrition.aspx

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Great Debate Over School Lunches

Georgia Morse Middle School 6th graders are practicing their debating skills with instruction from Hilary Aden-Beeny. After hearing student's comments on the new Healthy, Hunger Free Kids Act (HHFKA), she chose this opportunity to help students research the facts. Aden-Beeny divided her class into teams to conduct interviews, polls, and background research. Groups were assigned affirmative or negative opinion and built their arguments based on obesity data, caloric needs of teenagers, and public opinion.



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After their research the majority of students agreed with the intent of the HHFKA but still expressed a conflict between their minds and their stomachs. Most students noted that if their peers actually ate everything they were given, they would probably not feel hungry. The students supported offering healthy snacks for sale to supplement the meal. Students then extended their research to find out the cost of starting a healthy vending program as well as how to read labels and find potential products.

Aden-Beeny not only taught her students how to write an argument but also built support for healthy changes in the school. For the complete story go to: schools.healthiergeneration.org/resources_tools/success_stories/2013/01/25/698/the_great_debate_over_school_lunches.

Alliance for a Healthier Generation resources can help with this type of research. Use their "Healthy Foods Calculator" schools.healthiergeneration.org/wellness_categories/healthy_vending/find_products/ or the "Healthy Foods Navigator" schools.healthiergeneration.org/resources_tools/school_meals/product_navigator/

**Quick Physical Activity from SPARK
"Invisible Jump Rope"**

Provide music and 1 invisible jump rope per student (these don't cost much and don't take up much space). Students stand behind their desks in a clear area. The object is for students to do the jump rope tricks as they are called out. Change tricks often.



INDIVIDUAL TRICKS		PARTNER TRICKS	CHALLENGES
Jog and Jump	Hop	Front to Front	Create a routine with a partner. Can you compliment others on their fabulous skills?
Single Bounce	Skier	Back to Back	
Crossover	Bell	Back to Front	
Side Swing		Side by Side	