Farm to Summer 2016

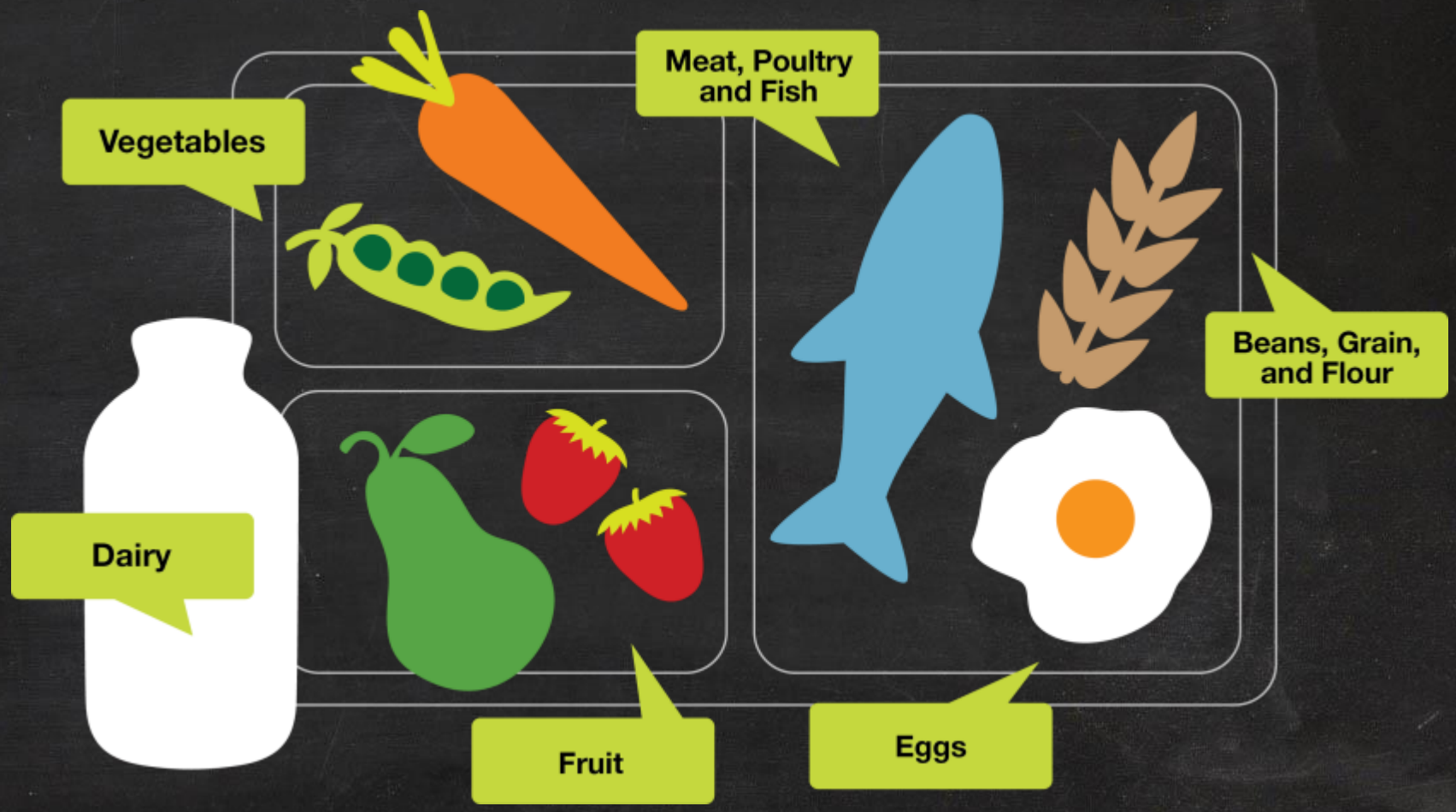
USDA | THE FARM to SCHOOL PROGRAM

Benefits of Farm to Summer

- Take advantage of peak growing season (cost efficient)
- Continue enjoyment of school gardens while school is out
- Test new items and recipes for use in SBP or NSLP (if a school)
- Increase quality and appeal of summer meals → participation

Local Food and Food Education

What Types of Products?



Many sources for local foods

- Direct from farm
- Through a distributor (PFG Northcenter, Sysco)
- From a food hub (Crown of ME, Native Maine)
- From farmers' markets
  - » Get Real, Get Maine website
- Using garden produce

Key components

- What is already local?
  - » Ask vendors where food is coming from
- What could be local?
  - » Find out what products are seasonal and available in your area
  - » What's seasonal? Dept of Ag, Cooperative Extension, Get Real, Get Maine
- Start small
  - » Harvest of the Month

Summer Menus Featuring Local

Milton, VT

Food Service Director
Steven Marinelli
893 3215 Ext 1313

Milton Town SFSP
June & July 2014
Sites: MES, Milton Park & Rec. Dept. Birchwood, Milton Town Library, Colchester Recreation Department
All sites are open and offer Free Breakfast & Lunch to Students 18 and Younger

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 Turkey And Cheese Sandwich Carrot Sticks & Dip Vermont Apple Milk	17 Ham & Cheese on Whole Wheat Bun Veggie Sticks & Dip Fruit Selection Milk	18 Garden Fresh Chefs Salad with Turkey & Swiss Fruit Selection Whole Wheat Roll Milk	19 Sante Fe Chicken Wrap Bean & Veggie Salad Fresh Fruit Salad Milk	20 SFSP Carnival Milton Elementary 11-2 Free Barbecue Games & More
23 Turkey And Cheese Sandwich Carrot Sticks & Dip Vermont Apple Milk	24 Vermont Grilled Chicken Chefs Salad on Local Greens and Veggies Dinner Roll Fruit Selection Milk	25 Ham & Cheese on Whole Wheat Bun Local Veggie Sticks Fruit Selection Milk	26 Chicken Tenders Rice Pilaf Glazed Carrots Fruit Selection Milk	27 Cheese & Pepperoni Pizza Vermont Garden Salad Watermelon Milk
30 Turkey And Cheese Sandwich Carrot Sticks & Dip Vermont Apple Milk	1 Soft Serve Taco with VT. Beef & Cheese Beans & Rice Fruit Selection Milk	2 Ham & Cheese on Whole Wheat Bun Local Veggie Sticks Fruit Selection Milk	3 Vt. Chicken Salad on Local MR Harvest Greens Bread Sticks Fresh Strawberries Milk	4 **Holiday Break!**
7 Turkey And Cheese Sandwich Carrot Sticks & Dip Vermont Apple Milk	8 Cheese Burger on Bun Potato Puffs Italian Beans Fruit Selection Milk	9 Garden Fresh Chefs Salad with Turkey & Swiss Fruit Selection Whole Wheat Roll Milk	10 Vt. Chicken and Local Caesar Salad Wrap Fresh Fruit Cup Chocolate Chip Cookie Milk	11 Cheese & Pepperoni Pizza Vermont Garden Salad Watermelon Milk
14 Turkey And Cheese Sandwich Carrot Sticks & Dip Vermont Apple Milk	15 Popcorn Chicken Seasoned Sweet Potato Cubes Fresh Steamed Broccoli Fruit Selection Milk	16 Ham & Cheese on Whole Wheat Bun Local Veggie Sticks Fruit Selection Milk	17 Beef Nachos with Salsa Spanish Rice Fruit Selection Milk	18 Cheese & Pepperoni Pizza Vermont Garden Salad Watermelon Milk

Breakfast offerings

Monday: Assorted Cereal Fresh Fruit Selection Milk

Tuesday: Bagels with Cream Cheese Juice & Fruit Milk

Wednesday: Cereal Bar Fresh Fruit Selection Milk

Thursday: Whole Grain Pop Tart with Fresh Fruit Selection Milk

Friday: Fruit & Yogurt Parfait with Fresh Strawberries Milk

All grains served are whole wheat and we serve as many local products as available

We serve 1% and Fat Free Milk

The third Annual Summer Food Service Kick Off Carnival is June 20 @ The Milton Elementary Middle School From 11 – 2 Free Barbecue, Fun Houses, Face Painting & More Call 893 3215 ext 1313 for information or to volunteer

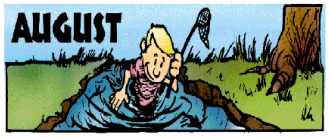
Menu Subject to Change

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. (Not all prohibited bases apply to all programs.)

We offer local and School Garden Grown Produce when available.

Portland, ME

SUMMER LUNCH
OPEN SITES ACROSS THE CITY
CALL 2-1-1 OR BY TEXTING
MEALS4ME to 877-877
MEALS FREE FOR KIDS AND TEENS



Monday	Tuesday	Wednesday	Thursday	Friday
14 PASTA w/MAINE SAUCE WG AMATO ROLL Bagel Yogurt & String Ch LOCAL CARROTS PURPLE PLUM LOW FAT MAINE MILK	15 NACHOS Bagel Yogurt & String Ch BLACKBEAN SALSA CELERY STICKS LOW FAT MAINE MILK	16 Chicken Salad Sandwich WG Bagel&Yogurt POTATO CHIPS Broccoli Florets LOCAL WATERMELON LOW FAT MAINE MILK	17 Pazzo Bread Salad Mix Cherry/Grape Tomato Chilled Fruit Assorted LOW FAT MAINE MILK	18 TURKEY ITALIAN Bagel Yogurt & String Ch POTATO CHIPS TOMATO SLICES Green Bell Pepper DILL PICKLE
21 FISH NUGGETS WG AMATO ROLL SUNBUTTER & JELLY WITH CHEESE STICK LOCAL CARROTS FRESH NECTARINE	22 Meatball Sub SUNBUTTER & JELLY WITH CHEESE STICK Broccoli Florets CANTALOPE SLICES LOW FAT MAINE MILK	23 TURKEY ITALIAN SUNBUTTER & JELLY WITH CHEESE STICK POTATO CHIPS TOMATO SLICES Green Bell Pepper	24 SUMMER SUCCESS PICNIC DEERING OAKS 1130-1215 MAINE-LY DRUMSTICK CORNBREAD CRUNCHY CUCUMBERS! MAINE COCKTAIL TOMATO	25 TURKEY & CHZ SANDWICH SUNBUTTER & JELLY WITH CHEESE STICK ROMAINE Cherry/Grape Tomato LOW FAT MAINE MILK
28 PASTA w/MAINE SAUCE WG AMATO ROLL Bagel Yogurt & String Ch BABY CARROTS PURPLE PLUM LOW FAT MAINE MILK	29 NACHOS Bagel Yogurt & String Ch BLACKBEAN SALSA CELERY STICKS LOW FAT MAINE MILK	30 Chicken Salad Sandwich WG Bagel&Yogurt POTATO CHIPS Broccoli Florets LOCAL WATERMELON LOW FAT MAINE MILK	31 Pazzo Bread Salad Mix Cherry/Grape Tomato Chilled Fruit Assorted LOW FAT MAINE MILK	1 TURKEY ITALIAN Bagel Yogurt & String Ch POTATO CHIPS TOMATO SLICES Green Bell Pepper DILL PICKLE
4 FISH NUGGETS WG AMATO ROLL OR SUNBUTTER & JELLY WITH CHEESE STICK FRUIT AND VEG -	5 Meatball Sub SUNBUTTER & JELLY WITH CHEESE STICK FRUIT AND VEG - MUST TAKE AT LEAST ONE! Broccoli Florets	6 TURKEY ITALIAN SUNBUTTER & JELLY WITH CHEESE STICK FRUIT AND VEG - MUST TAKE AT LEAST ONE! POTATO CHIPS	7 CHEESE PIZZA FRUIT AND VEG - MUST TAKE AT LEAST ONE! PASTA SALAD CRUNCHY CUCUMBERS! Orange Juice	8 TURKEY & CHZ SANDWICH SUNBUTTER & JELLY WITH CHEESE STICK FRUIT AND VEG - MUST TAKE AT LEAST ONE! ROMAINE
11 PASTA w/MAINE SAUCE WG AMATO ROLL Bagel Yogurt & String Ch FRUIT AND VEG - MUST TAKE AT LEAST ONE! LOCAL CARROTS	12 NACHOS Bagel Yogurt & String Ch FRUIT AND VEG - MUST TAKE AT LEAST ONE! BLACKBEAN SALSA CELERY STICKS	13 Chicken Salad Sandwich WG Bagel&Yogurt FRUIT AND VEG - MUST TAKE AT LEAST ONE! POTATO CHIPS Broccoli Florets	14 Pazzo Bread FRUIT AND VEG - MUST TAKE AT LEAST ONE! Salad Mix Cherry/Grape Tomato Chilled Fruit Assorted	15 TURKEY ITALIAN Bagel Yogurt & String Ch FRUIT AND VEG - MUST TAKE AT LEAST ONE! POTATO CHIPS TOMATO SLICES

Menus subject to change without notice.
Foods may contain nuts or nut products.

Farm to Summer Activities

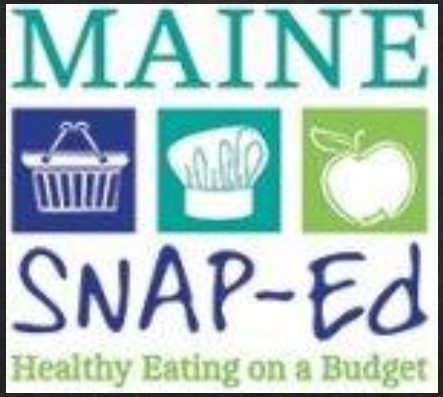
- Growing or visiting edible gardens
- Organizing farm field trips or visits from producers
- Taste tests with various fresh, seasonal products
- Creating and sending newsletters home for parents with recipes, farmers' market tips, etc.

FoodCorps Maine Service Members

- Agriculture education
- Taste testings
- Cooking demos
- Coordinate farm visits

Maine SNAP Educators

- Nutrition education
- Taste testing
- Physical activity
- http://www.maine.gov/dhhs/ofi/snap-ed/



Model: Educational Activities

- **Maine SNAP Ed**: Each lesson has a taste testing component along with options for physical activity games based on MyPlate concepts

Model: School gardens in SFSP

Marion, Ohio: The school district added garden boxes at six elementary school SFSP sites, with 30 raised beds and a total of 47 families involved in tending the gardens. Master Gardeners are on site during summer meal times to provide tips and hands-on lessons to children and their families.

*Contact your UMaine Cooperative Extension county office for more information on Master Gardeners

Resources

- USDA Farm to School Website
  - » www.fns.usda.gov/farmtoschool
  - » Resources, fact sheets, webinar recordings

- FRAC Report- *Fresh From the Farm: Using Local Foods in the Afterschool and Summer Nutrition Programs*
  - » http://www.frac.org/pubs/produceguide.pdf