



School Wellness Newsletter

Farm-to-School

Fall 2008

dual school gardens

Mosier Community School has two school gardens.

The indoor aeroponic garden is situated near the cafeteria and is managed by students under the guidance of a local volunteer. The aeroponic garden's roots are suspended in air, safely enclosed in pipes where water and nutrients are sprayed regularly.

Currently, the aeroponic table is growing strawberries, which the students will savor for breakfast in September. Last year, the indoor garden produced a variety of lettuces for the cafeteria's daily salad bar. It also produced a lovely basil crop, most of which was sold to a local restaurant. Wellness committee members would like to experiment with soybeans next, in order to serve edamame during snack time.

Compost generated by cafeteria food waste nourishes the outdoor vegetable garden. Students will eat up the late summer crops of fresh zucchini, cucumbers and tomatoes. Other crops (like bush beans) will be harvested, cleaned and frozen or canned for later use. Partnerships with local growers allow students to enjoy gorge-grown foods year round.

Way to "grow" Mosier!



nutrition in the garden

The Kaiser Permanente Community Fund will pilot and evaluate a farm-to-school initiative designed to get Oregon grown foods into cafeterias in the Gervais and Portland Public Schools districts this school year. Each district will be reimbursed an additional 7 cents per meal each time an Oregon food is offered.

The study will focus on both an urban and rural school district and will compare the strengths and obstacles that each encounters as they purchase more local foods. Both districts will feature a local Harvest of the Month fruit or vegetable. In addition, Portland will feature a local lunch each month using exclusively Oregon grown products.

Information gained from this pilot program will be presented to the 2009 legislative session in the hope that all schools in Oregon will receive additional funds when they purchase Oregon grown products. Both Oregon schools and Oregon farmers win!

These programs are designed to introduce healthy food options along with garden- and nutrition-based education. Together, these programs have been shown to positively impact student health behaviors.



key people

Cory Schreiber works with the Department of Agriculture. Cory is the key farm connection, linking local farmers with schools. With experience running a celebrated Portland restaurant, Cory helps with questions about liability and food safety, and is creating recipes for schools using Oregon foods.

Joan Ottinger works with the Department of Education. Joan is the key school contact. She helps schools incorporate farm-to-school

into their school meal program. Joan will be showcasing model Oregon programs and identifying resources to help schools use and promote local food.

Cory and Joan are collaborating on all these projects plus working on a future training, supporting local Harvest of the Month activities, and promoting farm-to-school throughout the state.

For questions, contact Cory at cschreib@oda.state.or.us or Joan at joan.ottinger@state.or.us

healthy schools for kids.

let's get movin'!

This school year help students get off on the right foot - encourage walking and biking to school. Walking and biking to school is good for the body, the environment, and saves gas! There's no time like September to help make walking and biking part of the daily routine. Here's what you can do:

Parents Travel the route with your child and review safety rules. A list of safety rules can be found at www.walknbike.org.

Students Make a pledge to walk or bike a set number of times to school each month.

Teachers Talk about the benefits of walking and biking to school with your class. Celebrate Walk and Bike to School Day on October 8th.

Principals/Administrators Plan special Walking and Biking to School days or events.

Not at a Walk and Bike friendly School? Many Oregon schools are currently too difficult for students to get to on their own. Several schools have come up with creative alternatives. Joseph Elementary, in Eastern Oregon, started the 'Mileage Club' where students can walk around the school during recess to rack up miles and stay healthy. Each month there is a special event like the Thanksgiving "Turkey Trot" walk or the "Jingle Bell Walk-a-thon." Like walking and biking to school, parents and grandparents are encouraged to participate.

announcements

Make sure your school celebrates Walk and Bike to School Day on October 8th! Register at: www.walknbike.org

Health, nutrition, and education professionals are invited to attend the Healthy Eating Summit on November 10th at Oregon State University. For more information or to register go to: <http://extension.oregonstate.edu/fcd/healthyeatingsummit.php>

Shape Up Across Oregon, free to all Oregon elementary and middle schools, encourages increased physical activity among school-aged youth. Join your students on an active "journey" across Oregon during the month of April. Materials and incentives provided. Register your school on-line in January at www.shapeupacrossoregon.org/youth.html



school wellness awards

It's time to think about applying for the 2009 School Wellness Awards. The Oregon Department of Education will again select three schools for outstanding wellness programming to improve the health of Oregon's school children.

The 2008 Winners included activities such as:

- School garden program teaching students about food; how it grows, its nutritional value, and how to prepare it in healthy meals.
- *Start Smart Eating & Reading* nutrition curriculum in the classroom and MIX IT UP, a nutrition program during lunch with a focus on MyPyramid foods.
- Monthly events uniting students with the community and increasing participation in child nutrition programs by 30%.

Has your school "cooked up" an innovative wellness policy, added a dash of monitoring, stirred well to implement it, and topped it off with evaluation? If so, then you should apply. Applications will be available after October 1st on the Child Nutrition Programs web site www.ode.state.or.us/services/nutrition. Look under the "Wellness" link in the "Associated Topics" area.

farm-to-school resources

Community Food Security Coalition. Explore at: http://foodsecurity.org/farm_to_school.html

Ecotrust. Find a wealth of information on the local farm-to-school movement at: www.ecotrust.org/farmtoschool/

Farm-to-School. Information on farm-to-school activities nationwide at: www.farmtoschool.org/

Garden of Wonders. Read what grew from one Portland elementary school: www.gardenofwonders.org

Willamette Farm & Food Coalition. Learn about connecting farmers and consumers at: www.lanefood.org/

Ag in the Classroom. Help kids grow their knowledge of agriculture: <http://aitc.oregonstate.edu/>

Homemade Fruitsicles

In a blender combine:

- * 1 cup lowfat yogurt
- * 2 cup summer fruit (peeled or pitted, frozen or fresh)
- * 1 cup juice
- * 1 frozen banana (optional)
- * A few spoonfuls honey or sugar (optional)

Put paper cups into a pan, fill the cups with the smoothie almost to the top and freeze for an hour. Insert wooden sticks or plastic spoons and freeze for another 5+ hours. When you're ready for a cool treat, peel off the paper cups and dive in. The fruitsicles will stay fresh in the freezer for about 2 weeks. For mini-pops, pour smoothie into an ice cube tray and insert toothpicks.

fresh fruity snacks

Marionberry-Honeydew Smoothie

- * 2 cups frozen marionberries
- * 2 cups honeydew melon (fresh or frozen)
- * 1 cup lemonade
- * 1/3 cup sugar (or more to taste)

Add all ingredients in a blender and puree. Makes 2 servings.

Recipes courtesy of Oregon Raspberry & Blackberry Commission.