Upcoming Webinars

April 20  Preserving Food Safely: Home Food Preservation Update
Karen Blakeslee, Extension associate, Kansas State University
2022

NDSU EXTENSION
EXTENDING KNOWLEDGE → CHANGING LIVES
• Please complete the short online survey that will be emailed to you after today’s webinar. It will take just a couple minutes!

• Be sure to sign up for an opportunity to win a prize in the drawing. After submitting the survey, a form to fill out with your name/address will appear.

• Acknowledgement: This project was supported by the U.S. Department of Agriculture’s (USDA) Agricultural Marketing Service through AM190100XXXG028. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.
April 13

Farm to School: Getting Started and Best Practices

Anna Barr, South Dakota State University Extension farm to school nutrition field specialist

Londa Nwadike, Extension associate professor and food safety specialist, Kansas State University and the University of Missouri
Poll Questions
Getting Started with Farm to School

Anna Barr, MS, RD, LN
Farm to School Nutrition Field Specialist

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at extension.sdstate.edu.
Farm to School changes food purchasing and education practices of education settings to connect communities with fresh, healthy food from local producers.
Defining Local

Each F2S program gets to define local.

- Aberdeen: "produced within a 100-mile radius"
- Wessington Springs: "produced in the state of South Dakota"
Farm to School Activities

• Use local foods in any form in...
  • National School Lunch Program
  • School Breakfast Program
  • Fresh Fruit and Vegetable Program
  • Child and Adult Care Food Program
  • CACFP At-Risk Afterschool Program
  • Summer Meals
F2S Spans the Day and the Tray!

![Image of a food tray with various food items]
Farm to School Activities

• Serve local foods as a snack (classroom, a la cart, fundraisers, etc.)
• Serve local foods or provide farm to school activities as part of afterschool programs
• Serve products from school gardens/farms in any school meal
• Work with local producer to develop specific food products using local foods
Farm to School Activities

• Hold taste tests/cooking demonstrations of local or garden grown foods
• Promote local foods at school
• Use cafeteria food coaches to promote the consumption of local foods
• Invite farmers to visit the cafeteria or classroom
• Provide training to school food service staff on F2S or school gardens
Farm to School Activities

• Celebrate National F2S Month (October)
• Conduct educational edible school garden as part of curriculum
• Student field trips to farms
• Integrate F2S into Pre-K curriculum
• Host F2S related family and community events (parent lunch day, corn shucking contest, farmers market at school, etc.)
Why Farm to School?

• Students
  • +0.99 to + 1.3 servings F/V per day
  • Minimized risk of diet-related diseases
  • Knowledge about gardening, agriculture, healthy food, local food, seasonality
  • Willingness to try new and healthy food
  • Choose healthier food at school and home

• Producers
  • Average income increase of 5%
  • Increased market diversification
Why Farm to School?

Schools

- Average increase of 9% in meal participation
- Lowers school meal program costs
- Increased offerings of fruits and vegetables
- School wellness policy adherence
- Improved food service staff morale and knowledge of local foods
- Educators have positive diet and lifestyle changes and a greater intent to integrate F2S in the classroom
- Greater opportunities for hands-on, active, and experiential learning
Supply chain issues causing concern over school lunches in South Dakota

‘You never know what you’re going to get’: US supply chain woes leave schools scrambling to feed kids lunch

School districts are adapting menus daily based on unpredictable deliveries. Many believe things will get worse.
COVID-19 & Supply Chain Opportunities

Positive

• USDA & State Agencies are suggesting local purchases
• Waivers and flexibilities make local purchases easier (for now)
• Potential funding for local

Negative

• Short staffed, FSD’s working in meal prep
• Less time for new projects
Farm to School is Growing!

Explore the Results

65.4% of SFAs reported participating in farm to school activities in SY 2018 – 2019

42.8M students attended SFAs that participated in farm to school activities in SY 2018-2019

67,369 schools are featuring local foods on the menu or educating students
FNS Office of Community Food Systems

The Office of Community Food Systems (OCFS) helps child nutrition program operators incorporate local foods in the National School Lunch Program and its associated programs, as well as the Summer Food Service Program and Child and Adult Care Food Program. In addition, OCFS staff works with tribal communities to respond to their desire to better incorporate traditional foods into our meal programs. OCFS accomplishes this through grant making, training and technical assistance and research.
Our Network

Farm to school is taking place in all 50 states, D.C. and U.S. Territories! Select a location below to learn more or connect with our Partners.

BECOME A PARTNER ORGANIZATION

https://www.farmtoschool.org/our-network
CONTACT INFORMATION

Mitchell Regional Center
1800 East Spruce Street
Mitchell, SD 57301

Anna.Barr@sdstate.edu

605-995-7378 Ext: 7384
Farm to School Food Safety

Londa Nwadike
Extension Food Safety Specialist
Kansas State University/University of Missouri

Image: Colorado Farm to School Task Force
• School food safety best practices for local foods
• Safety for school gardens
• School salad bars
• Resources available
My interest in farm to school
Regulations: federal, state, local

• **Federal** regulations: Encourages use of school garden produce, shell eggs in school lunchrooms
  – School food service authority must ensure they are procuring food from a “reputable supplier” that uses “food safe practices”
  – Farms not required to have insurance, but good idea
  – Upcoming FSMA slide: produce

• **State** laws vary

• **Local** jurisdictions may be stricter (some states)

• **Schools** may have own policies
  • Liability coverage for farmers
• Final produce safety rules released: Nov 2015
• Farms with annual produce sales < ~$25,000 exempt
  – Produce rarely consumed raw: exempt
  – Also a ~local foods exemption for sales in same state ~direct to consumer
• Similar to GAPs requirements
Reducing your risk

• Require GAP certification, other training/certification
• Buy from current vendors that buy local
• Keep records of where you get food/produce
  – Traceability
    • One step back and one step forward
  – Know what food/produce you served each day in case of problem
  – Handwritten receipt OK. Must include purchase date, name of vendor, item cost, amount, total cost.
  – Could purchase from ~FFA chapter - need same info
Reducing your risk

• On-farm checklists, guides available
  – Extension, USDA, Iowa State, others
  – Schools can do their own auditing

Photo credits: University of Vermont Extension
# Checklist for Retail Purchasing of Local Produc

Name of Producer/Farm

City

State

Zip

Telephone

E-mail

Total acres farmed

Availability of promotional materials

YES

NO

Products to be purchased

Is an insurance liability required

YES

(Dollar amount_________)

NO

Was the produce grown without addition of chemical pesticides and fertilizers?

YES

NO

Are you USDA Certified Organic?

YES

NO

Is the facility licensed and inspected to process products

YES

NO

Are there acceptable substitutes available if an order cannot be filled?

YES

NO

## Production Practices

<table>
<thead>
<tr>
<th>Are wells protected from contamination?</th>
<th>Yes</th>
<th>No</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>If irrigation is used, what is its source?</td>
<td>Well</td>
<td>Stream</td>
<td>Pond</td>
</tr>
<tr>
<td>What types of manures are used?</td>
<td>Raw manure</td>
<td>Composted</td>
<td>Aged</td>
</tr>
<tr>
<td>Is raw manure incorporated at least 2 weeks prior to planting and/or 120 days prior to harvest?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is the manure application schedule documented with a copy submitted to the retail operation?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is land use history available to determine risk of product contamination (e.g., runoff from upstream, flooding, chemical spills, or excessive agricultural crop application)?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is the field exposed to runoff from animal confinement or grazing areas?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is land that is frequently flooded used to grow food crops?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are coliform tests conducted on soil in frequently flooded land?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are farm livestock and wild animals restricted from growing areas?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are portable toilets used in a way that prevents field contamination from waste water?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Product Handling

| | Yes | No | N/A |
Reducing your risk

• Visit the farm, observe practices, develop trust
• Inspect incoming product as you would with any product
  – Handle local food/produce safely, as with any food/produce

Photo credit: University of Vermont Extension
• Consider transport time, temperature, visual inspection, handwashing
  – As with all products
  – Drop off/ harvesting product from school garden
  – Purchasing and deliveries
    • Inspect and accept/reject incoming product
    • Check produce and transportation vehicles
  – Preparation
    • Check food/produce for damage before using
    • Wash all produce under running water
    • Refrigerate cut or peeled produce within 2 hours

Photo credit: University of Vermont Extension
School garden safety

- Check water source
- Composting safety
- Check with school grounds crew
- Keep animals out of garden
- Harvest produce safely
- Storing garden produce
  - Store separately to maintain traceability

Food Safety Tips for School Gardens:
School salad bars

• Great way to incorporate local produce
• Schools can get free salad bar, other needed tools: http://saladbars2schools.org
• Safety measures same as any salad bar
  – Keep below 41F
  – Maintain tongs
  – Keep clean
Resources available

• USDA Verifying On-Farm Food Safety for schools: https://fns.staging.platform.usda.gov/ofsf/verifying-farm-food-safety

• Iowa State University checklist: https://store.extension.iastate.edu/product/Checklist-for-Retail-Purchasing-of-Local-Produce
Questions?

Thank you for your attention!
Londa Nwadike

Extension Food Safety Specialist
Kansas State University/ University of Missouri

Tel: 913 307 7391
Email: lnwadike@ksu.edu
www.ksre.ksu.edu/foodsafety/ - includes produce safety resources
http://missourifamilies.org/foodsafety/newsletters/