### Child Nutrition Celebrations!

1

### National School Lunch Week

Slides 2-5



2

# Big Apple Crunch

Slides 6-9



3

#### Farm to School Month

Slides 10-27







#### National School Lunch Week

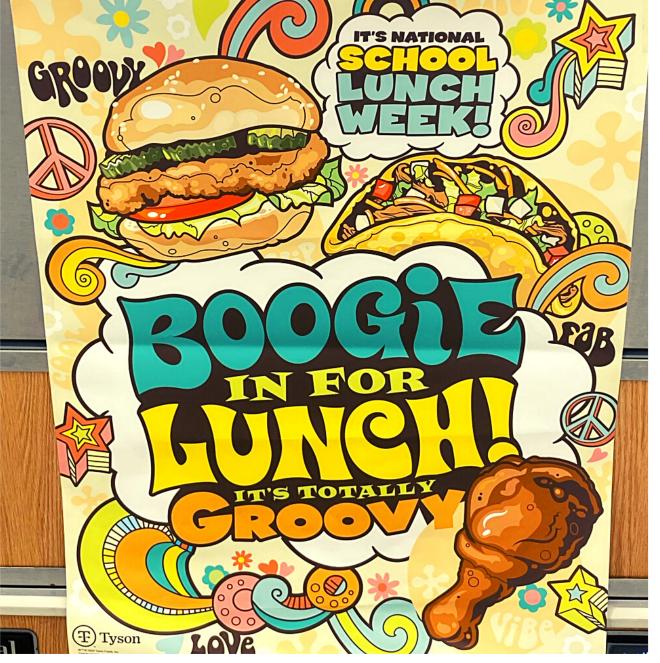
October

10-14, 2022

- Mechanicville City SD
- Schuylerville CSD
- **East Greenbush CSD**



# Mechanicville City SD





Jeepers creepers! Look at all the colors!
Mechanicville staff dressed as hippies, created a photo booth for students and offered a stellar meal!





















Totally far out flair in the cafe!





In October of every year, New Yorkers dress in red or green & take a bite out of a NY grown apple. Participating in the event helps promote eating local, and "keeps farmers farming".

Check out some of the SFAs that participated this year

- Bethlehem CSD
- East Greenbush CSD
- Schuylerville CSD
- Mechanicville City SD
- Salem CSD
- Lockport City SD
- Schenectady City SD
- Rotterdam-Mohonasen CSD





#### **Lockport City SD**

(CLICK HERE)

Salem CSD





Students from Paige Elementary School at Schenectady CSD!













**Schenectady City SD** 

## Congratulations Schuylerville CSD!



Every year FarmOn! asks schools to participate and send in photos of their Big Apple Crunch event. FarmOn! chooses the photo that they like the best and awards \$1,000 toward a FarmOn! Victory Garden. This year Schuylerville CSD hosted the Big Apple Crunch and sent a photo using the tag #BigAppleCrunch, to FarmOn! and won!













- Frontier CSD & Hamburg
   CSD
- Buffalo City SD
- Saranac Lake CSD
- Mechanicville City SD



#### ANNE RICH FOOD SERVICE DIRECTOR, FRONTIER CSD

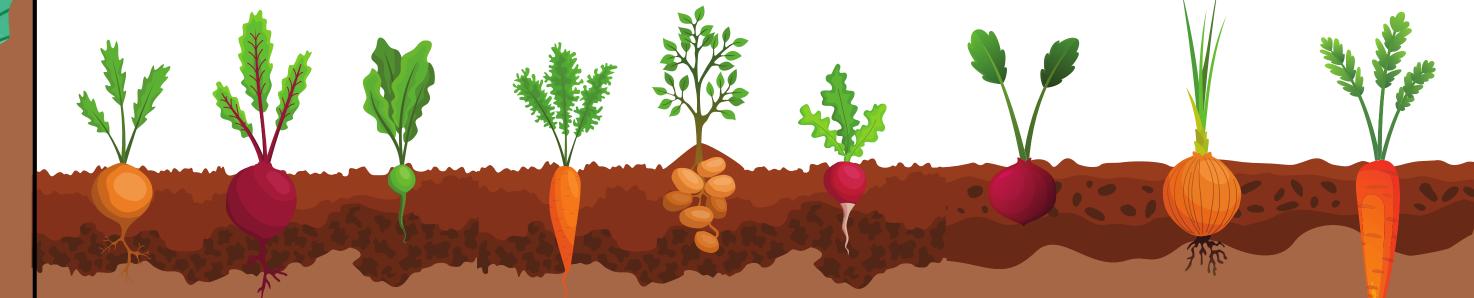


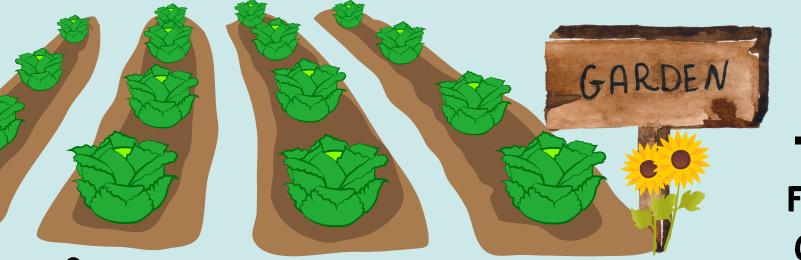
ANNE'S CHILD NUTRITION CAREER BEGAN RIGHT OUT OF COLLEGE IN 1991. SHE GRADUATED FROM NIAGARA UNIVERSITY WITH A BACHELOR'S IN HOTEL/RESTAURANT ADMINISTRATION. ANNE WAS HIRED AS A COOK/MANAGER AT BUFFALO CITY SD AND IT WAS THERE THAT SHE WAS FIRST INTRODUCED TO FARM TO SCHOOL UNDER THE LEADERSHIP OF BRIDGET O'BRIEN WOOD.

AS ANNE WOULD SAY "THE REST IS HISTORY!"

HAMBURG CSD IS WHERE SHE PARTNERED WITH TRICIA MILLER, A VOLUNTEER WITH S.O.L.E. (SEEDS OF LIVING EDUCATION), AND WHERE FARM TO SCHOOL REALLY BECAME A PASSION. ACCORDING TO ANNE, ADMINISTRATION SUPPORT IS HUGE IN HAMBURG AND THEY CREATED A MISSION STATEMENT AND ACTION PLAN THAT REALLY GAVE THEIR FARM TO SCHOOL PROGRAM STAYING POWER.

ANNE IS CURRENTLY STARTING A FARM TO SCHOOL PROGRAM AT FRONTIER CSD.





### USDA Farm to School Grant

FRONTIER CSD WAS RECENTLY AWARDED CLOSE TO \$60,000 TO IMPLEMENT A NEW COMMUNITY GARDEN WITH ASSISTANCE FROM LOCAL FARMERS. ANNE HOPES TO COLLABORATE WITH LOCAL FARMERS TO INCREASE LOCAL PRODUCE IN THE NATIONAL SCHOOL LUNCH PROGRAM. BY UTILIZING LOCAL PRODUCE, THIS WILL INTRODUCE STUDENTS TO NEW FRUITS AND VEGETABLES.

STUDENTS WILL BE INTRODUCED TO LOCAL FARMERS, COOKS AND OTHER COMMUNITY MEMBERS TO LEARN ABOUT FARMING AND HOW TO STRENGTHEN THEIR LOCAL ECONOMY.

ANNE WAS SUCCESSFUL IN IMPLEMENTING SIMILAR GARDENS AT HAMBURG CSD.

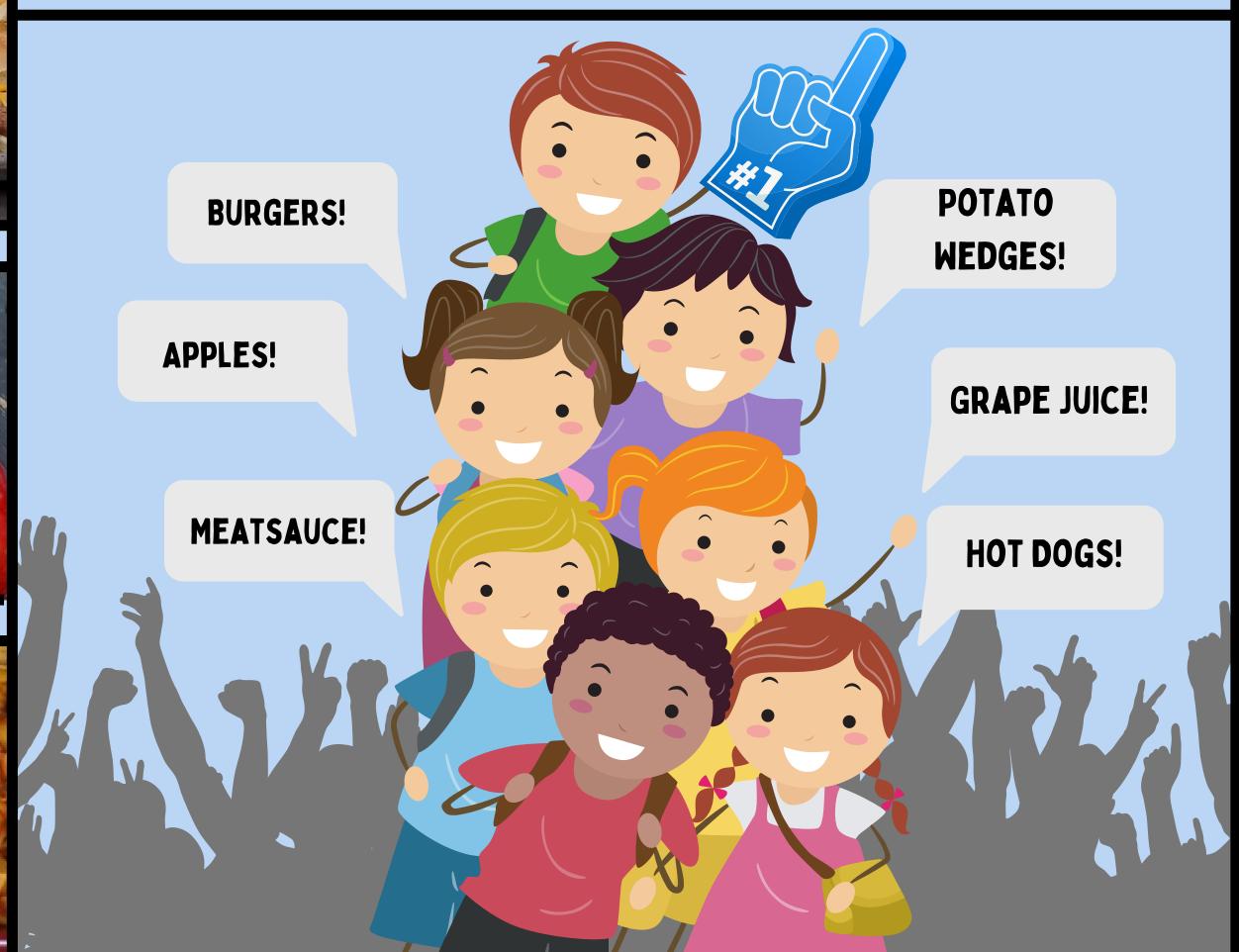








## NY FOOD FAN FAVORITES





















According to Anne, "School meals often get a bad rap, and, in my opinion, nothing has helped change the poor perception of school meals more than Farm to School. The more our program grew, the more we shared our meals on social media and participated in community events, the higher our participation climbed."

# Advice for Starting a Farm to School Program

- Reach out to the district to see who is interested in being part of the Farm to School team
- 2. Talk to produce vendors to see what local products are available
- 3. Highlight Harvest of the Month NY products on the menu
- 4. Reach out to <u>VT</u> (VTFEED.ORG) or <u>NY</u> (FINYS.ORG) Farm to School Institutes

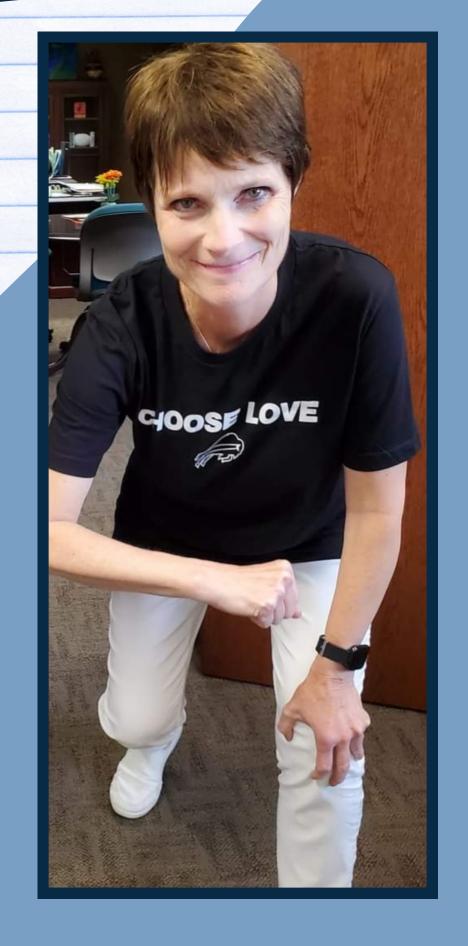


#SchoolDistrictsCollaborate

#### Bridget O'Brien Wood

# Buffalo City SD

Bridget sets the bar high as an example of passion and purpose in her work. In her 30 years as a Food Service Director, she has made amazing strides in promoting Farm to School initiatives, supporting local farmers as well as the local economy with food purchases, incorporating local, fresh, and culturally diverse foods into school meals, and so much more. She currently oversees one of the largest districts in the state, providing thousands of daily meals and overseeing 460 staff members who assist her in making it all happen.





### NYS RISE AWARD NOMINEE

New York State Governor Kathy
Hochul nominated Bridget
O'Brien-Wood, the Director of
Child Nutrition Services at the
Buffalo City School District, for
the U.S Department of
Education's Recognizing
Inspiring School Employees
(RISE) Award. The RISE award
recognizes classified school
personnel that provide
"exemplary service to
students".



The Secretary of Education will select a candidate to receive the RISE award in Spring of 2023.

Congratulations to Bridget for this amazing accomplishment!

Bridget O'Brien-Wood

## Local Foods









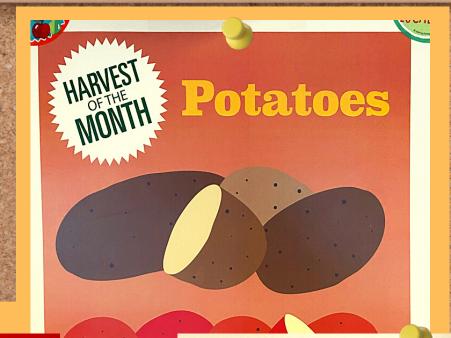




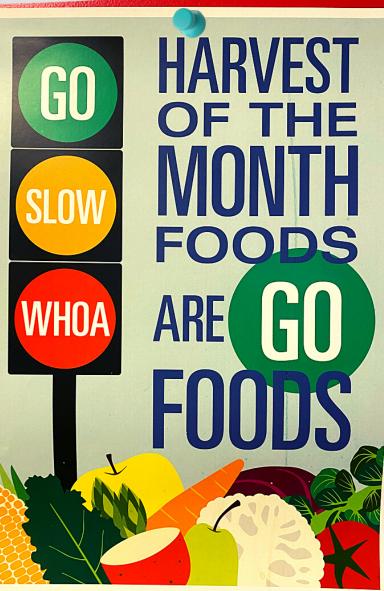


Their use of local NY toods has qualified Buffalo City SD for the 30% NY initiative every year since it began!

Posters displayed at
Buffalo City SD, in
partnership with
Cornell Cooperative
Extension







BUFFALO FARM TO SCHOOL

## Potatoes



#### Varieties Grown in New York State

- Yukon Gold
- Adirondack Blue & Red
- French Fingerling
- German Butterball

#### Nutrition and Health Benefits

- Potatoes are a good source of potassium, fiber, niacin, and Vitamin B6!
   FUN FACT! Potatoes have more potassium than are
- These tubers are high in Vitamin C.
   Potatoes are naturally free of fat, saturated fat, sodium, and cholesterol!
- Continued on back -

#### **How to Grow It**

- Potatoes grow in full sun, in loose, acidic, welldraining soil.
- This annual veggie grows best in moderate temperatures, like 60 degrees F.
   FUN FACT! Potatoes come in a layer variety of co shapes, and fayors – try to grow some unique of
- Ease-of-care: Easy if you have the right soil a location!
- Plant potatoes 2-4 weeks before your last frost. Make sure to rotate where you grow your potatoes each year!
   FUN FACT! The potato is America's number one vegging.

#### Selection

- Choose fresh potatoes that are clean, firm, smooth, and dry. Pick ones that are uniform in size, with no cuts, or bruises.
- Take note! Avoid potatoes with sprouts of green skin.

EXPERT TIP! Buy potatoes fresh, frozen, or canned!

SUPPORT

30% NYS

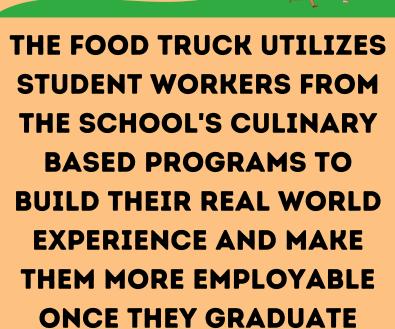


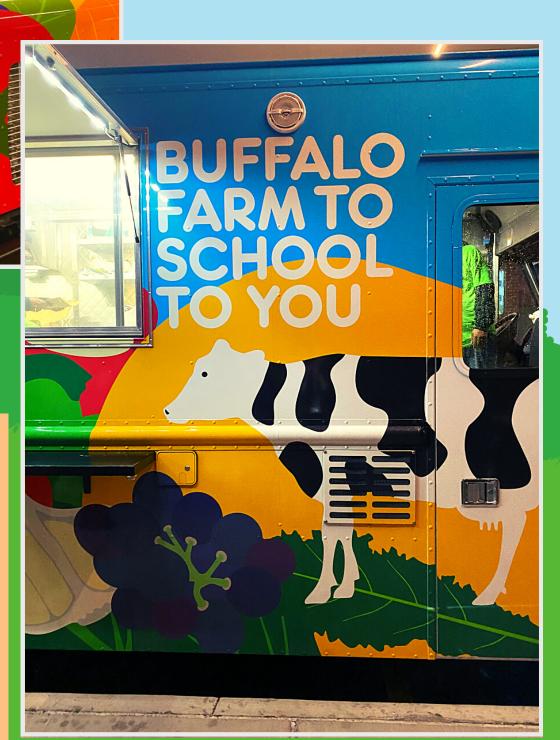
## BUFFALO CITY SD USES AN INNOVATIVE WAY TO SERVE MEALS FROM A FOOD TRUCK!

THE FOOD TRUCK PROVIDES
STUDENTS WITH LOCALLY
SOURCED PRODUCTS DURING
THE SCHOOL YEAR AND SUMMER
MONTHS











CRANBERRIES

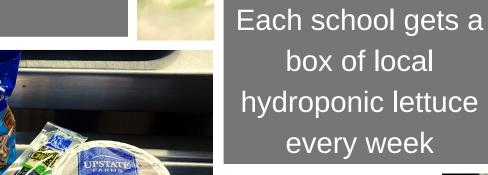
#### Hutchinson Central Tech High School



NY Yogurt, NY cheese stick, fruit, veggies, grahams crackers, and NY milk.

Christine Peterson Service and Ruth A Passionate

Christine Peterson, Assistant Supervisor Food Service and Ruth Ares, Cook Manager Passionate Buffalo City School staff!









# SARANAC LAKE CSD

Ruth has been the Food Service Director at Saranac Lake CSD for 12 years. Prior to that, she was a Culinary Arts Instructor at Paul Smith College.

While working as a Food Service Director, she has participated in Farm to School for II years, allowing her to create healthy menus while supporting local farms. Her staff are an important part of her program, and one of her "best practices" is ensuring all staff feel they are working as a unit!

Ruth also plays a pivotal role in helping new Food Service Directors in NYS as a Master Instructor for SED.

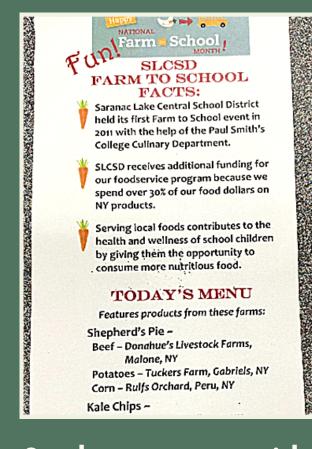


This pumpkin bar was made by prepping and baking a fresh pumpkin from Peru,NY!

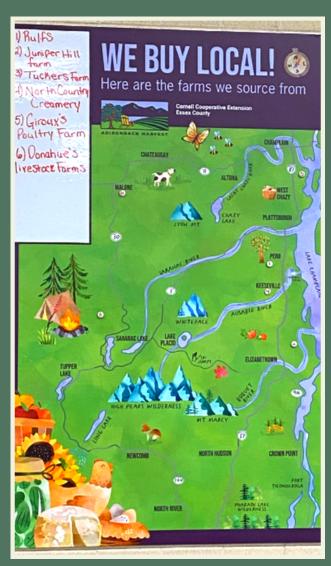




Saranac Lake CSD utilizes many local farms to create their menu!



Students are provided pamphlets informing them of Farm to School facts and the menu featuring farms
Saranac CSD partnered with!

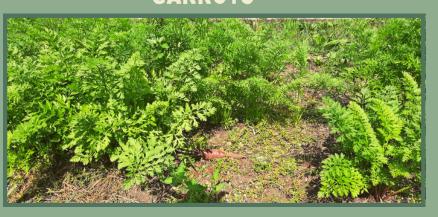


A labeled map hangs in the cafeteria to show where their local foods come from!

They have three school gardens they use to serve their home grown produce in the cafeterias!

عال

**CARROTS** 



**CUCUMBERS** 



**CHERRY TOMATOES** 



## Keeping it Local

Saranac Lake CSD partners with Cornell Cooperative Extension to have students taste new foods and vote if they want to keep it on the menu! They conduct surveys with students to determine interest and knowledge regarding their participation in Farm to School!

Saranac Lake CSD obtained the 30%

Ny initative!





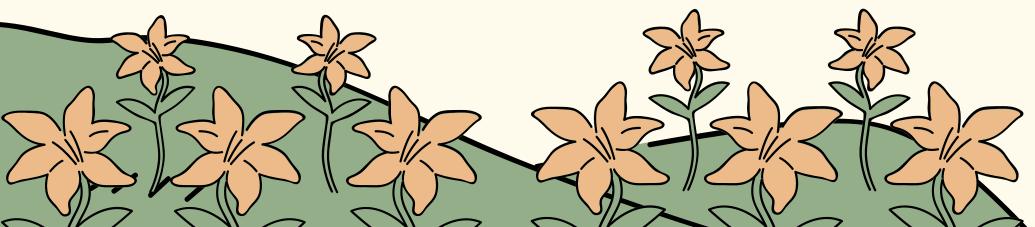




Deb Mackey has been in the food service industry for fifty years! In February, Deb will celebrate 3 years at Mechanicville City SD where her hard work and dedication to the program are evident in the fresh meals she serves and the welcoming environment she fosters.

Deb is passionate about buying local and supporting the community with Farm to School initiatives. She is hoping to achieve the 30% NY initiative by procuring local milk, beef, and produce.

Deb shares all her knowledge as a Master Instructor for the SED CN Program, offering education and support to other school districts!



#### Farm to School

Local favorites: apples, blueberries, applesauce, milk, and fresh vegetables such as carrots and broccoli





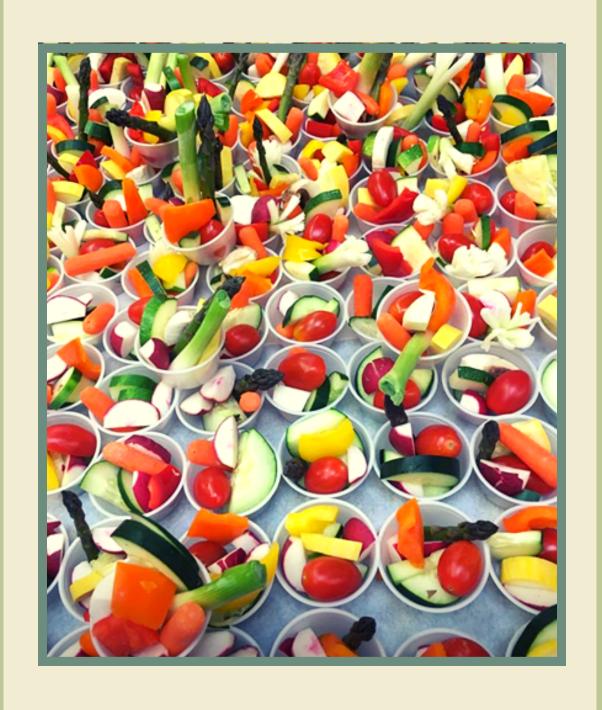
Each week Mechanicville City SD celebrates
NY Thursday, offering products procured
from NYS and local farms. Farm Fresh Friday
(Second Friday of every month) encourages
all students to try a fruit or vegetable they
haven't tried before



Deb and her team
celebrated National
Farm to School Month
with a salad bar filled
with fresh, local
produce

#### **New York Products**

Fresh produce



All beef hamburgers and hotdogs



French Fries



# Thank you to all of our participating schools! Great Job!!



- Bethlehem CSD
- Salem CSD
- Lockport City SD
- Schenectady City SD
- Rotterdam-Mohonasen CSD



- Mechanicville City SD
- Schuylerville CSD
- East Greenbush CSD



- Frontier CSD
- Buffalo City SD
- Saranac Lake CSD



If you have pictures or best practices to highlight, please reach out to cnspotlight@nysed.gov

