

## North Dakota Farm to School

Crop to Classroom, Cafeteria, and

Community

#### **Amanda Olson**

Farm to School Specialist Child Nutrition and Food Distribution

<u>amolson@nd.gov</u> \* 701-328-0817





WHAT IS FARM TO SCHOOL?
FARM TO SCHOOL IN ND

- FARM TO SCHOOL CENSUS DATA
- EVENTS & PROGRAMMING FOR YOUR SCHOOLS AND COMMUNITIES

RESOURCES
COLLABORATION
MILLION DOLLAR TRIVIA!







#### What is Farm to School?

## Farm to School in North Dakota is an open concept for you to create something that fits with your community, classrooms, cafeterias.

Don't be afraid to be creative and diverse with your programming and events.



#### **Fundamentals of Farm to School**

- Not mandated or required part of the National School Breakfast or Lunch Program.
- Diverse in creativity and what it looks like in each community.
- Don't forget about daycares, after-school programs, and programs that operate outside of "normal" school days. It's more than just on the lunch tray at a school.
- Doesn't fit into a neatly square box of guidelines and online sign-up.

Farm to School is a new term to define something North Dakota has long been doing. Our state has a strong background in agriculture education, gardening, and local food purchasing.

## CORE ELEMENTS OF FARM TO SCHOOL

#### **SCHOOL GARDENS**

Creating and tending school gardens



#### **PROCUREMENT**

Serving local products in school meals

#### **EDUCATION**

Conducting educational activities





The key is to do what you can, where you are, with what you have.

# North Dakota Farm to School

#### **2023 USDA Farm to School Census**

Farm to school participation increased from 2019 to 2023

2019 2023

65% 74%

of SFAs did at least one farm to school activity



Farm to school activity participation among SFAs



Serving local foods

Food sourcing and procurement

**Agricultural Local foods** education and gardens

promotion



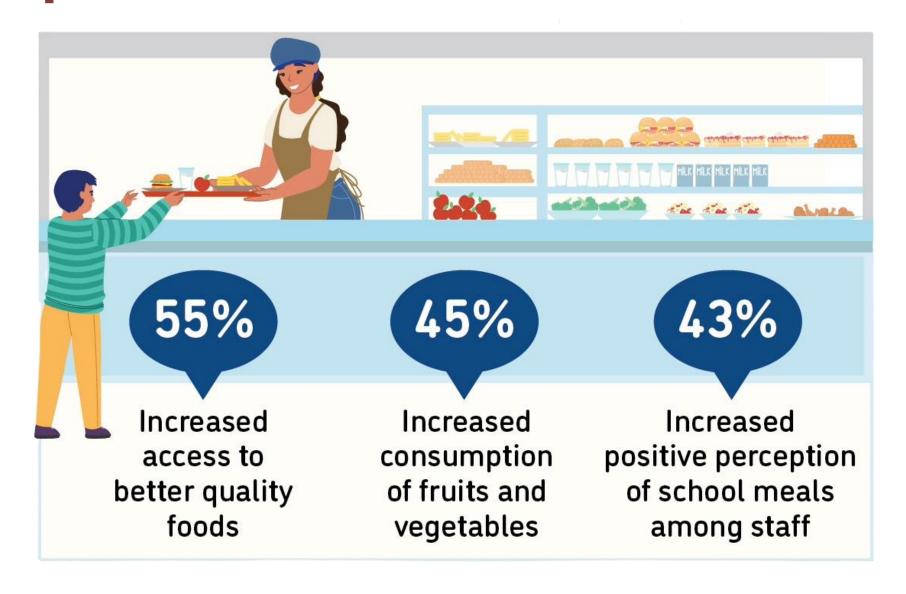
## SFA's Budget Spent on Local Foods 2022-2023

In North Dakota, SFAs participating in farm to school reported spending **6.5%** of their total budgets on local food, *excluding* local fluid milk, *including* USDA Foods & DoD Fresh).

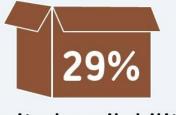
• With milk purchases, it's **14%** of the SFA's budget.



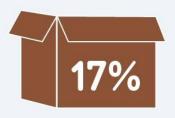
## Positive Outcomes for Farm to School Participation



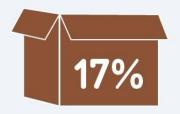
## Challenges farm to school SFAs faced when procuring local foods



Limited availability of local foods



Difficult to find local vendors

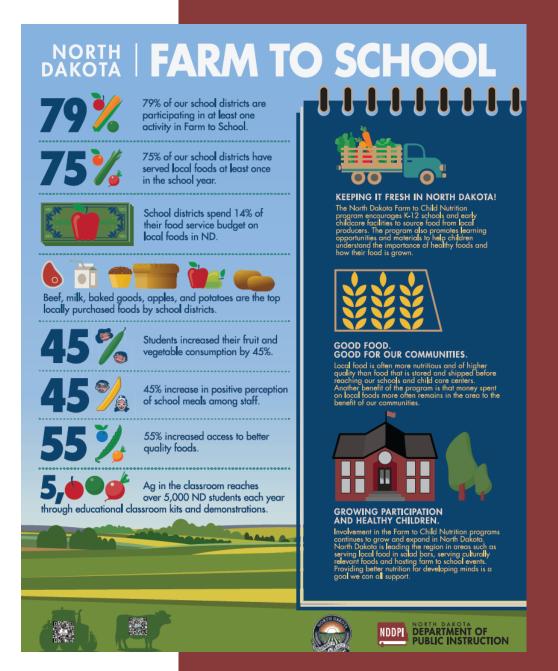


Local food vendors don't offer a broad range of products



### New poster!

Includes 2023 Farm to School USDA Census Data and showcases the amazing progress the program has seen the last 3 years!



#### School & Child Care Procurement

What do institutions and producers need to know before selling to an institution?

- State and Federal guidelines-Purchase thresholds, bidding process, contracts, and communication.
  - NSLP & CACFP programs
- NDSU Guide to Buying and Selling Local Food Excellent Resource (copies are provided).
- If you have any questions on the guidelines for purchasing for child nutrition programs, please come chat with me ©

## Many Ways to Participate



#### Harvest of the Month

2025-2026



Sept.



Oct.
Apple
Farm to School Month



Nov.

Tomato



Dec.

Potato



ND Crunch Off

Jan.
Peas & Lentils



Feb.

Dairy



Mar.



Apr.



May

Soybeans/Soy Foods

Beef

Harvest of the Month is designed to showcase local foods that are grown or processed in North Dakota. We recognize that sourcing local for every meal may not be practical, and it isn't a requirement. This engaging program aims to teach children about nutrition and the origins of their food. Feel free to unleash your creativity; the kids will appreciate it. Remember to display the poster each month. For any inquiries regarding Harvest of the Month, please reach out to Amanda Olson at amolson@nd.gov











### **Tray of the Month**

- Kick off in October with Farm to School Month.
- Submit a photo of your tray that fits with the theme that month.
- Showcase them on social media to recognize our healthy and delicious ND school meals.
- Win prizes, 1 winner each month.
- More details and TBD.

## Field Trips -Adding a local product to the sack lunch or serving the local food at the school.

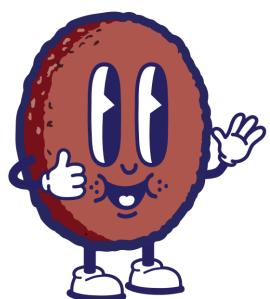




## **Commodity Organizations Partners**

## North Dakota Beef Commission

 Celebrate Beef in May for Harvest of the Month!





Bowbells Public School May 2024 Beef Celebration and Field Trip



#### North Dakota Beef Commission

May 29 · 🕙

Cheers to the people who fuel our kids at school! You help build strong minds and strong bodies! Enjoy your summer.



#### Dickinson Public Schools ND · Follow

May 24 ⋅ 🕙

As we wrap up the school year, we want to express our gratitude to some of the unsung heroes who play a crucial role in the s... See more

























#### Dakota Prairie Knights · Follow

May 25 ⋅ 🕙

🥟 🍴 We celebrated Beef Month at Dakota Prairie! Our kitchens received a fantastic kit from the North Dakota Beef Commission, and students enjoyed beef recipes for lunch! #BeefMonth #NDBeefCommission Thank you, North Dakota **Beef Commission** 



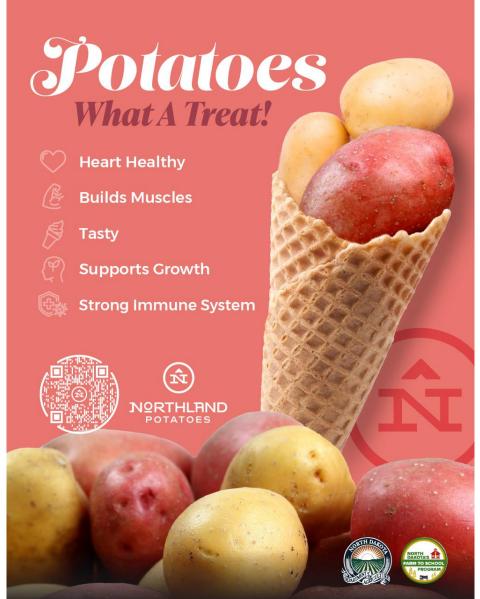




**Commodity Organizations Partners** 

#### **Northland Potato Growers**

- Free chips available for school picnics or events!
  - Contact Jacey at jkuersteiner@nppga.org



## **Commodity Organizations**

#### **Partners**

## North Dakota Soybean Council

 April 2026 to celebrate Soybeans for Harvest of the month

#### · Ideas:

- Edamame in chicken lo mein or on salad bar.
- Soymilk, soy yogurt
- Tofu
- Soy Sauce packets (reduced sodium)



## Edamame Salsa at Jefferson Elementary – Fargo Public Schools





#### **Crunch Off**

- Registration is opening September 15!
  - Notify you through email, newsletter, and Kitchen Counter Conversations
  - FREE to participate
  - Design your CRUNCH event however you want
  - Register the total number of students and adults in district.
  - Participate even if you can't purchase local.
  - Events can occur between September 15-October 31





#### **Crunch Off**

- Event ideas
  - Popcorn or nuts at sports games
  - Fruit or vegetable offered at lunch
  - Field trip to community orchard, garden, farm. Crunch into a healthy snack.
  - Offering free apples to parents at parent-teacher conferences.
  - There's no wrong way to celebrate Farm to School month!







#### **Results from 2024**

North Dakota took 2<sup>nd</sup> Place...AGAIN! Lost to Wyoming by less than 2%

**Event of the Year Winner! BPS, Corn Council, NDDPI, NDAG** 

2022: 14,285 Crunches

2023: 26,430 Crunches

2024: 49,216 CRUNCHES

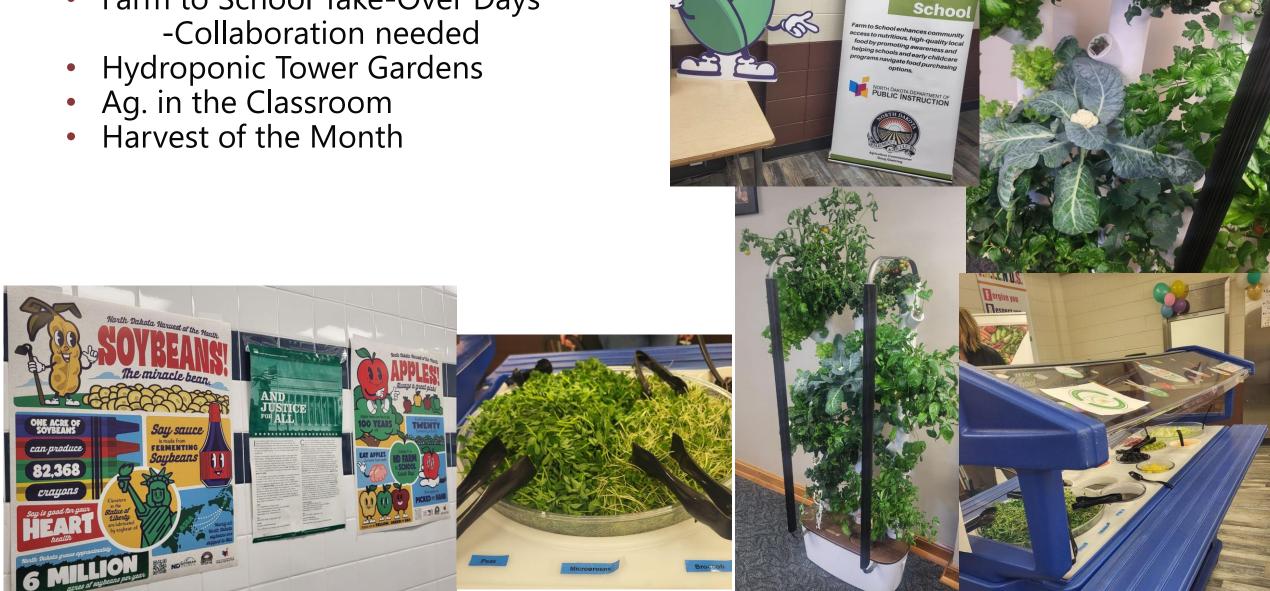
We keep doubling our numbers each year!

- -Pre-K
- -K-12
- -Adults

# North Dakota Farm to School in CLASSROOMS

#### Crop to Classroom

Farm to School Take-Over Days



#### **Crop to Classroom**

- Classroom Kits
  - Microgreens
  - Sunbutter
  - Edamame Trail Mix
    - Huge response from educators!
- USDA Mountain Plains Crunch Off
  - October is National Farm to School Month
- Farm to School Video Contest
  - Farm to School Video Tours for your classrooms.











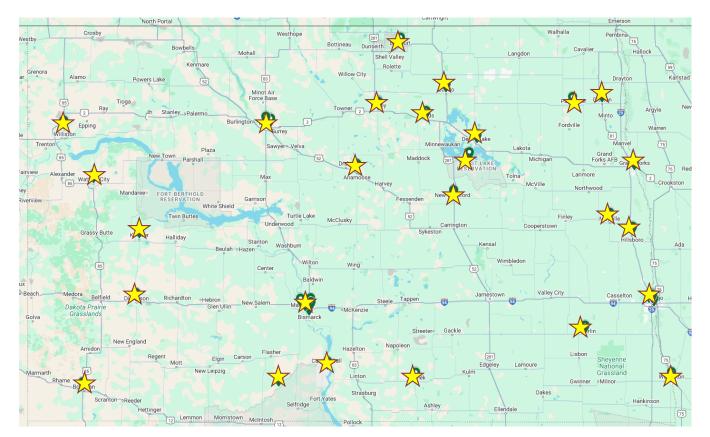




#### **Crop to Classroom for Early Care and Education**

North Dakota Farm to Early Care and Education Coalition

• Pre-K, Head Start, and ECE's received \$400 this summer for garden projects, hydroponics, etc.





#### Farm to School Resources

#### Local Foods Directory Map

- Request Information "Source It" tool
- Local Foods Directory Map | North Dakota Department of Agriculture
- Farm to School Manual
- NDSU Extension Guide to Buying and Selling Local Foods (state guidelines)



What other resources would be beneficial for your work?

Please take 3 minutes to discuss.

#### Farm to School & Garden Webinars









Search This Website



Data ▼

Districts/Schools \*

Educators ▼

Education Programs \*

Policy/Guidelines ▼

Families/Community ▼

Partners

#### Districts/Schools

Alternative Education Programs

- + Assessments
- Child Nutrition and Food Distribution
  - + Child & Adult Care Food Program (CACFP)

Commodity Supplemental Food Program (CSFP)

Farm to Child Nutrition

- + Food Distribution Program on Indian Reservations (FDPIR)
- + Fresh Fruits & Vegetables Program (FFVP)
- + School Nutrition Program (SNP)
- + School/Child Nutrition Food Program (SCH)
- + Summer Food Service Program (SFSP)

Team Nutrition

The Emergency Food Assistance Program (TEFAP)

Updates

Home / Districts/Schools / Child Nutrition and Food Distribution

#### **UPDATES**

#### **WEBINARS**

**Kitchen Counter Conversations** Across The Desk Summer Food and SEBT

#### Farm to School 2024 Series

North Dakota Department of Public Instruction Farm to School Webinar Series 2024

This Farm to School webinar series is hosted by Amanda Olson, Farm to School Specialist in the Child Nutrition and Food Distribution office, along with featured speakers from NDDPI and the North Dakota Department of Agriculture. This is a 5part series that focuses on various topics in Farm to School, including procurement, ND Local Foods Directory, Local Wellness Policy, grants, resources, and idea sharing. If you have any questions about Farm to School, please reach out to Amanda Olson, at dpicnfd@nd.gov<sub>™</sub>.

Session 2 North Dakota Local Foods 

□ - 02/22/2024

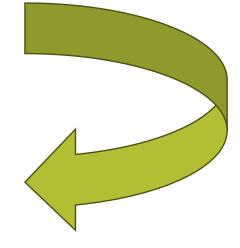
Session 3 Farm to School Procurement 

- 02/29/2024

Session 4 Farm to School Brainstorm 

- 03/07/2024

Session 5 The Future of North Dakota Farm to School ₫ - 03/14/2024



## North Dakota Farm to School

We love visiting you!







Thank You for your hard work feeding North Dakota children!



