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?

- Vegetables
- Meat, Poultry, and Fish
- Beans, Grain, and Flour
- Dairy
- Fruit
- Eggs
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
## Milton, VT

### Summer Menus Featuring Local

#### Portland, ME

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Turkey and Cheese Sandwich</td>
<td>Turkey and Cheese Sandwich</td>
<td>Garden Fresh Crunch Salad with Turkey &amp; Cheese</td>
<td>Chicken Salad on Whole Wheat Bun</td>
<td>Turkey and Cheese Sandwich</td>
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<tr>
<td>Seasoned Sweet Potato Salad</td>
<td>Seasoned Sweet Potato Salad</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Seasoned Sweet Potato Salad</td>
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<tr>
<td>Apple Juice</td>
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</table>

**Example Menu:**
- **Monday:**
  - Turkey and Cheese Sandwich
  - Seasoned Sweet Potato Salad
  - Apple Juice

- **Tuesday:**
  - Turkey and Cheese Sandwich
  - Garden Fresh Crunch Salad with Turkey & Cheese
  - Apple Juice

- **Wednesday:**
  - Garden Fresh Crunch Salad with Turkey & Cheese
  - Fresh Fruit
  - Apple Juice

- **Thursday:**
  - Chicken Salad on Whole Wheat Bun
  - Fresh Fruit
  - Apple Juice

- **Friday:**
  - Turkey and Cheese Sandwich
  - Seasoned Sweet Potato Salad
  - Apple Juice

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### 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**

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<thead>
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<tbody>
<tr>
<td>Pasta w/Maine Sauce, WG Amato Roll, Bagel Yogurt &amp; String Ch</td>
<td>Chicken Salad Sandwich, WG Bagel &amp; Yogurt, Potato Chips</td>
<td>Chicken Salad Sandwich, WG Bagel &amp; Yogurt, Potato Chips</td>
<td>Turkey Italian, WG Bagel &amp; Yogurt, Tomato Slices</td>
<td>Turkey Italian, WG Bagel &amp; Yogurt, Tomato Slices</td>
</tr>
<tr>
<td>Local Carrots, Purple Plum, Low Fat Milk</td>
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<tr>
<td>Caprese Salad</td>
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<tr>
<td>Side Salad</td>
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</tbody>
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**Note:**
- 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
Model: Educational Activities

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