

**NWTN “Bringing the Farm to School”
School Nutrition & Farmer Training Agenda
COWEN BLACKBERRY FARM SPECIAL EVENT BARN
17 SKYLER LANE, BRADFORD, TN
Friday, July 28, 2023
8:30 AM - 2:30 PM**



8:30am - 9am - Networking & Registration

9:00 - 9:30 am - Celebrating Local Foods in Schools through Farm to School

Let's dig in and get to the root of how to build successful Farm to School programs that engage key stakeholders including the community, teachers and students. Explore the benefits, challenges and innovative methods to connect the farm to the cafeteria and classroom. Learn how to incorporate hands-on nutrition education that can actually change student behavior and build healthy habits.

This session will offer an introduction about farm to school and we will discuss how Farm to School can incorporate the cafeteria, classroom and community. School Nutrition staff will receive information about purchasing local foods, promoting successes and evaluating your efforts. Bring home tips, tools and worksheets for implementing successful farm to school activities.

When schools use local foods for meals, snacks and taste tests, kids win, farmers win and communities win! Learn about farm to school strategies such as Apple Sauce Day, Pumpkin Decorating Contests, and local food taste tests where schools are promoting local foods as a way to improve meal quality, increase meal participation, and engage students and community members. Take away tips and examples of innovative local food promotions such as incorporating the Taste of Tennessee Harvest of the Month Program into your school cafeteria, and the TN. Jr. Chef Competition.

9:30am - 10:00 am - Knife Skills

Receive hands-on instruction from Cale Meador, 4-Seasons Chef out of Atlanta, Georgia. He will guide School Nutrition staff in the art of hand positioning, fine dicing and julienne cuts. Tips and tricks to processing foods (food prep, storage, and recipe assembly).

10 - 10:15am - BREAK

10:15am - 12 - Local Food Taste Test Menu Training

Taste tests are a great way for children to utilize their five senses and explore new foods. Taste tests can be conducted in the cafeteria, classroom, or integrated into different subjects to enhance an academic lesson. When children understand the origin of the food they are consuming, they are more likely to try it! We will try several local food taste test recipes and evaluate your participation to finalize the morning fun!

Local Food Taste Test Menu

2 Veggie Dishes

- Ratatouille
- Confetti Corn Salad

3 Fruit Dishes

- Honey Granola Parfaits
- Melon Ball in a Basket
- Applesauce

2 Meat Dishes

- Beefy Shepherd's Pie with Sweet Potato Topping
- Pork Breakfast Patties

12 - 1pm - Local Food Taste Testing with School Nutrition Staff and Local Farmers

1-2:30 pm - "Bringing the Farm to School" Training Workshop

- **Getting to Know School Markets - 25 minutes**
 - What you need to know about procurement: informal vs. formal, size & scale, level of processing, market channels, food safety
- **Selling to School Markets - 25 minutes**
 - Responding to school solicitations, meeting school market standers, common vendor requirements, and approaching and establishing effective working relationships with school Nutrition Directors
- **Choosing the Right Product to Sell to Schools - 25 minutes**
 - Identify products and quantities that schools might purchase, assess which of your current products fit into school menus & local food taste test menu options
- **Postcard activity-10 minutes**, each person gets two post cards, we will mail them for you.
 - Mail yourself a postcard stating
 - Your main reason or one main reason why the Taste of TN Harvest of the Month and the Farm to School initiative is important; and/or
 - The first step you will take to further your harvest of the month work
 - Mail a senator/representative
 - Why supporting School Meal funding is beneficial to the cafeteria, classroom and community

Learn more at nwtlnfn.org/local-food-procurement or nwtlnfn.org/programs/farm-to-school



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