

FARM 2 SCHOOL PROGRAM

Aitkin School District

Proposed Budget FSY 2020-2021

Students who eat well learn better. Farm to School encompasses changes within the classroom, curriculum, and community. Children have increased access to minimally processed, local food and an environment conducive to learning about how food is grown and nutrition created.

CONTACT

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Why Farm to School?



Kids WIN

Farm to School provides all kids access to nutritious, high quality, local food so they are ready to learn and grow. Farm to School activities enhance classroom education through hands-on learning related to food, health, agriculture and nutrition.



Farmers WIN

Farm to School can serve as a significant financial opportunity for farmers, fishers, ranchers, food processors and food manufacturers by opening the doors to an institutional market worth billions of dollars.



Communities WIN

Farm to School benefits everyone from students, teachers and administrators to parents and farmers, providing opportunities to build family and community engagement. Buying from local producers and processors creates new jobs and strengthens the local economy.

CORE ELEMENTS OF FARM to SCHOOL



Procurement: Source Local Food from Farms

Local foods are purchased, promoted and served in the cafeteria or as a snack or taste-test.

NutriMan Garden- Rippleside Elementary

Students engage in hands-on learning through gardening.

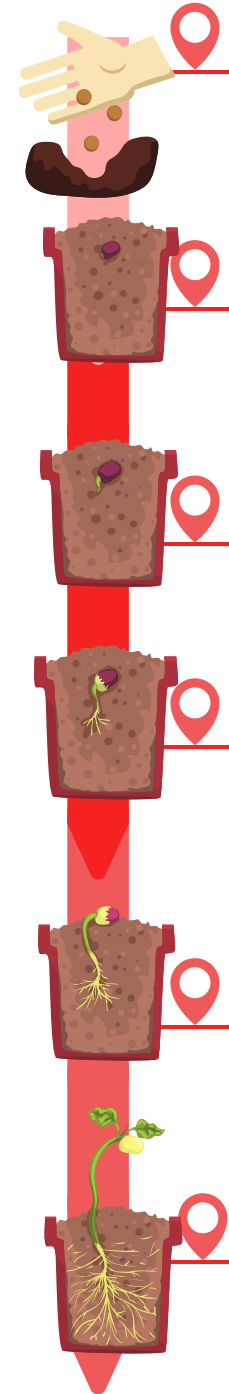
Education

Students participate in education activities related to agriculture, food, health or nutrition.

PROPOSED FARM 2 SCHOOL BUDGET: FSY 2020-2021

Farm	Farmer & Farm Location	Month	Product	School	Amount	Price/ pound or each	Total \$ Amount of F2S Product Contract
September							
Grampa G's	Shayne Johnson, Pillager	September	KOHLRABI	Rippleside Elem.	50 lbs.	\$1.75/lb.	\$87.50
Grampa G's	Shayne Johnson, Pillager	September	ZUCCHINI	Rippleside Elem.	30 lbs.	\$0.80/lb.	\$24.00
Grampa G's	Shayne Johnson, Pillager	September	ONIONS/SWEET	Rippleside Elem.	5 lbs.	\$1.50/lb.	\$7.50
Grampa G's	Shayne Johnson, Pillager	September	GREEN PEPPERS- BELL PEPPERS	Rippleside Elem.	10 lbs.	\$2.00/lb.	\$20.00
Grampa G's	Shayne Johnson, Pillager	September	ASSORTED COLORS- BELL PEPPERS	Rippleside Elem.	20 lbs.	\$2.00/lb.	\$40.00
Maple Ridge Produce	Erik Heimark and Jay, Aitkin	September	CUCUMBERS	High School	40 lbs.	\$2.85/lb.	\$114.00
WillowSedge Farm	Jane Grimsbo Jewett, Palisade	September	CHICKEN (WHOLE/FRYER)	Rippleside Elem.	150 lbs.	\$3.00/lb.	\$450.00
							\$743.00
October							
Gilby's Orchard	David Gilbertson, Aitkin	October	APPLES/MCINTOSH	Rippleside Elem.	200 count	\$0.50/each	\$100.00
Maple Ridge Produce	Erik Heimark and Jay, Aitkin	October	CARROTS/ORANGE	Rippleside Elem.	60 lbs.	\$1.79/lb.	\$107.40
Maple Ridge Produce	Erik Heimark and Jay, Aitkin	October	BROCCOLI/HEADS	Rippleside Elem.	40 lbs.	\$3.50/lb.	\$140.00
WillowSedge Farm	Jane Grimsbo Jewett, Palisade	October	PORK/BRATS	Rippleside Elem.	90 lbs.	\$4.85/lb.	\$436.50
WillowSedge Farm	Jane Grimsbo Jewett, Palisade	October	PORK/BRATS	High School	100 lbs.	\$4.85/lb.	\$485.00
							\$1,268.90
November							
Maple Ridge Produce	Erik Heimark and Jay, Aitkin	November	SQUASH/BUTTERNUT	Rippleside Elem.	100 lbs.	\$0.89/lb.	\$89.00
Maple Ridge Produce	Erik Heimark and Jay, Aitkin	November	SQUASH/BUTTERNUT	High School	100 lbs.	\$0.89/lb.	\$89.00
Grampa G's	Shayne Johnson, Pillager	November	PUMPKINS/PIE	Rippleside Elem.	40 lbs.	\$1.25/lb.	\$50.00
Gilby's Orchard	David Gilbertson, Aitkin	November	APPLES/HONEYCRISP	Rippleside Elem.	200 count	\$1.00/each	\$200.00
Gilby's Orchard	David Gilbertson, Aitkin	November	APPLES/HONEYCRISP	High School	200 count	\$1.00/each	\$200.00
							\$628.00
December							
Hollister Family Farm	Abe and Brea Hollister, Brainerd	December	CATTLE/GROUND BEEF	Rippleside Elem.	80 lbs.	\$5.50/lb.	\$440.00
Gilby's Orchard	David Gilbertson, Aitkin	December	APPLES/HONEYCRISP	Rippleside Elem.	200 count	\$1.00/each	\$200.00
							\$640.00
January							
Hollister Family Farm	Abe and Brea Hollister, Brainerd	January	CATTLE/GROUND BEEF	Rippleside Elem.	60 lbs.	\$5.50/lb.	\$330.00
WillowSedge Farm	Jane Grimsbo Jewett, Palisade	January	POULTRY/CHICKEN	High School	150 lbs.	\$3.00/lb.	\$450.00
							\$780.00
February							
Hollister Family Farm	Abe and Brea Hollister, Brainerd	February	CATTLE/GROUND BEEF	Rippleside Elem.	80 lbs.	\$5.50/lb.	\$440.00
WillowSedge Farm	Jane Grimsbo Jewett, Palisade	February	CATTLE/GROUND BEEF	High School	60 lbs.	\$5.46/lb.	\$327.60
							\$767.60
March							
WillowSedge Farm	Jane Grimsbo Jewett, Palisade	March	SWINE/BREAKFAST SAUSAGE	Rippleside Elem.	25 lbs.	\$3.35/lb.	\$83.75
WillowSedge Farm	Jane Grimsbo Jewett, Palisade	March	SWINE/SMOKED HAM	Rippleside Elem.	100 lbs.	\$4.65/lb.	\$465.00
							\$548.75
April							
WillowSedge Farm	Jane Grimsbo Jewett, Palisade	April	POULTRY/CHICKEN	Rippleside Elem.	120 lbs.	\$3.00/lb.	\$360.00
WillowSedge Farm	Jane Grimsbo Jewett, Palisade	April	POULTRY/CHICKEN	High School	120 lbs.	\$3.00/lb.	\$360.00
							\$720.00
May							
Hollister Family Farm	Abe and Brea Hollister, Brainerd	May	CATTLE/GROUND BEEF	Rippleside Elem.	120 lbs.	\$5.50/lb.	\$660.00
WillowSedge Farm	Jane Grimsbo Jewett, Palisade	May	CATTLE/GROUND BEEF	High School	120 lbs.	\$5.46/lb.	\$655.00
							\$1,315.00
2020-2021 Farm2School CONTRACTS							\$7,411.25
2019-2020	Farm2School	CONTRACTS					\$8,971.00
2018-2019	Farm2School	CONTRACTS					\$9,940.00
2017-2018	Farm2School	CONTRACTS					\$7,257.50
2016-2017	Farm2School	CONTRACTS					\$7,981.70
2015-2016	Farm2School	CONTRACTS					

TIMELINE OF FARM 2 SCHOOL PROGRAM



FSY 2015-2016

The seed of the Farm to School Program was planted in the year of 2015. The Statewide Health Improvement Partnership (SHIP) Program helped fund locally sourced food to assist with year one of the program at Rippleside Elementary School.

FSY 2016-2017

Marks the first year of Aitkin School District fully supporting the cost of the Farm to School Program within the foodservice budget. Estimated cost of the program was \$7,981.70

FSY 2017-2018

Marks the second year of Aitkin School District fully supporting the cost of the Farm to School Program within the foodservice budget. Estimated cost of the program was \$7,257.50

FSY 2018-2019

Aitkin School District fully supporting the cost of the Farm to School Program for a third year. The program has now expanded district-wide (Rippleside Elementary and High School) within the foodservice budget. Estimated cost of the program was \$9,940.00

FSY 2019-2020

Fourth year of the school district fully supporting the cost of the Farm to School Program within the foodservice budget, district-wide. Estimated cost was \$8,971.00. An evaluation study was conducted to assess the impact of the program at Rippleside Elementary School.

FSY 2020-2021

Next fiscal school year will mark the fifth year of the Farm to School Program. The projected estimated cost of the program (district-wide) to locally source food is \$7,411.25

QUESTIONS & ANSWERS

Q 1. WHY SHOULD MY SCHOOL PARTICIPATE IN THE FARM TO SCHOOL PROGRAM?

Farm to School emphasizes the use of local foods. When local foods are featured in school nutrition programs, everyone benefits:

- *Students have increased access to high-quality, fresh foods and tend to choose these foods more often.*
- *Schools tend to see an increase in students' participation in the school meal program.*
- *Farmers and local producers gain a significant revenue source by opening doors to food service markets. This has a potential to create new jobs and strengthen the local economy.*

Q 2. HOW DOES THE SCHOOL PURCHASE LOCAL FOODS FOR THE SCHOOL NUTRITION PROGRAM?

Direct purchase through farmers, contracts are signed in the spring before the next following school year.

Q 3. HOW DOES THE FARM TO SCHOOL PROGRAM CONTRIBUTE TO CHILDREN'S HEALTH?

Farm to School programs contribute to children's health by helping students develop healthy eating habits that last a lifetime. Because students eat lunch at school, schools have a unique opportunity to improve the nutrition of the students they serve.

Q 4. FARM TO SCHOOL PROGRAMS FEATURE LOCALLY GROWN FOOD. WHAT DOES THIS MEAN?

The Farm to School Program at Aitkin School District defines local as sourcing food grown in Aitkin County and surrounding counties (Itasca, Crow Wing and Cass counties) as the first preference and foods grown within the State of Minnesota as second preference.

Q 5. IS LOCALLY GROWN PRODUCE BETTER THAN PRODUCE GROWN ELSEWHERE?

Locally grown produce is likely harvested at peak of ripeness and brought to the school district and consumer (students) in the shortest time possible and retaining the highest nutritive value.

Q 6. WHY SHOULD AITKIN SCHOOL DISTRICT CONTINUE TO PROCURE LOCALLY?

The Farm to School Program brings additional education opportunities for children by way of school gardens, taste tests, indoor learning labs, farmer in the classroom and/or cafeteria and curriculum. Connections with the local farms and agriculture help students better understand the cycle of food such as how and who grows it and how it impacts their bodies, health and the community. All these experiences complete the educational framework that motivates children towards healthier eating habits that will last a lifetime.

Q 7. HOW CAN THE FARM TO SCHOOL PROGRAM BENEFIT FARMERS?

Farmers can diversify their markets by growing a greater diversity of crops that are sold to the school. The school market represents a steady reliable demand that helps farmers plan their crop planting, harvesting and marketing more effectively. Besides direct revenues, farmers are motivated to participate in these programs as it provides an opportunity to contribute to the health and education of children at a local level. The interaction with students, parents and the community often results in additional sales through farmers markets and other avenues.

Q 8. WHY SHOULD THE FARM TO SCHOOL PROGRAM BE AT BOTH RIPPLESIDE ELEMENTARY AND THE HIGH SCHOOL?

Interest and excitement around the Farm to School Program will vary across ages and grade level, this is typical and normal. However, one of the primary elements of this program, nutrition, is universally important throughout the District. Elementary students begin learning about seeds and the growth of plants while high schoolers are learning where their food comes relating it back to other programs such as FFA and Agricultural Classes.

Future ideas for the high school include:

- Involving the FACS class with processing, canning and/or freezing fruits and vegetables for winter farm to school menus
- Featuring the local farmer, through visual presentations or guest appearances to discuss the locally sourced food on the menu and highlighting nutrition facts

Q 9. WHAT IF WE CONTINUE DISTANCE LEARNING IN THE FALL AND DON'T HAVE TYPICAL "HOT LUNCH"?

This is where the school district becomes creative and adapts to do the best they can with the given circumstances at the time. Using the proposed items the school Foodservice Department intends to purchase from farmers (see spreadsheet), the foodservice department could still offer monthly farm to school meals in the fall.

Here is one example of how to offer Farm to School meals while operating under the SFSP instead of NSLP:

September 2020

- Proposed NSLP "Hot Lunch" Meal: Chicken Fajitas (chicken, assorted bell peppers, onions), kohlrabi, chocolate chip zucchini bars and cucumber for high school salad bar

If the school is operating under the Distance Learning Model, the Foodservice Department will also be operating under the SFSP program. If that is the case:

- Proposed SFSP "Cold Lunch" Meal: Chicken salad sandwiches (chicken and onion) served with sliced peppers, kohlrabi and cucumbers and chocolate chip zucchini bars

Q 10. WHY IS THE COST SHOWN FOR MEAT PRODUCTS "HIGH" (COULD BE PERCEIVED TO BE)?

The cost per pound for meat products is reasonably priced for the following factors that influences the cost per pound:

- *Our local farmers have to travel over 30 miles just one way to have their meat processed and inspected at either a MN Equal To or USDA processing site. Farmers are not allowed to sell meat products to schools if they are not inspected at a processing site if they do not have one of the inspections mentioned above. Our local farmers do their best to keep their cost per pound low as they can when selling to institutions such as schools and still be able to make a small margin of profit from the sale.*

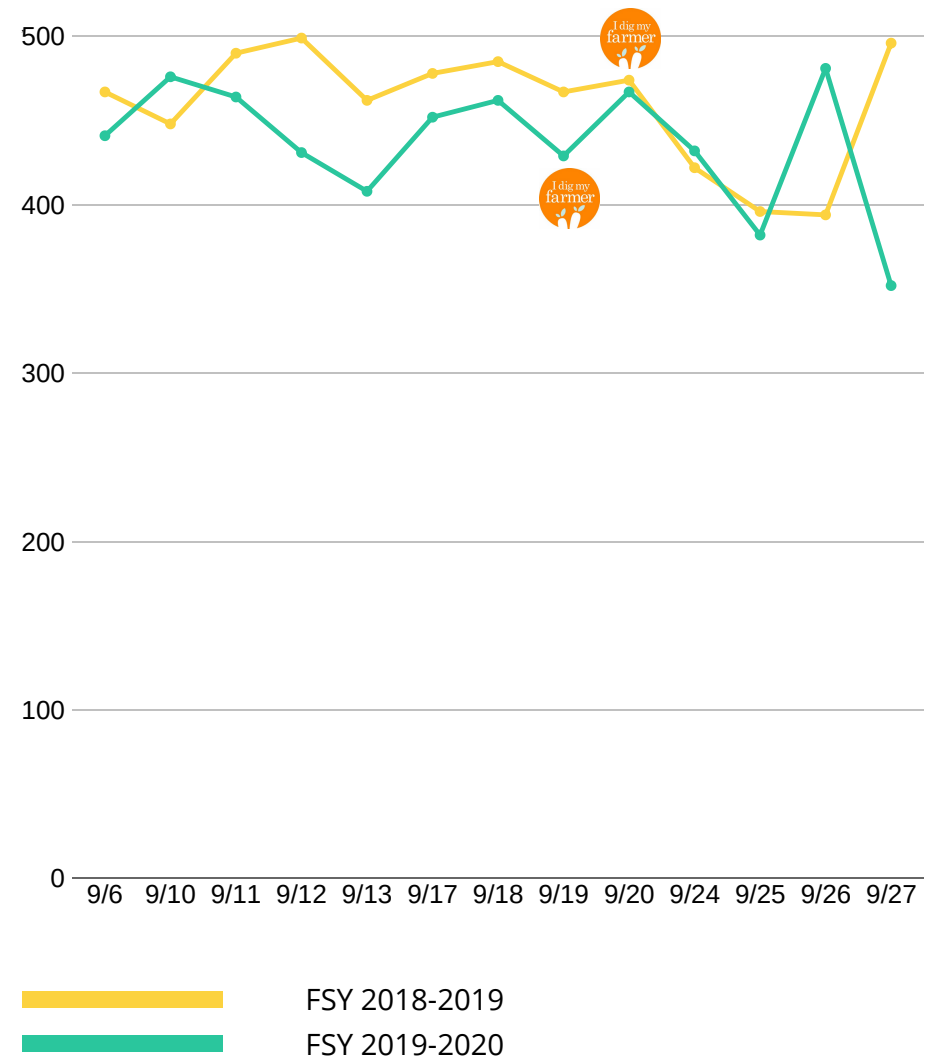
Q 11. WHAT ARE SOME THINGS SCHOOL BOARD MEMBERS SHOULD CONSIDER WHEN REVIEWING THE FARM TO SCHOOL PROGRAM, BUDGET AND THE DATA?

- *Qualitative Data: 2019 Evaluation Results and Recommendations (see handout)*
- *Quantitative Data: Data Collected (please see charts shown on pages 5-13)*
- *Additional revenue coming in from visitor and staff meals to help contribute to the cost of purchasing locally grown food (please see page 13)*
- *Food cost comparison with purchasing locally and with the school district's food vendor (please see pages 11-12)*
- *Minimal cost per tray difference (please see pages 10-12)*

FARM TO SCHOOL DATA

MEAL PARTICIPATION NUMBERS

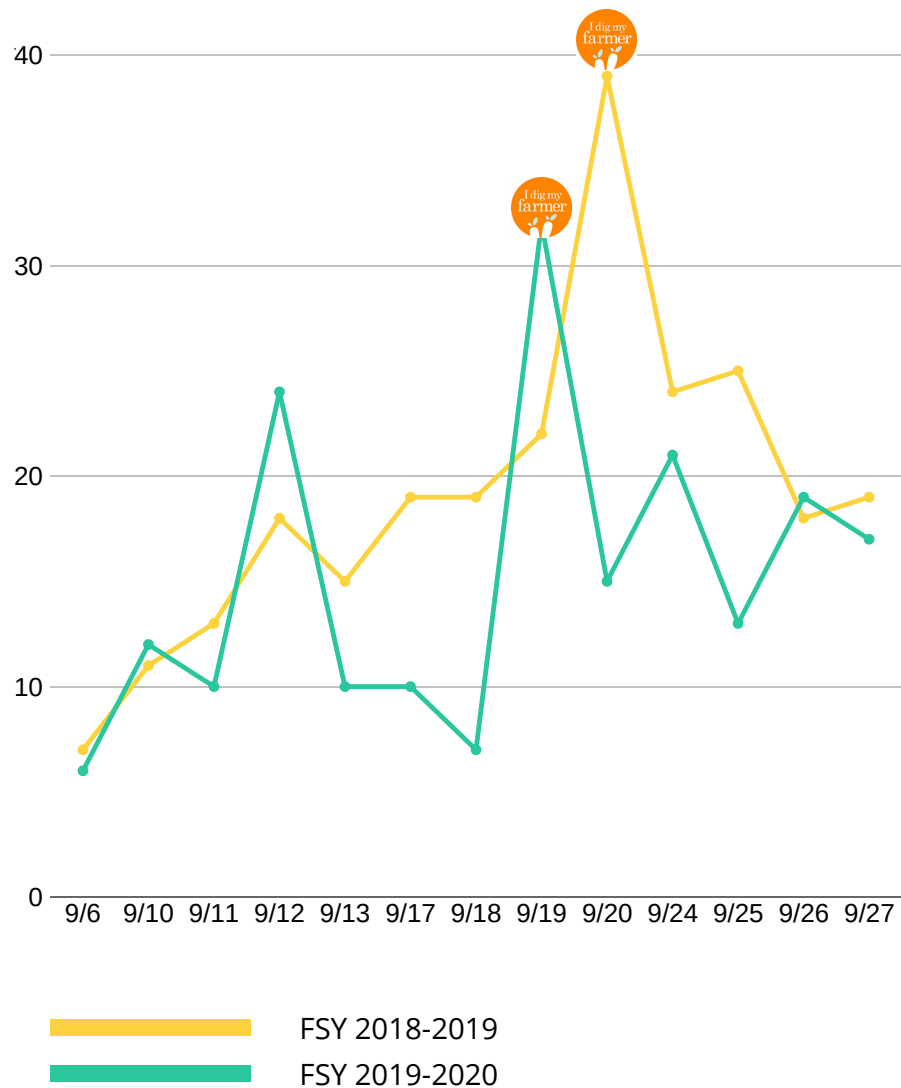
September- Students at Rippleside Elementary



Farm to School Meal 2018: Chicken Fajitas
Farm to School Meal 2019: Chicken Fajitas

MEAL PARTICIPATION NUMBERS

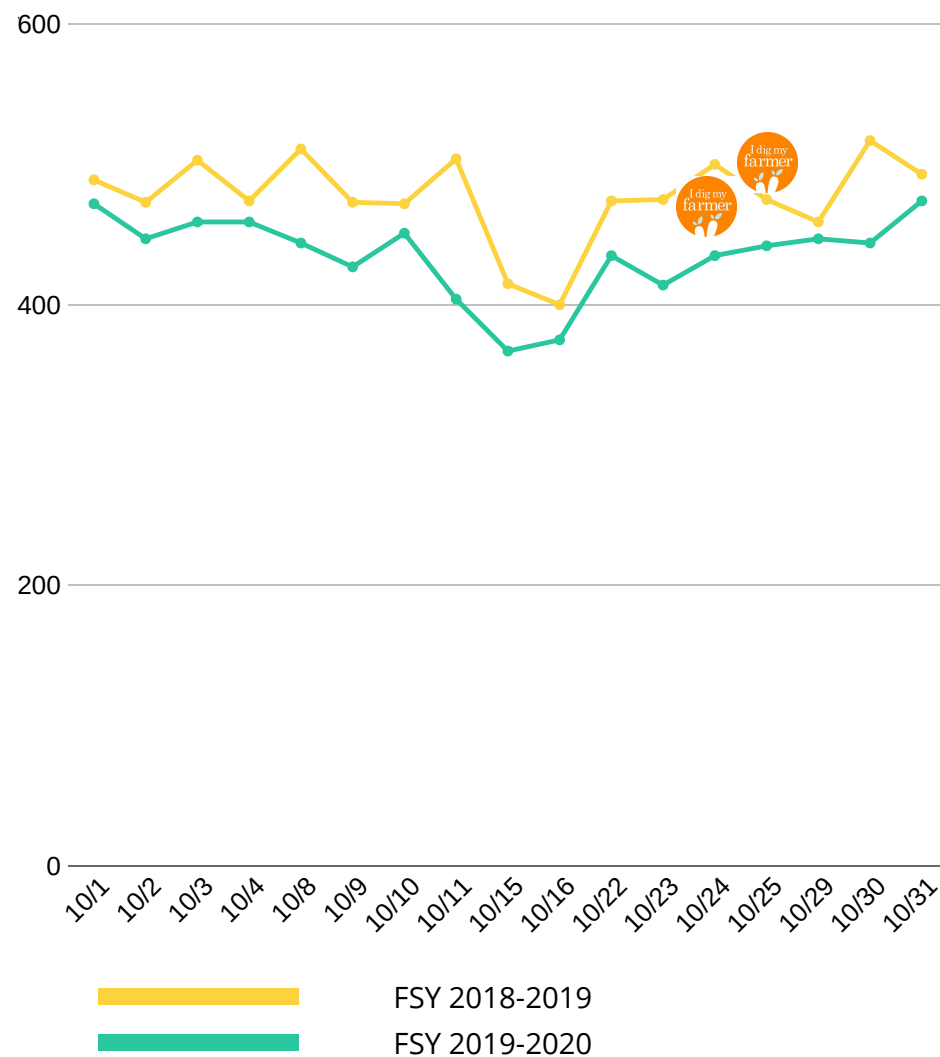
September- Staff at Rippleside Elementary



Farm to School Meal 2018: Chicken Fajitas
Farm to School Meal 2019: Chicken Fajitas

MEAL PARTICIPATION NUMBERS

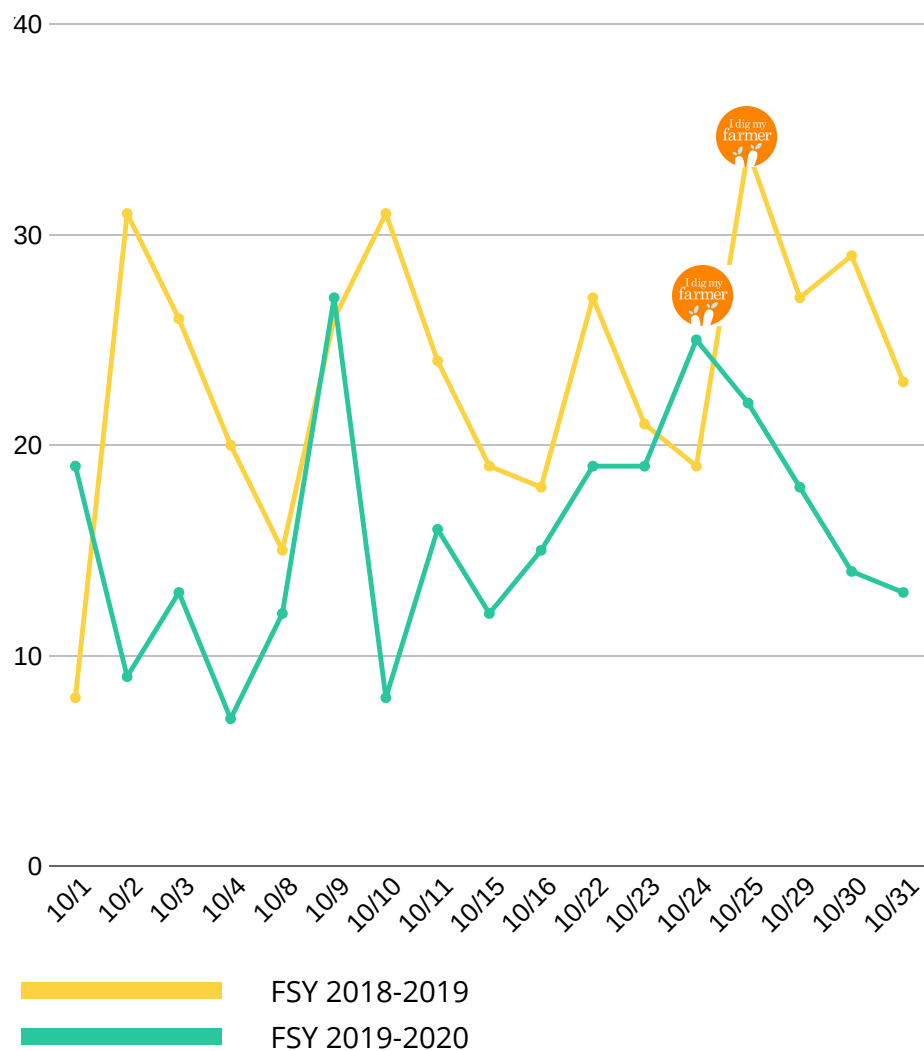
October- Students at Rippleside Elementary



Farm to School Meal 2018: Chicken Wild Rice Hot-dish
Farm to School Meal 2019: Bratwurst Meal

MEAL PARTICIPATION NUMBERS

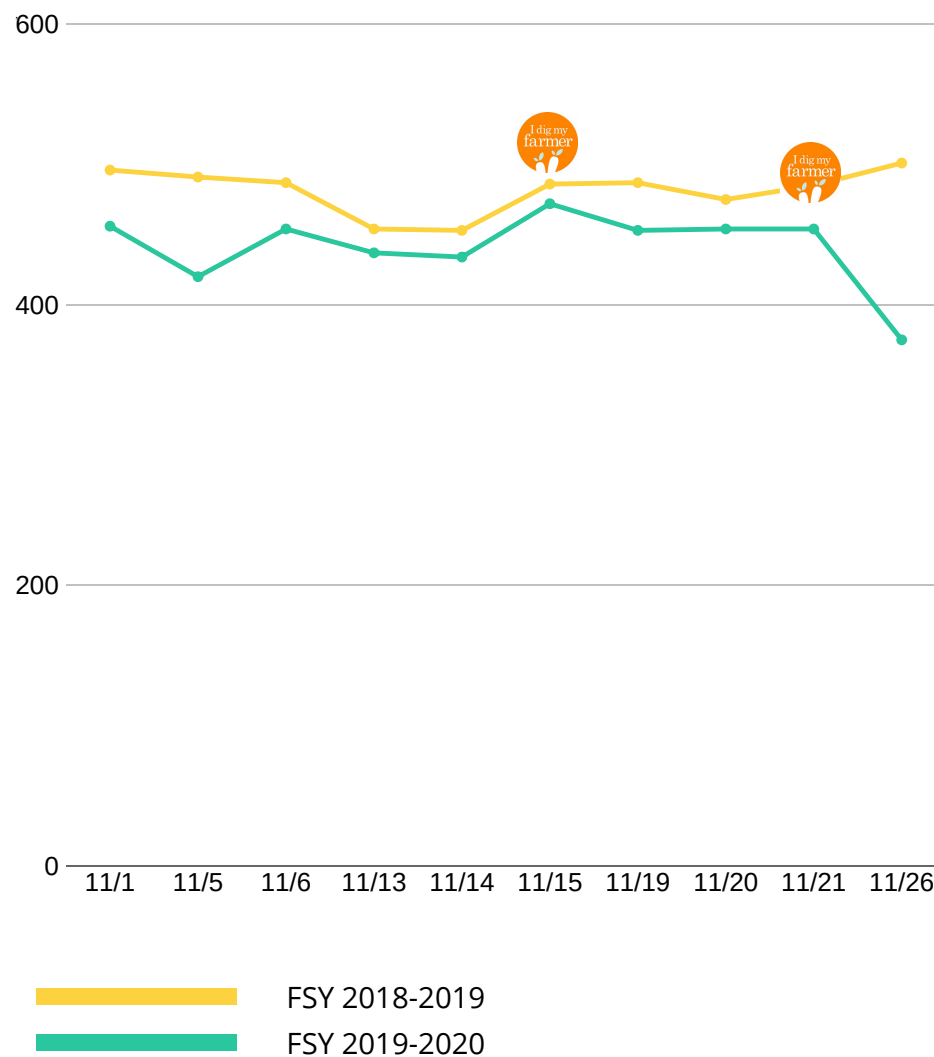
October- Staff at Rippleside Elementary



Farm to School Meal 2018: Chicken Wild Rice Hot-dish
Farm to School Meal 2019: Bratwurst Meal

MEAL PARTICIPATION NUMBERS

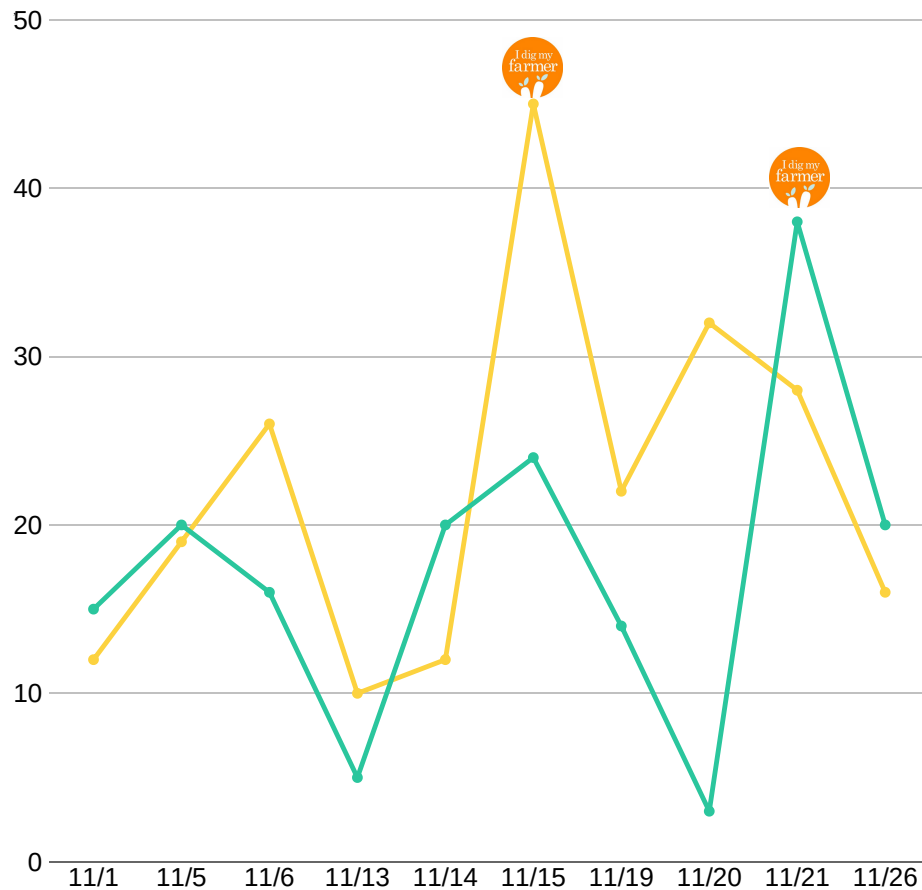
November- Students at Rippleside Elementary



Farm to School Meal 2018: Turkey "Gobbler" Dinner
Farm to School Meal 2019: Turkey "Gobbler" Dinner

MEAL PARTICIPATION NUMBERS

November- Staff at Rippleside Elementary

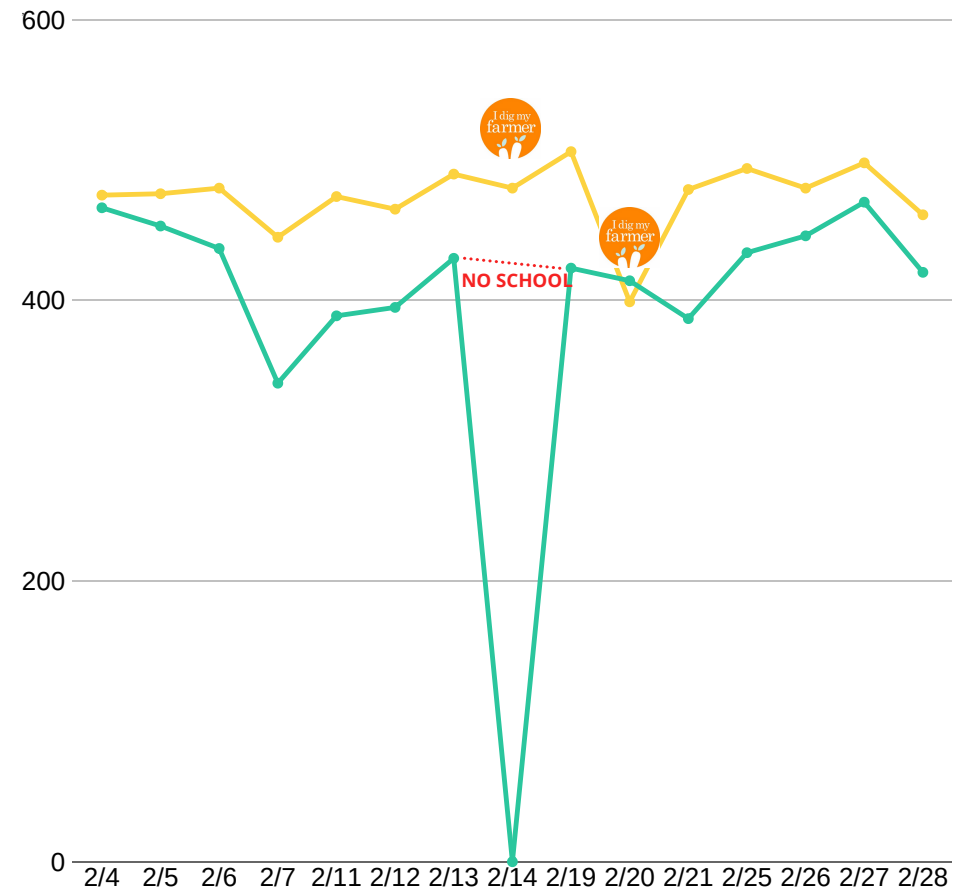


FSY 2018-2019
FSY 2019-2020

Farm to School Meal 2018: Turkey "Gobbler" Dinner
Farm to School Meal 2019: Turkey "Gobbler" Dinner

MEAL PARTICIPATION NUMBERS

February- Students at Rippleside Elementary

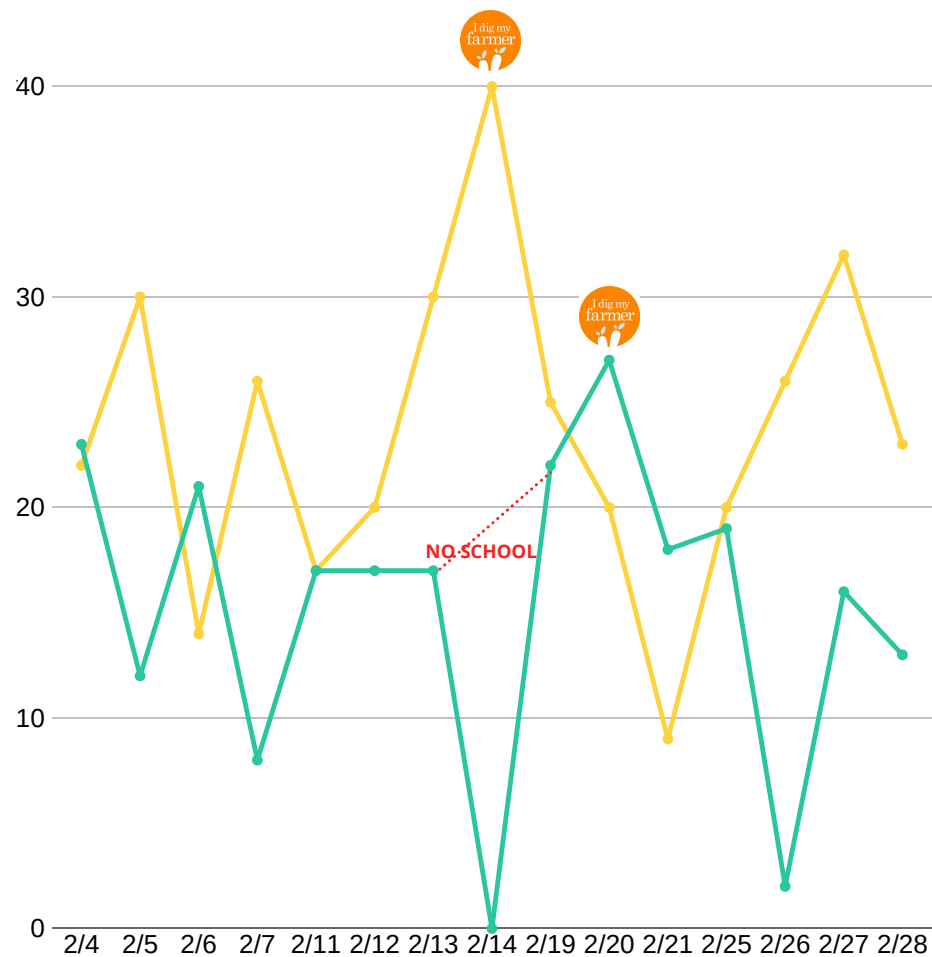


FSY 2018-2019
FSY 2019-2020

Farm to School Meal 2019: Turkey Tacos
Farm to School Meal 2020: Chicken White Chili

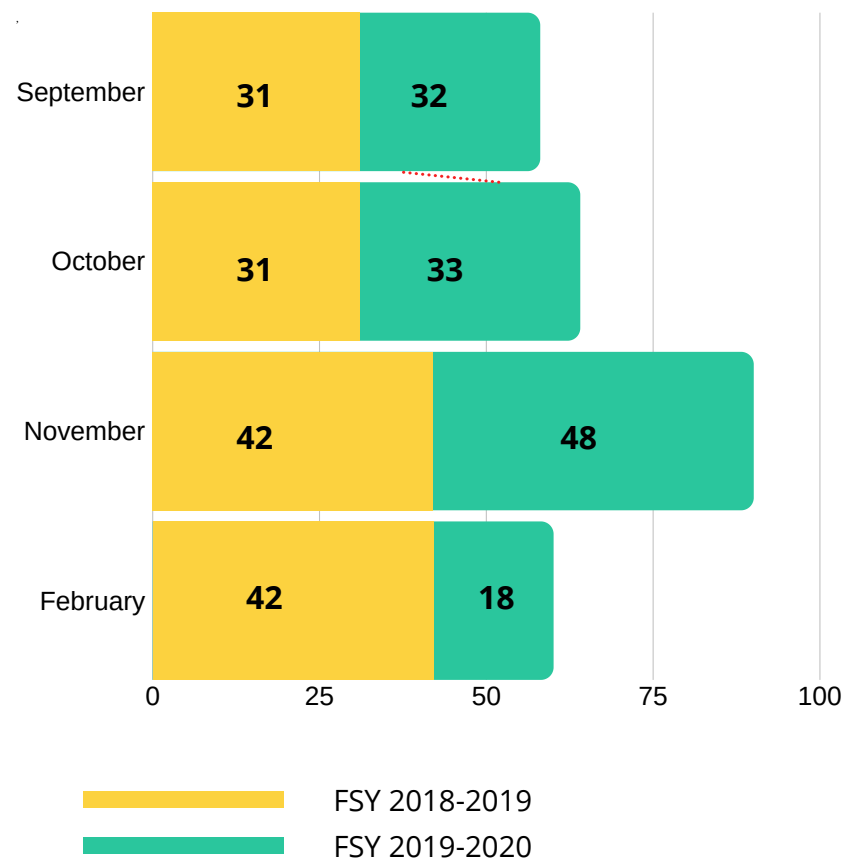
MEAL PARTICIPATION NUMBERS

February- Staff at Rippleside Elementary



MEAL PARTICIPATION NUMBERS

Visitors at Rippleside Elementary

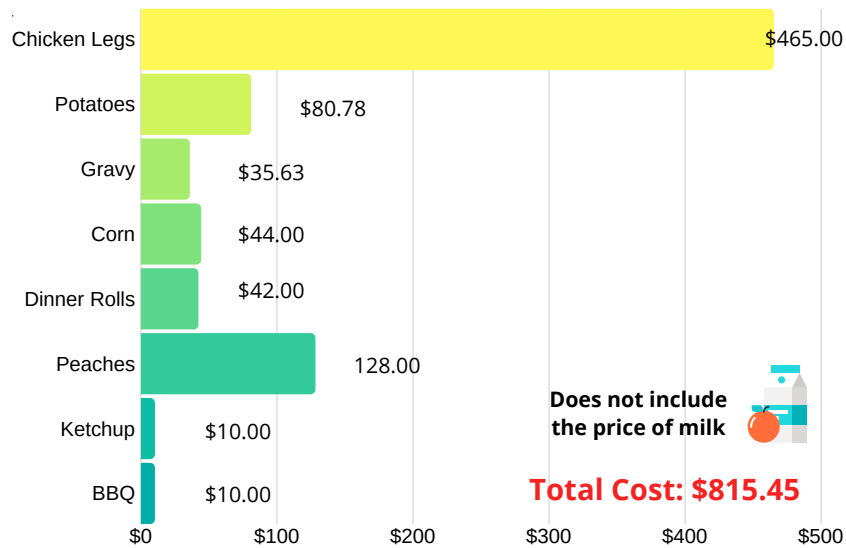


Farm to School Meal 2019: Turkey Tacos

Farm to School Meal 2020: Chicken White Chili

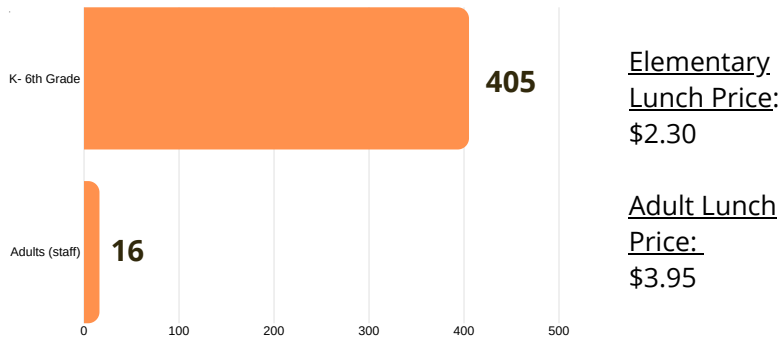
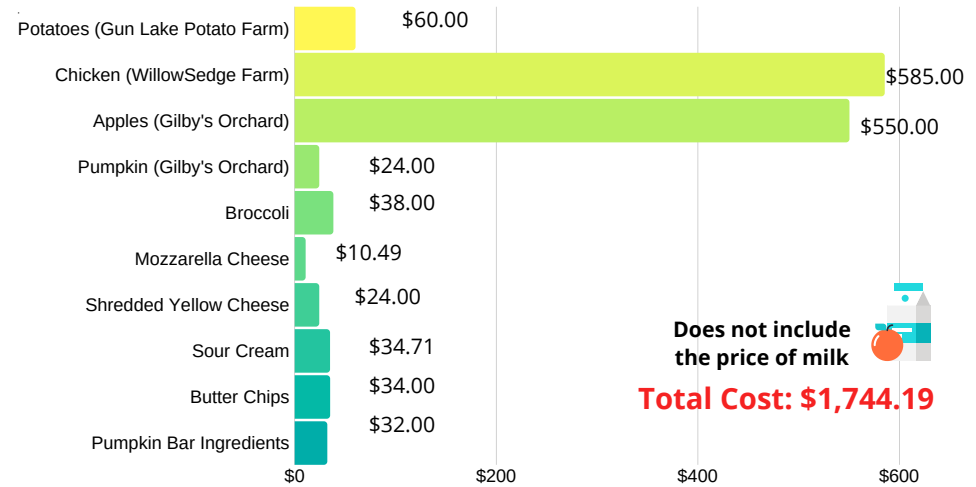
FOOD COST COMPARISON

October of 2016- Regular School Meal Cost

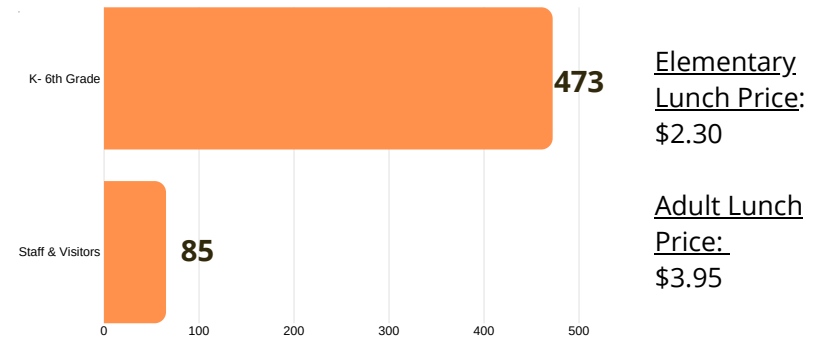


FOOD COST COMPARISON

October of 2016- Farm to School Meal Cost



Cost/Tray:

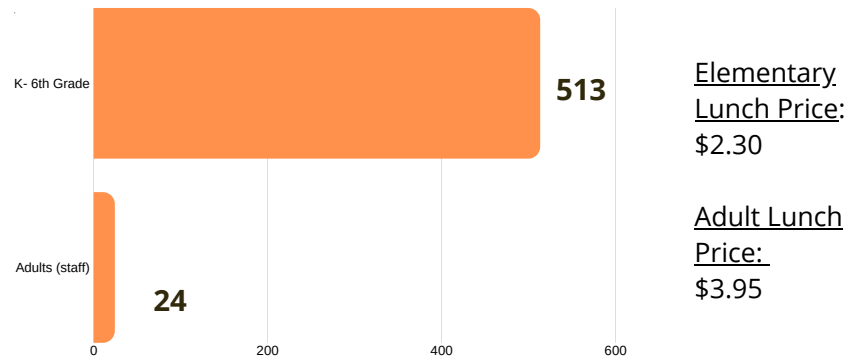
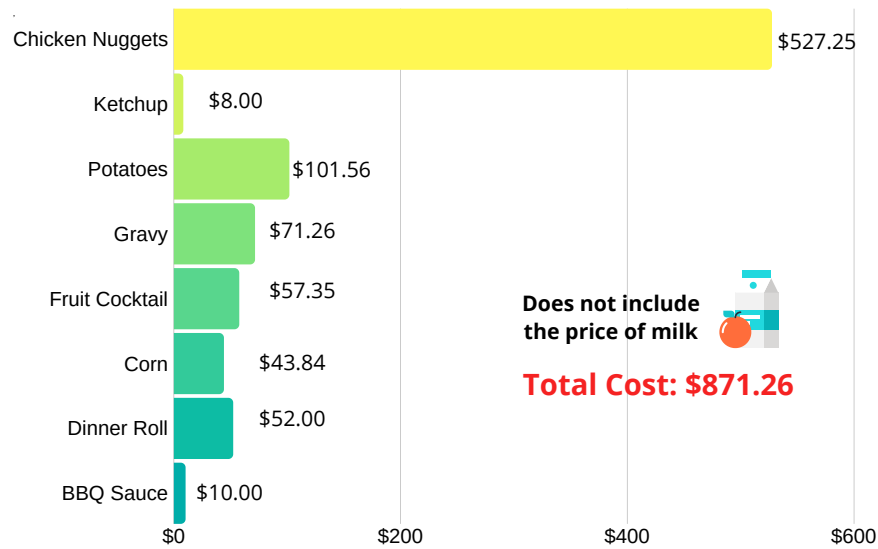


Cost/Tray:



FOOD COST COMPARISON

January of 2017- Regular School Meal Cost

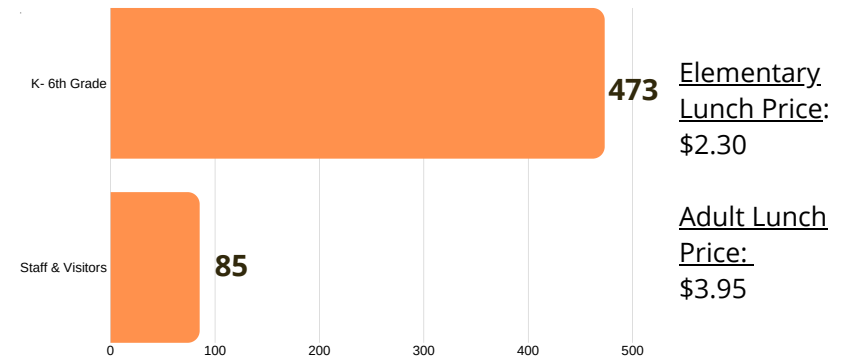
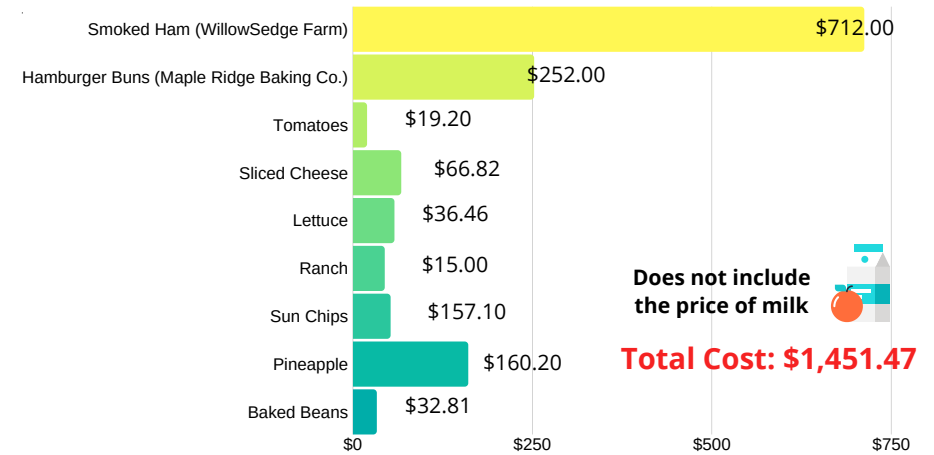


Cost/Tray:



FOOD COST COMPARISON

January of 2017- Farm to School Meal Cost

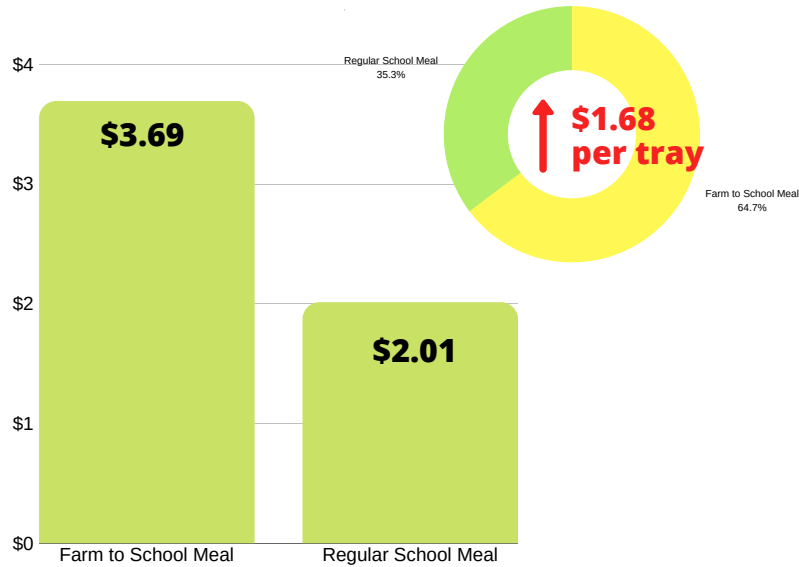


Cost/Tray:



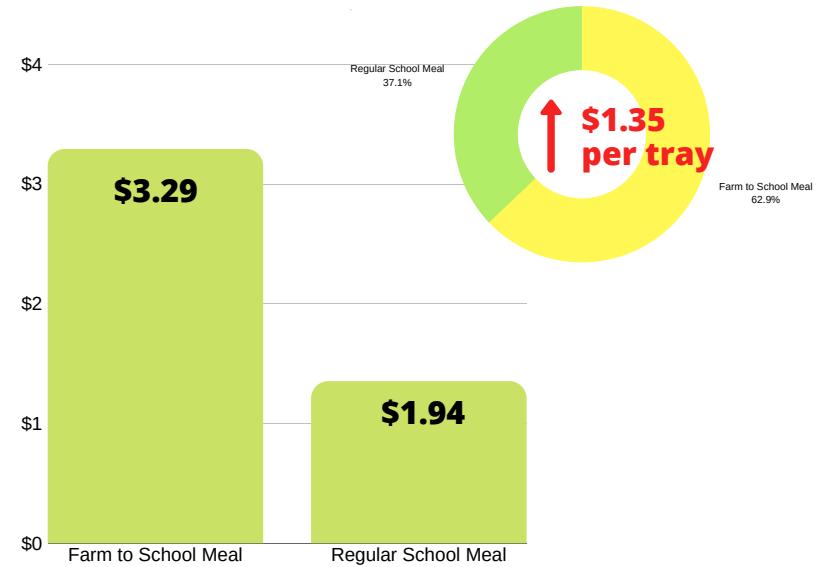
FOOD COST COMPARISON

October- Only Students

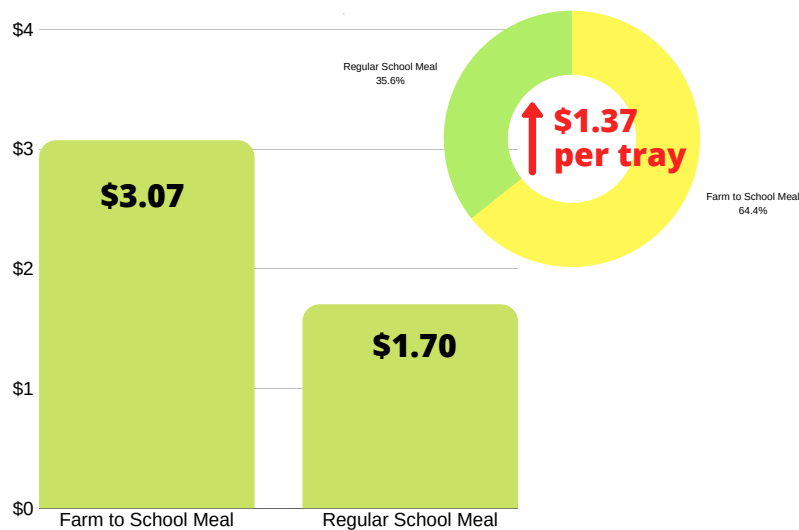


FOOD COST COMPARISON

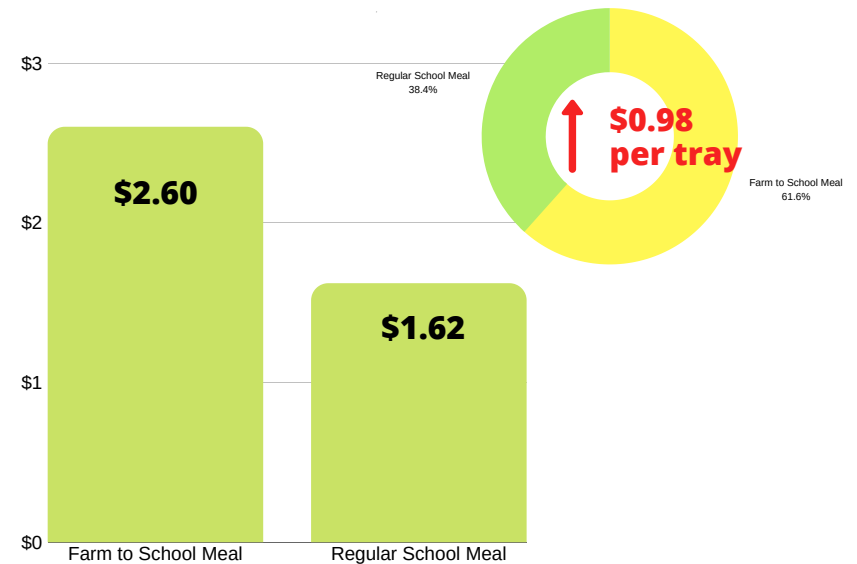
October- Adults & Students



January- Only Students



January- Adults & Students



FOOD-SERVICE REVENUE FROM FARM TO SCHOOL DAYS

Helps contribute to lower the total cost for purchasing food locally

**** Does not include revenue in which the school receives from student meals to help pay for meal cost**

***** Revenue calculated by Adult Meal x \$3.95 (adult lunch cost)**

October- 2016 (Example)

Staff	\$142.00
Visitors	\$118.40
Daily Revenue	\$260.70
Total Cost of Food	\$1,744.19
Total Cost (with factoring in revenue)	\$1,483.49

January- 2017 (Example)

Staff	\$90.85
Visitors	\$244.90
Daily Revenue	\$335.75
Total Cost of Food	\$1,451.47
Total Cost (with factoring in revenue)	\$1,115.72

