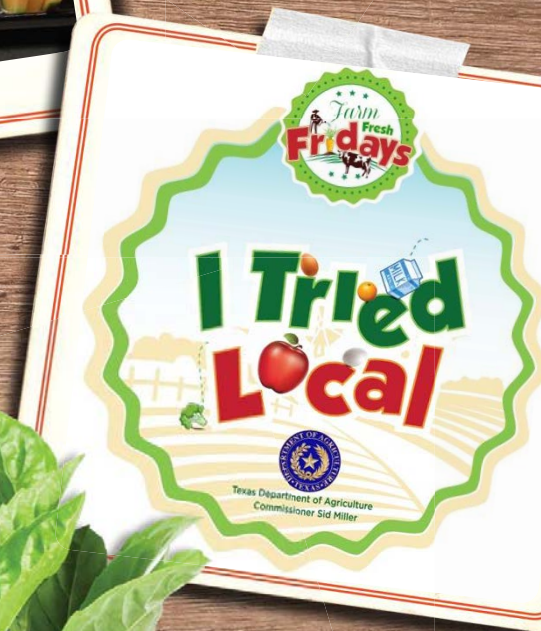


2019 Farm Fresh Initiative

Texas Department of Agriculture | Commissioner Sid Miller



Farm to Summer

Beatrice Watson, Farm Fresh Specialist





Planting the Seeds *for* Student Achievement *while*
Supporting Texas Farmers *and* Ranchers

Activities include



Field Trips to
farms/ farmers
markets



Garden Based
Learning



Classroom
Activities



Growing Edible
Gardens



Activities include



Farm Fresh Fridays



Cooking
Demonstrations



Taste Tests



Local Foods in
Meals and Snacks



Who Benefits

Farm to Summer has the power to impact entire communities. Small changes in operations have lasting impacts on the lives of the children and families you serve.



Kids Win

- Strong, positive connections to local, healthy food
- Self-efficacy to make healthy choices



Sites Win

- Boost nutrition and meal appeal
- Engage parents and staff
- Community connections



Producers Win

- Reliable marketplace
- Stronger connection to the next generation

Summer Farm Fresh Challenge

June 11-22, 2018

- 33 completed the challenge
- Over 800 sites
- Over 700K summer meals served containing local foods during 2-week period



2019 Summer Farm Fresh Challenge

June 10-21, 2019



TDA's **2019 Summer
Farm Fresh
Challenge**

Pledge participation
today!



Eat Local.

Serve Texas products



Teach Local.

Host Farm Fresh focused
educational activities.



Be Social.

Share on Facebook,
Instagram, and Twitter with
#FarmFreshTexas.

Learn more at [SquareMeals.org/FarmFreshChallengeSFSP!](https://SquareMeals.org/FarmFreshChallengeSFSP)



Toolkit Resources

www.Squaremeals.org/FarmFreshChallengeSFSP



Stickers



Buttons



Family Communication Card



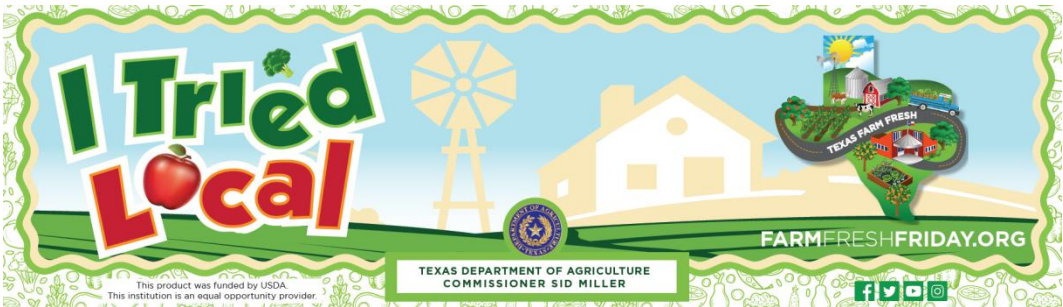
Toolkit Resources

www.Squaremeals.org/FarmFreshChallengeSFSP

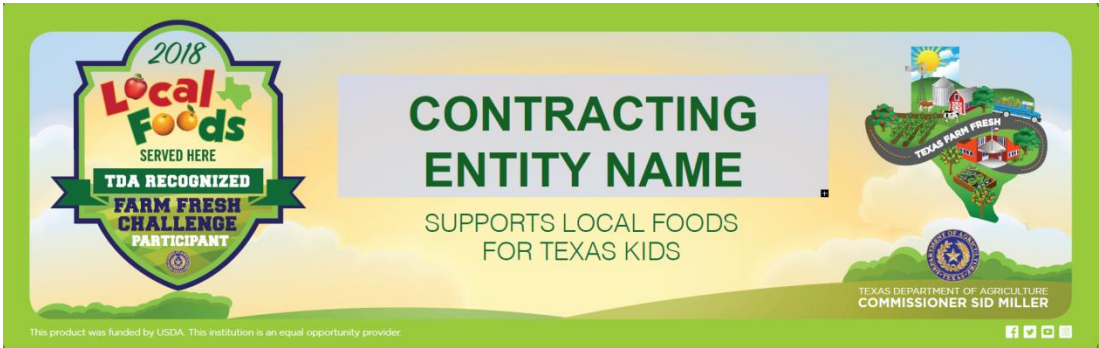
Fillable Resources: Bookmarks & Banners

Social Media Support

Web Badge



Bookmark



Banner

Summer Farm Fresh Challenge

Be Social Support

The Texas Department of Agriculture Farm Fresh Challenge has three parameters - *Eat Local*, *Teach Local*, and *Be Social*.

This *Be Social Support* tool provides sample posts and best practices to help you and your sites *Be Social*. Share at least **one social media post** on Facebook, Instagram or Twitter using **#FarmFreshTexas** to meet the Farm Fresh Challenge *Be Social* requirement.

Instructions: Copy and paste these sample posts into your social media platforms, newsletter and bulletin boards. Be sure to remove the text italicized in parentheses and fill in the appropriate information. Also add a comment or two to personalize your posts!

Target Audience: Families of program participants, and community partners

English*	Spanish*	Sample Image
(Contracting Entity Name) joined the @TexasDepartmentofAgriculture in the Farm Fresh Challenge. We partner with (Farm name) to serve more locally sourced food. Our participants will be enjoying fresh foods and learning about Texas agriculture! #FarmFreshTexas	(Contracting Entity Name) se unió a @TexasDepartmentofAgriculture en el desafío de la granja fresca. Nos asociamos con (nombre de la granja) para servir más alimentos de origen local. ¡Nuestros participantes disfrutarán de alimentos frescos y aprenderán sobre la agricultura de Texas! #FarmFreshTexas	
(Contracting Entity Name) pledged to serve more local foods for TDA's Summer Farm Fresh Challenge! #FarmFreshTexas	(Contracting Entity Name) se comprometió a servir más alimentos locales para el Summer Farm Fresh Challenge de TDA! #FarmFreshTexas	
Fresh food should be integral to a child's meal. We took the Farm Fresh Challenge to show our commitment to serving local ingredients in our meals and snacks. #FarmFreshTexas	La comida fresca debería ser una parte integral de la comida de un niño, así que tomamos el Farm Fresh Challenge para servir ingredientes locales en nuestras cafeterías #FarmFreshTexas	
We serve local, (Farm name and/or ingredient) from (City), Texas #FarmFreshTexas	Servimos local de (Farm name) en (City), Texas #FarmFreshTexas	
As part of the Farm Fresh Challenge, program participants learned about (fill in detail of Farm Fresh educational activity)! #FarmFreshTexas	Como parte del Farm Fresh Challenge, (los estudiantes aprendieron (detalles of educational activity))! #FarmFreshTexas	

*All posts are designed to be used on Facebook, Instagram and Twitter.



COMMUNITY NUTRITION conference



Sharon Glosson
Executive Director, North East ISD

Summer Food Service Program Incorporating Farm to School



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



NORTH EAST ISD - SFSP



SFSP sponsor since 2013
31 sites in Summer 2018

- ✓ School sites
- ✓ Community sites
- ✓ Mobile sites

FARM TO SCHOOL IN SFSP



Summer is an ideal time to procure local fruits and vegetables. The selection is wonderful because of the growing season.

- ✓ Select items that your students eat normally
- ✓ Package items attractively
- ✓ Keep fresh fruits and vegetables cold
- ✓ Be open to using produce that doesn't look "perfect"

Partnering with the San Antonio Food Bank

Need: A way to provide healthy food for the entire family

SFSP does not allow reimbursement for adult meals.

NEISD staff noticed that the entire family was suffering from food insecurity, not just the children.

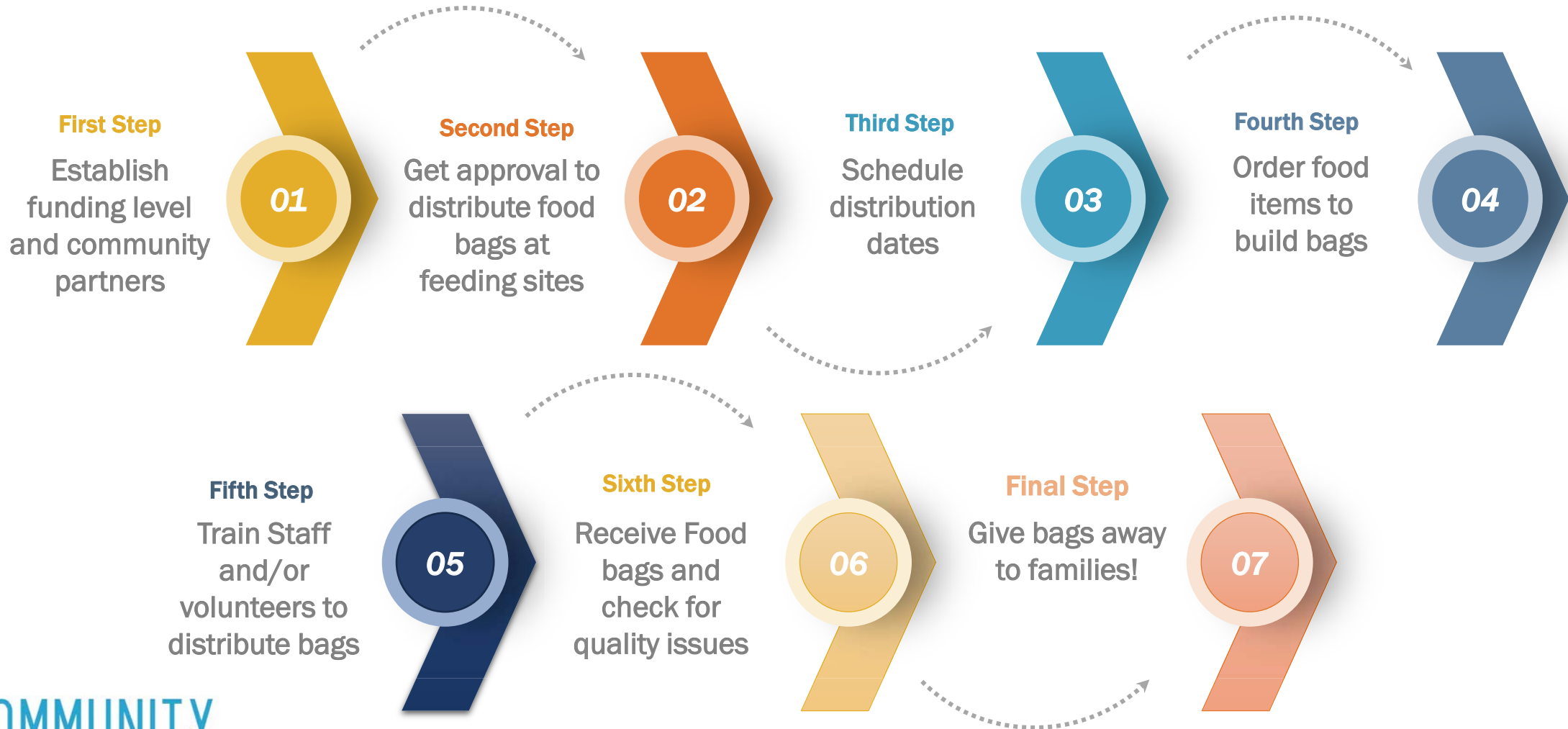
SA Food Bank offered low-cost bags full of local fruits and vegetables, as well as recipes and nutrition information.

Bags were paid for with community donations.

Participating children received a bag weekly to share with their family.



FOOD BAG DISTRIBUTION



COMMUNITY FEEDBACK



Participation increased on produce bag distribution dates.

Produce quality and variety was outstanding.

Entire family could benefit from the program.

FARM FRESH CHALLENGE



Incorporate local foods into the menu.

Teach children about local foods.

Spread the word!

FARM FRESH CHALLENGE



Get creative!

Make recipes the kids will enjoy!

Use the internet to research ideas.



Farm Fresh Challenge

Heather R. Guzman, Children's
Programs Manager

Isabel Ramos-Lebron, MS, RDN, Wellness
Education Manager



Who We Are



- The San Antonio Food Bank serves 58,000 individuals a week.
 - 16 counties
- Our focus is for clients to have food for today but to also have the resources to be self-sufficient in the future. Food for today, food for tomorrow, food for a lifetime.
- Fighting hunger is our number one priority but we also serve to educate and provide assistance in many other ways.

WHO IS INVOLVED

Children's Programs

We offer a variety of programs for children in need partnering with schools and the community.

CACFP – 40 sites SFSP – 200 sites



Community Kitchen

Our kitchen offers an array of nutritious scratch cooked meals to our partner agencies.

Avg. 40,000 meals a week



WHO IS INVOLVED

Nutrition Education & Wellness

There are 13 professionals who are dedicated to teaching in the community and providing urban agriculture initiatives.

- Nutritionists
- Dietitians
- Physical activity specialists
- Certified chefs

SAFB Development

Helps bring in Food, Time, Money, and Voice that is needed in order to reach the 58,000 individual we serve on a weekly basis.





WHO IS INVOLVED

Farm Team

Main Campus: 44.5 Acres

- Educational Garden - 1.5 acres
- Orchard – 2 acres
- Urban Farm – 41 acres

Mission San Juan: 64 Acres

- Partnership with National Park Service
- World Heritage Site
- 34 Acres Currently Improved

Programs:

- Food IQ Camps
- Community Classes
- Tours
- Volunteer Opportunities
- Agriculture Internship



Farm Fresh Challenge

The Challenge



Eat Local
Teach Local
Be Social



Eat Local

12
Korean BBQ Chicken
Chicken
*Cilantro Brown Rice
Steamed Broccoli
Fresh Orange
Milk

14
Fajita Chicken w/ Corn & Squash
Whole Wheat Tortilla
*Squash, Corn, Peppers
Spanish Rice
Fresh Orange
Milk

20
*Italian Turkey Bites
Turkey
Garlic Bread Stick
Sauteed Spinach
Fresh Apple
Milk

Plan Menu

Sourcing Local Product

- SAFB Farm
- Survey Local Producers
- Survey Food Hubs & Distributors

Procurement of Product

Eat Local- Visual





Teach Local

Teach Local

Good Samaritan Center

Topic

Summer Fruits and Vegetables

Food Demonstration

Watermelon Fruit Pizza



Watermelon Fruit Pizza

Ingredients:

Makes: 10 (1 pizza slice) servings

- ♦ One whole watermelon, cut into 1" thick round slices
- ♦ 1 pint low fat vanilla yogurt
- ♦ 4 medium bananas, chopped
- ♦ 1 pint strawberries, chopped
- ♦ 2 cups fresh blueberries
- * Can add any preferred fruits and/or nuts

Photo Credit: <https://www.goodhousekeeping.com/food-recipes/a39347/watermelon-pizza-recipe/>

Method:

- ♦ Slice the watermelon into round one-inch slices. Use a towel as a base to keep the watermelon from moving to prevent injury!
- ♦ Place one round slice on a tray or plate and smear yogurt over the top.
- ♦ Sprinkle with your chopped up fruits
- ♦ Slice into wedges and enjoy!
- ♦ Repeat the process for each slab.

Nutrition Facts

25 servings per container	1 Slice
Serving size	
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol < 5mg	1%
Sodium 25mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 20g	
Includes 2g Added Sugars	4%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 1mg	6%
Potassium 380mg	8%

*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tips on Fruit

This institution is an equal opportunity provider.



How To Store:
Breathable bag in the refrigerator



How To Use:
Slice into salads
Eat whole



Health Benefits:
Lowers Risk of Heart Disease, strokes ; Promotes Healthy Aging.

What Do You Need?



- **Cooking Demonstrations**
 - Cutting Board
 - Chef Knife (adult)
 - Plastic Butter Knives (kids)
 - Small Paper Plates
 - Gloves
- **Cooking Demonstration Cost**
 - Vanilla Yogurt - \$3.98
 - Watermelon - \$2.98
 - Bananas - \$1.04
 - Strawberries- \$1.99
 - Blueberries - \$1.98

Total Cost: \$10.97

Teach Local

Cantaloupe Agua Fresca

Ingredients:

Makes: 4 servings (1.5 cups)

- 4 cups diced cantaloupe
- 3 1/2 cups water, chilled
- 2-3 TBSP. fresh lime juice
- 1 TBSP. sugar

Photo Credit: <https://www.thriftingandspice.com>

Method:

1. In a blender, combine the ingredients. Blend until smooth.
2. Pour into a large jar and chill for one hour.
3. Serve over ice.

Nutrition Facts

4 servings per container	
Serving size	1.5 Cups (382g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 15g	
Includes 3g Added Sugars	6%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 441mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tips on Cranberries

This institution is an equal opportunity provider.



How To Store:
Leave on counter
unwashed until ripe,
refrigerate once ripe.



How To Use:
Slice and serve with yogurt
and mint.



Health Benefits:
Promotes healthy vision,
immunity, and heart.
Lowers the risk of some
cancers.

SA Youth Poplar

Topic

Hydration with Fruits and Vegetables

Food Demonstration Cantaloupe Agua Fresca Cantaloupe Cucumber Mint Salad

What Do You Need?



- **Cooking Demonstrations**
 - Cutting Board
 - Chef Knife (adult)
 - Small disposable cups
 - Blender
 - Gloves
- **Cooking Demonstration Cost**
 - Cantaloupe - \$1.98
 - Water - \$0
 - Limes - \$0.40
 - Sugar - \$0.20

Total Cost: \$2.58



Be Social



SA Food Bank

@safoodbank

The @safoodbank Nutrition, Health and Wellness team takes time at our Summer meal site to demonstrate healthy fruit and vegetable snack options to children.

#FarmFreshFriday

#TXdepartmentofagriculture #fruit #veggies

#safoodbank #nutrition #FridayFeeling



8:34 AM - 15 Jun 2018



SAFB Development



SAFB Development



Resources

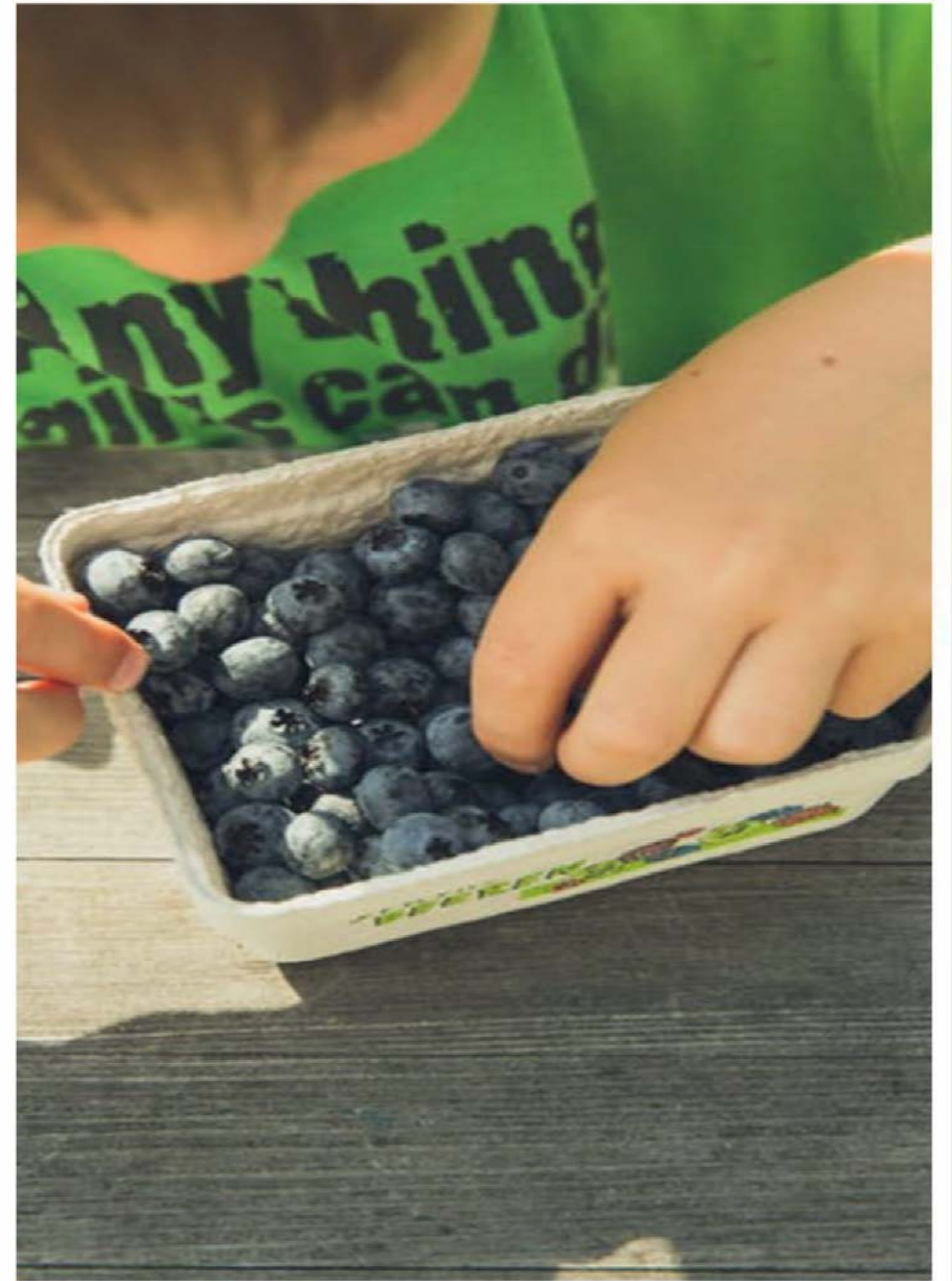


Online Free Resources

- ☐ www.SquareMeals.org
- ☐ www.ChooseMyPlate.gov
- ☐ www.USDA.gov
- ☐ <https://SnapEd.fns.usda.gov>

Other Resources

- ☐ Contact your Food Bank
- ☐ Go to a local Farmers Market
- ☐ Build a Community Garden or Container Garden



THANK YOU!



Heather R. Guzman
hguzman@safoodbank.org
210-431-8331

Isabel Ramos-Lebron
iramos-lebron@safoodbank.org
210-431-8489

COMMUNITY NUTRITION conference



Lillian Barnett
Child Nutrition Director

FARM TO SUMMER
Florence I.S.D.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER





COMMUNITY NUTRITION *conference*

**Connecting Texas
Agriculture To Summer
Meals For Kids**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



01

Business Considerations





PLANNING FOR SUCCESS

- ✓ Use existing inventory/commodities
- ✓ Reduce labor by planning a simple menu
- ✓ Plan for options to please everyone

FRESH

Use the bounty of Texas Summer Produce! This Heritage Tomato and Basil Salad is so simple. Tastes better the second day and the farmer that produces the tomato's and basil is less than an hour away from our school. FYI...one of the tomato varieties seed stock cost Ben .40¢/seed!



SIMPLE

This Cheese Plate is a VERY popular when it's 100°. Substitute any fresh fruit you have on hand. Carrots, Celery and Jicama are also good.





TASTES GREAT/LOW PRICES

Local Berries, Corn and Herbs are at their peak and are as cheap as they get.

- ✓ Freeze
- ✓ Dry

IQF STRAWBERRIES



WASH THEM



SORT AND TRIM



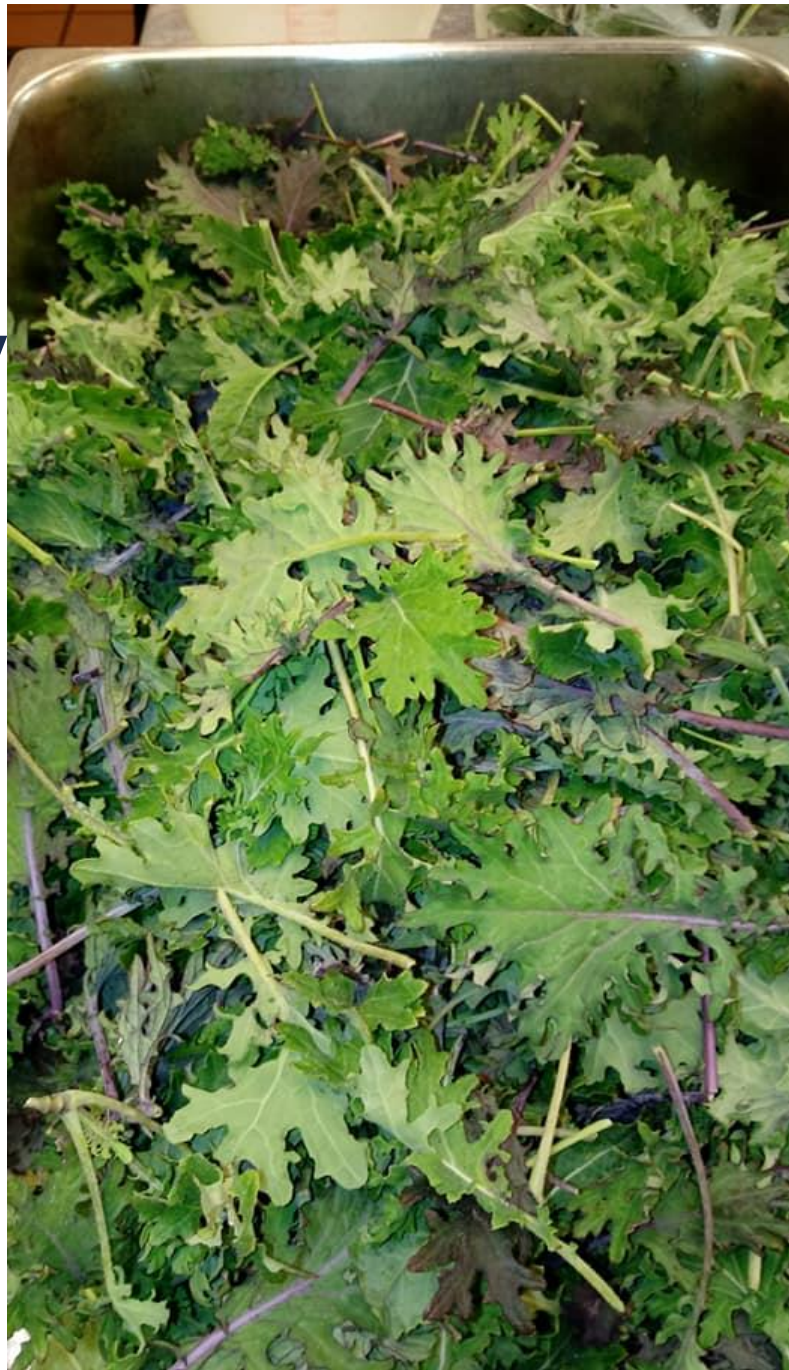
FREEZE-PRONTO!



BAG

02

Follow The
Food!





SOURCE FROM VARIOUS PLACES

Did you know the micro-purchase limit has been increased? This makes it so simple to source from local farmers as well as distributors and FFAVORS (DOD) FFAVORS always has great produce but the local selection increases during summer.

- ✓ Distributors
- ✓ Local Farmers
- ✓ Use Your TDA \SQUARE MEALS
- ✓ Partner with other organizations to help market the program and GET THE WORD OUT!



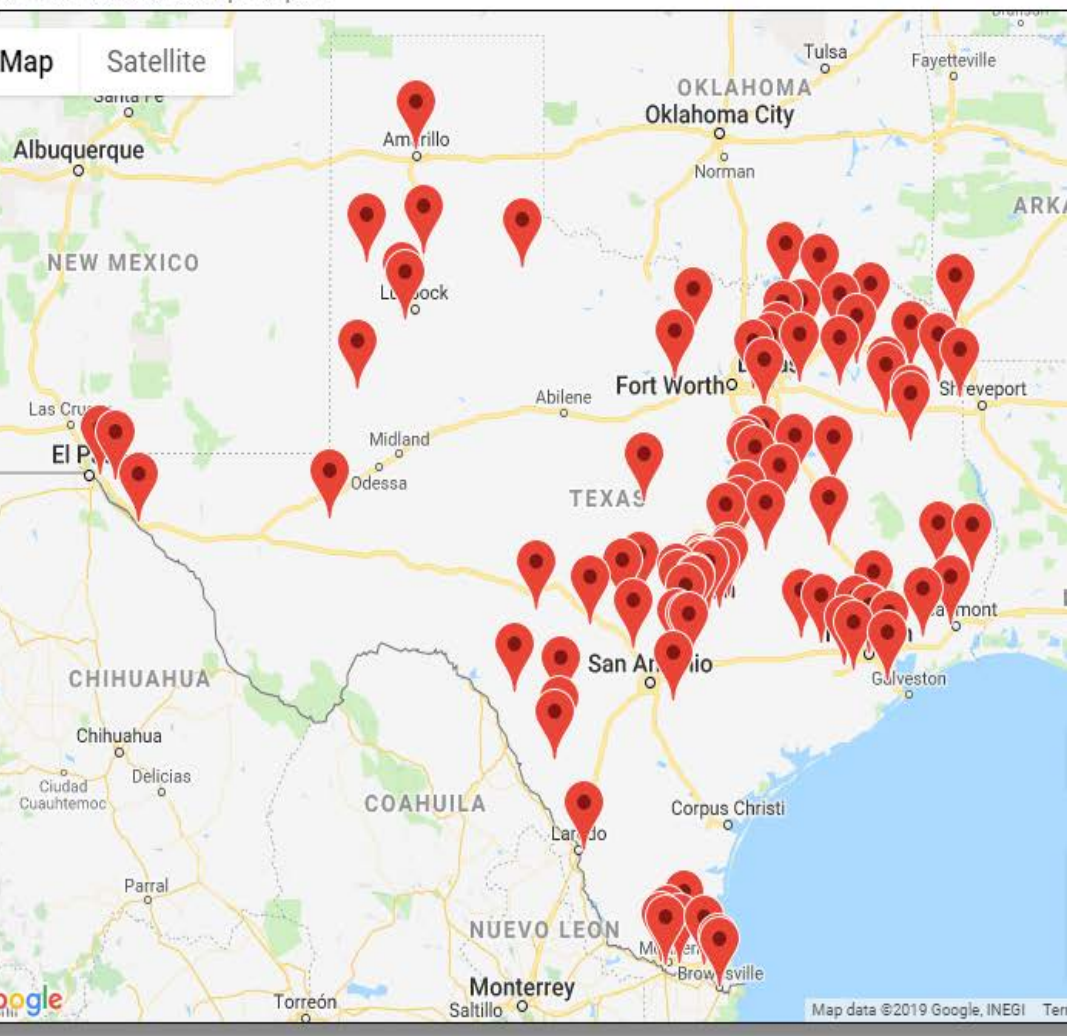


RESERVE SOME FFAVORS MONEY

FFAVORS DOES A GREAT JOB OF SOURCING LOCAL PRODUCTS WHEN AVAILABLE. MAKE SURE YOU ARE GETTING A+ QUALITY PRODUCE!

A Farm Fresh Producers - List of Approved Registrations

There are 100 companies registered with the Farm Fresh Producer's program. Clicking on the red pins will display the contact information for each participant.



BUY FROM YOUR LOCAL FARMER



100 POINTS OF LIGHT!

TDA has over 100 members in the Farm Fresh Network

CHECK OUT ALL THE TOOLS AVAILABLE AT

<http://squaremeals.org/FarmFreshNetwork>

BOULDIN FOOD FOREST AND OUR FARMER, BEN MCCONNELL



- ✓ Stake holders meet the person growing their food
- ✓ Support local agriculture
- ✓ Support local economy
- ✓ Healthy food

Morty, the farm dog. Morty guards against veggie eating critters!

BOULDIN FOOD FOREST AND OUR FARMER, BEN MCCONNELL



Bouldin Food Forest is located in Rogers, Texas. Rogers is located about an hour North East of Georgetown. Check out Bouldin Food Forest on Facebook to learn more.





Home

[Home](#) » [Home](#)

Search this site...



Our mission: Be the largest permaculture farm in Texas

Permaculture is an organic approach to farming. More importantly, it's based on responsibility. That means being an excellent steward of the land. Focusing on soil health and creating a diverse ecosystem. Treating animals humanely. Using water and energy responsibly. Caring for the welfare of farm workers. USDA organic certification does not address any of those issues.

A permaculture farm is designed as a holistic ecosystem. Humans, plants, and animals have a primary focus: To take care of the soil. Large, factory farms typically do not. They deplete their soil of nutrients from overuse, and then replenish it with endless applications of manufactured chemicals from global manufacturers. A permaculture farm never uses chemicals. Permaculture is a long-term strategy but it is essential to growing healthy plants for the long term.

03

Get the Word Out



Florence ISD

Like This Page · June 28, 2018 · 



Good Morning Buffalo Nation!

Breakfast today is Lana's Homemade Oatmeal with fresh fruit and Ice Cold Milk. 7:30-8:15 Florence Elementary.

Lunch is Soft Taco's with all the trimmings, refried beans, TEXAS watermelon and Ice Cold Milk. 11:00-12:15.

Hope to see y'all soon!

Sharon Woodruff Glosson, Miranda Crimbring, Ana Peterson and 6 others like this.

2 Shares



Florence ISD

Published by Lillian Barnett [?] · June 15, 2015 ·

Most excellent lunch today at the Florence I.S.D. Summer Feeding Program. Spicy Chicken Sandwich with a Homemade Marinated Three Bean Salad, Fresh Watermelon and of course Ice Cold Milk! The Green Beans and Watermelon were regionally sourced from down San Antonio way. Don't forget it's free for kids 18 and younger and only \$3 dollars for adults!



Boost Post

Nicole Langowski Hilton

Like

Comment

Share

GET THE WORD OUT!

- ✓ TDA outreach materials (two weeks out)
- ✓ Include information on last menu
- ✓ Morning announcements the last week of school
- ✓ Community; bank marquee, back of water bills, posters at library and businesses, city posts on website
- ✓ Social Media all day, every day!

MAKE SOCIAL MEDIA WORK FOR YOU!



Florence ISD

Like This Page · December 19, 2018 ·

On deck today district wide....Sweet Italian Meatball Soup with Bouldin Food Forest Spinach and a pop of Malbec Carrots. Do you know that our farmer partner picks produce specifically to be served to our Mighty Buffalo's? It's true.

Sharon Woodruff Glosson, Heather Delgado, Darlene Crow and 9 others like this.

Most Relevant ▾

2 Shares

1 Comment



Florence ISD



Using social media is a great tool for marketing your program, and guess what . . . Its FREE!

- ✓ Use Facebook
- ✓ Use Instagram
- ✓ Use the Organizations website
- ✓ Partner with other organizations to help market the program and GET THE WORD OUT!

Marketing Plays a Key Role

“ This is an awesome program that I truly hope Florence takes advantage of. One out five children suffer from some form of food insecurities in the U.S. I personally think it's a higher number in Florence. The elderly also have difficulties accessing FRESH FRUITS AND VEGGIES....

Please, Please, Please share. Come get some produce for your family and if you know anyone homebound grab some for them too.
PLEASE SHARE!!!!

This is a collaboration between the City of Florence and
Fresh Food For All!

Did I mention PLEASE SHARE?????





My mom was a French trained Sous Chef. She grew up in WWII Germany. She told us stories of snaring rabbits and hunting mushrooms so her family could eat. She always said,

“When you feed people, you are feeding more than their bellies. You are feeding hearts and souls.”



THANK YOU!

LILLIAN BARNETT

lbarnett@florenceisd.net

254-2793-2497 ext 1230

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

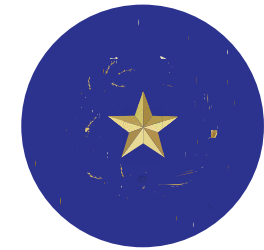
Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

fax: (202) 690-7442; or email: program.intake@usda.gov.

This institution is an equal opportunity provider.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Contact Us



1700 Congress Avenue
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squaremeals.org/TexasFarmFresh



TEXAS DEPARTMENT OF AGRICULTURE
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FarmFresh@Texasagriculture.gov



512-463-7654