



Foodology for Schools: Dig In! Summit
July 23-24, 2013

BREAKOUT SESSION NOTES

** multiple participants made similar comments*

School Kitchens & Cafeterias

What Are We Doing Well?

- Increase in salad bars
- Serving more fruits and veggies
- Offering more choices (5 fruit, 4 veggie) ever day for breakfast and lunch
- More scratch cooking
- District-level leadership and support
- Food presentation: attention to detail
- Taste tests @ schools
- USDA standards/guidelines
- Grocery stores: open to doing tours on how to best shop
- More schools are asking critical questions

What Can We Improve?

- Kitchen equipment
- Cooking skills and knowledge (i.e.: knife skills)
- School Wide support vs. a few passionate teachers
- Enrollment in lunch program
 - Making sure all who are eligible are participating
 - Parent education*
- Cafeteria = role model; integrated throughout curriculum
 - Rebranding (ie: "Culinary Operations")
- Aesthetics of the space*
- Taste!
- Color
- Quality of the fresh fruits and veggies
- Pizza/nachos - very greasy
- More local*
- Few opportunities to provide feedback
- Regional co-ops for food purchasing (Cooperating School Districts?)*

Opportunities!

- Kitchens all across St. Louis sit idle/underutilized
 - Potential for school co-op network
- Share money saving results of a model (SLU)
 - Capacity-building @ schools
 - Local produce
 - Convenient
 - Local teen employment
 - Money savings
 - Better end product...healthier and yummiier food!

Parent-Home Connections

What Are We Doing Well?

- School advisory councils to enforce Health and Wellness; getting everyone included
- PR-parent newsletter with healthy eating tips
- Sustainability committees
- PreK-12 communication
- Summer Camp: children blog and parents read it
- Emails to parents: keeping track of what kids are eating; set limit of what kids can spend
- Family work days and workshops
- Parent volunteers
- PE teachers communicate student performance
- Family community specialist
- Kids and parents cooking classes
- Tasting programs
- Parents and students direct the process
- Town Halls for parents: no agenda
- Home visits through middle school: every year, every student
- Recipes from home contest

What Can We Improve?

- Follow through on nutrition
- Struggle between parents and children
- Cooking class with teachers to send home food
- Planning trips to farms
- Carry forward to upper grades
- 300 acres!
- Connect in the kitchen
- Teens with children: serve nutritious food on a budget
- Weekends on Wheels
- Thinking about nutritious food choices
- How to stretch food on a budget

Resources

- Vision for the Future
- Time for grants
- Network with people for collaboration
- Parents!! (They are underutilized)
- Evaluation of program
- Kids taking resources home

Community Resources and Funding

Where Can we Get Funding?

- Grant programs:
 - USA
 - Gateway Greening
 - Lowe's and Home Depot (donate tools too)
 - Rotary Club
 - Optimist Club

- Sustainable Agriculture and Research
- Dept. of Agriculture
- Whole Foods: Whole Kids Foundation
- Kelloggs' and other large food companies
- Farm2 Schools
- Utility Companies
- Deer Creek Watershed
- Dermatology
- Litzsinger Road Ecology (native plants)
- Operation Brightside
- Free Cycle
- Green Schools Quest (USGBC)
- Fundraise with websites like KickStarter or Donors Choose

Resources

- Volunteers: Honors students, Scouts, Girls on the Run
- Master Gardeners: Missouri Extension
- Edibleschoolyards.com
- Will Allen
- SLPS classes (community wide)
- Gateway Greening workshops and newsletters
- Missouri Botanical Garden classes
- Health Youth Partnership
- Jamie Oliver's Food Revolution
- Missouri Foundation for Health
- Parents (Two Angry Moms)
- Center for Eco-literacy: Rethinking School Lunch
- John Hopkins Center for a Livable Future
- Facing the Future

What Can We Improve?

- Let others take ownership...let it be their idea
- Get students interested*
 - Hands-on cooking
 - Kids choose recipes
 - Garden Clubs
- Spread the news....take photos of what your school is doing (Facebook)
- A way to stay connected with fellow passionate people and learners
 - Facebook
 - Message board
 - Webinars
 - Google Groups
 - Quarterly meetings?
 - Have a 3rd workshop day for alumni to come back and share their stories
 - Weekend retreats and school breaks
- Learn more about grant writing*
- More in-depth "how to" in the cafeteria
- More workshops
- More school pairings (observing other schools that are doing good things already)
- Money=Challenge*
- Blending the operations' and the teachers' side

- Using all of our stakeholders
 - Working with 1 strong committed group at a time...& keep moving on to the next to build support

Curriculum Connections

What Are We Doing Well?

- Ethnobotany and Sustainability
- Using Edible School yards website
- Eagerness and Involvement
- Division of Labor Games

What Can We Improve?

- Receptiveness to Planning
- New Unfamiliar Knowledge...need to increase learning!
- More complexity and less cooperation
- Need to ease people into this
- Top down vs. Bottom up implementation
- History, not Just science Connections

What Would Help us Improve?

- A list of websites/more resources
- Terracycle
- Urbanhomestead.com, University of MI Healthy Sprouts, Junior Master Garden
- Film called *Nourish*
- Guns, Germs, and Steel
- Ishmael
- MBG resources

School Gardens

What Are We Doing Well?

- Committees
- Preparation in the fall
- Have kids draw out their dream gardens
- Recycling program
- Parent Involvement
 - getting kids excited
 - social media
 - administrative buy in
 - sign up sheets
 - after 9-5 hours
- Gardens with no green space?
 - straw bales
 - raised beds
 - tubes
 - vertical gardens
- Raised beds vs. working with existing soil
 - soil test for toxicity
 - raised beds for drought
- Role of Garden as universal connection: spirit of the Earth
 - show full circle process

- Terracycle
- seed to table
- systems, environmental education, character, theme

Resources We Need

- Checklist for how to grow a garden
 - How to Grow a School Garden
- Field trips hosted at Earth Dance site
- St. Louis specific calendar of when to plant
 - Homes section of Post Dispatch
- Who's Who Contact of local connections
- Partnerships with local businesses (discounts and grants)
- Budget planning, realities

Teen Ideas from the YES Teens—What activities would teens be interested in?

Recycling

- Make a rap or contest
- Make professional ads near bins
- Make the feel guilty about the environment
- Teach about benefits
- Connect to their own future
- More bins around, less trash cans
- Make it look like a basketball hoop
- Make sure they understand (what, why)
- List of items on bins that can be recycled
- Earn points for class or reward with a dress down day

Eating Healthy

- Healthy cooking classes
- Grow food themselves
- Clean kitchens better
- What is healthy?
- Learn how to eat healthy for cheap
- More color and flavor
- Cooked correctly...not sloppy

Gardening

- Show food you can grow
- Make it benefit the community, younger kids and elderly
- Benefits of growing it yourself
- Grow more fruits than veggies
- Learn about nutrition and the environment
- Start young
- Make it a paid summer job