
U.P.  FOOD
EXCHANGE
central food hub

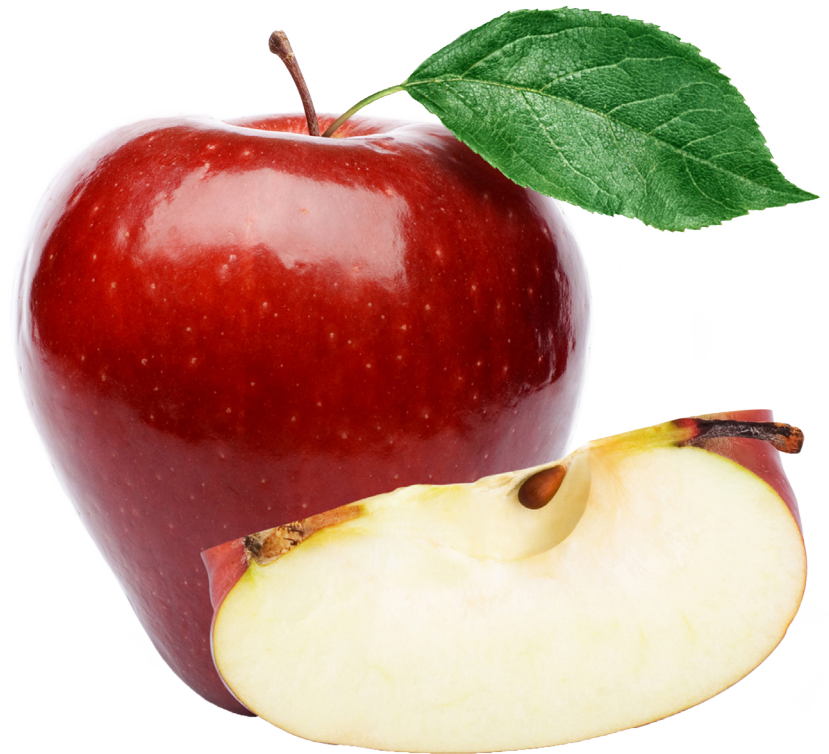
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What's Farm to School?

Across the country, an increasing number of schools and districts have begun to source more foods locally and to provide complementary educational activities to students that emphasize food, farming, and nutrition. This nationwide movement to enrich students' bodies and minds while supporting local economies is often referred to as "farm to school."

The term "Farm to School" encompasses efforts that bring local or regionally produced foods into school cafeterias; hands-on learning activities such as school gardening, farm visits, and culinary classes; and the integration of food-related education into the regular, standards-based classroom curriculum.

The United States Department of Agriculture (USDA) supports such efforts through its *Farm to School Program*, which includes research, training, technical assistance, and grants.

Visit www.mifarmtoschool.msu.edu & www.fns.usda.gov/farmtoschool to learn more.

Benefits of Farm to School

- Students are provided with fresh, healthy, minimally processed local food.
- Students have the opportunity to interact with the farmers that grow the food being served in the cafeteria.
- Students are introduced to the idea of farming as a career choice.
- Schools provide new or expanded markets for local farms.
- The variety and volume of crops produced may increase, creating opportunities for local economic development.
- Money stays in the local community.
- Nutrition education is integrated and emphasized across disciplines
- Schools report an increase of 3-16% in meal participation when farm-fresh food is served. ["Going Local - Paths to success For Farm to School Programs" by Anupama Joshi, Marion Kalb, & Moira Berry]

What's Happening Locally

In December of 2013, a Michigan Farm to School training was held in Marquette. There was enough excitement about getting local food into schools that the Central U.P. (CUP) Farm to School Committee was born! This group is open to anyone interested in helping to get healthy, local food into schools in the Central U.P. Farmers, food service directors, dietitians, parents, and interested individuals are welcome. *Our committee meets the first Friday of the month at 9:00 am at the Marquette Food Co-op.* Let us know if you would like to be added to the CUP Farm to School e-mail list. Call us at 906.225.0671 x723.

Connecting the School Kitchen & the Classroom UP Food Exchange

Extend the reach of your lesson to include the school cafeteria! This program option highlights a particular food grown by local farms and features it in the school meal prepared by the kitchen staff. It can be as simple as a snack of fresh apples to a lunch featuring local winter squash. The UP Food Exchange will coordinate the sourcing and delivery of the product to the school. The Exchange can also provide handouts, posters, and any other printed educational materials with information about the food, where it comes from, and why it's a healthy food option. A presenter can also come to your classroom to discuss the importance of local food and further highlight the food item in focus. This option requires coordination with the school's food service team.

Dates Available: Year-round

Duration: Variable to suit the scope of project

Location: Your classroom and/or school lunchroom

Grade level: All ages

Cost: Variable according to produce cost. Contact Neal at 906.225.0671 x726

Farm Tours

Visiting a farm is a fantastic way to tie your curriculum to real-life examples. From the basics of how a plant grows and what it needs to thrive to the intricacies of compost systems, there are many features of a farm that could be highlighted to fit your classroom's tour. The following farms have expressed a particular interest in hosting school groups, though there are other possible tours available at farms listed in the U.P. Food and Farm Directory, found at www.upfoodexchange.com.

Hannah's Garden - Hannah, 906-226-2213

Moonrise Gardens - Chris, 906-458-3274

Sleepy Hollow Farm - Wendy, 906-892-8377

Treasa's Treasures - Treasa, 906-202-3030

Dates Available: May-October

Duration: Variable to suit class times

Grade Level: All ages

Cost: Free

The Great Seed Debate

Marquette Food Co-op

Many states have proposed bills for labeling products that contain GMOs. Surveys show that people want to know whether or not it's safe to eat genetically modified organisms; seed companies insist that their products are scientifically proven and safe, but don't want them labeled. Let's investigate the issues and discuss these questions: What are the advantages of GMOs? What are the advantages of seed saving? What kind of food culture do you want to create with your buying choices and actions? How could/did saving seeds from your own garden inform your views on this issue?

Dates Available: March - December

Duration: Variable to suit class times

Location: Your classroom, school garden, or Marquette Food Co-op

Grade Level: High school

Cost: Free. Contact Abbey at 906.225.0671 x725

Garden Fresh Food Demonstrations

Marquette Food Co-op

Garden-fresh produce is delicious – especially in recipes that let real flavors shine through. A discussion of the nutritional benefits of local food, a food preparation demo with samples, and recipes for what's in season will be presented in a way that makes vegetables exciting. Options include green smoothies, Thai spring rolls, quinoa tabbouleh, or pudla, a savory Indian pancake. During the winter months the presentation includes information on how garden-fresh food can be stored to make local food available all year round.

Dates Available: Year-round, though options may be limited in the winter due to produce availability

Duration: Variable to suit class times

Location: Your classroom or Marquette Food Co-op

Grade Level: All Ages

Cost: 50¢ per student to cover materials. Contact Sarah at 906.225.0671 x723



Enjoying baby bells - Fuel Up To Play 60!
Student Leadership Team at Cherry Creek Elementary School, March 2014.
Photo credit: Lanae Joubert

Get Local Food In Your School Cafeteria

The UP Food Exchange has implemented an online system to help food service directors more easily order local food. This system, called the Online Marketplace, saves time by allowing buyers to simultaneously view products from multiple farms, order them all at once, and pay for the products with a single payment. Food service directors receive regular updates to the inventory of available products so they'll always have access to the freshest products. For more information, contact Neal Curran at 906 225-0671 x 726 or ncurran@marquettefood.coop.

Who Is Involved

People from the following farms, schools, agencies and businesses participate on the committee. Let us know if you are interested in joining us, so that we can add you to the growing list of those committed to healthier kids and building a stronger local food system.

- Superior Beekeeping Club
- Blue Cross Blue Shield of Michigan
- Lake Superior Watershed Partnership
- Gwinn Area Community Schools
- Marquette Alger Regional Educational Service Agency
- Marquette Area Public Schools
- Marquette County Health Department
- Marquette Food Co-op
- Marquette General Hospital
- MSU Extension
- NICE Community Schools
- Northern Michigan University
- Sleepy Hollow Farm
- Moonrise Gardens
- Treasa's Treasures Farm
- Central Upper Peninsula Planning & Development Commission



Presentations/Classes

Agriculture provides many real life examples and hands-on opportunities for parts of a curriculum. Across the country teachers and students are examining the economics of farming, learning how to prepare fresh foods, or discovering the life cycles of a plant through seed saving. We can help bring farm to school curriculum to your classroom with the following programs.

Starting a School Garden

Marquette Food Co-op

School gardens allow schools to create hands-on lessons in a variety of disciplines, can help provide fresh produce for school lunches or cooking classes, and beautify the school grounds. The benefits are many, but starting the garden can be daunting. Thorough planning must be done to be sure the program is sustainable. We can guide you through all aspects of starting a school garden, and help you create a plan that will work for your school. We can also assist schools who already have school gardens and would like to expand or improve the program.

Dates Available: All year round

Duration: Variable to suit school needs

Location: Your school or the Marquette Food Co-op

Cost: Free. Contact Abbey at 906.225.0671 x725

Planning for a Seed Saving Garden

Marquette Food Co-op

When you save seeds, you become a curator of the next generation of those plants. A seed saving garden has specific responsibilities different from a food garden. Seed saving has the needs of each plant variety in mind so that you save healthy, reliable seeds. A food educator from the Marquette Food Co-op will visit your classroom to lead the design of your seed saving garden based on your existing garden. Soil requirements, isolation distances, and pollination styles will be explained.

Dates Available: March - May

Duration: Variable to suit class times

Location: Your classroom or school garden

Grade Level: All ages

Cost: Free. Contact Abbey at 906.225.0671 x725

Pollinators

Superior Beekeeping Club

Pollinators are an essential part of our food system. Without them, up to 35% of the world's food crops would be gone. In this presentation, students will learn how pollinators contribute to our food system, and how people play a role in pollinator health. Students will learn the ins and outs of beekeeping with actual equipment brought into the classroom. The presentation will also include information on how everyone, not just beekeepers, can help pollinators.

Dates Available: Year-round

Duration: Variable to suit class times

Location: Your classroom

Grade Level: Adaptable for all ages

Cost: Free. Contact Sarah at 906.225.0671 x723

Seed Saving Basics

Marquette Food Co-op

Saving seeds, though not difficult, is an ancient practice that has been passed down through generations of gardeners and farmers. Start with the basics! When are seeds ready to collect? What tools do you need? How should seeds be prepared for storage? How long do seeds last? A food educator from the Marquette Food Co-op can prepare you and your students for successful seed saving from your transplants.

Dates Available: August - October

Duration: Variable to suit class times

Location: Your classroom or school garden

Grade Level: All ages

Cost: Free. Contact Abbey at 906.225.0671 x725
