



MONTANA  
FARM TO  
SCHOOL

**Farm to School During COVID**

MT Farm to School Showcase | October 2, 2020



OFFICE *of*  
COMMUNITY  
FOOD SYSTEMS

THE  
FARM *to* SCHOOL  
GRANT PROGRAM

# Thank you!

This event has been supported in part by the Food and Nutrition Service, U.S. Department of Agriculture and Montana Farm Bureau Foundation's Promotion and Education Committee. USDA is an equal opportunity provider, employer, and lender.

# Presenters

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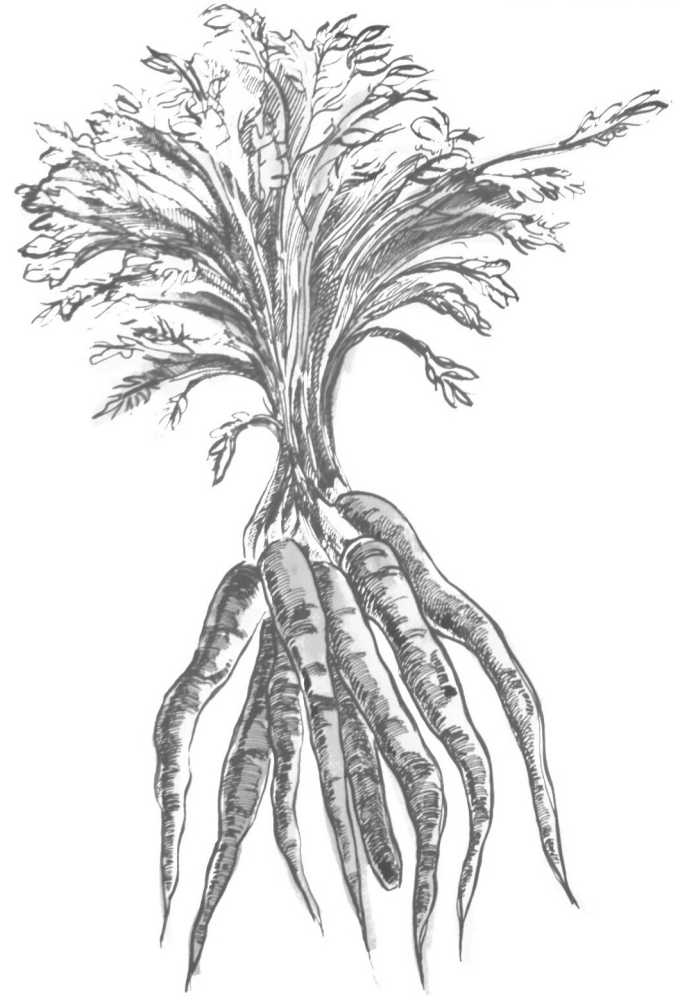
## **Kristen Rothe**

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# Overview

- 10:00 Welcome + Introductions
- 10:15 Farm to School During COVID presentations
- 10:45 Mindful Eating Activity + Break
- 11:00 Presentations continued
- 12:00 Break
- 1:00 Discussion and Action Planning Session



# CORE ELEMENTS OF **FARM** *to* **SCHOOL**



# CORE ELEMENTS OF **FARM** *to* **SCHOOL**





BIG SKY



LIVINGSTON



# CORE ELEMENTS OF **FARM** *to* **SCHOOL**





MISSOULA



**GARDEN CITY  
HARVEST**  
GROW. FEED. INSPIRE.



HINSDALE



BOZEMAN

Photo Credit: Gallatin Valley Farm to School

# CORE ELEMENTS OF **FARM** *to* **SCHOOL**



# Parts of a Whole Grain Seed

(Also known as a kernel of corn, wheat, rice, oats, barley, rye, etc.)

Whole grains contain many healthy things, especially healthy things are found in the germ and bran, foods kernel can play an important role in having good

Which parts of the kernel are the fiber? \_\_\_\_\_ and \_\_\_\_\_



Theme: Whole Grains



Photo Credit: Gallatin Valley Farm to School

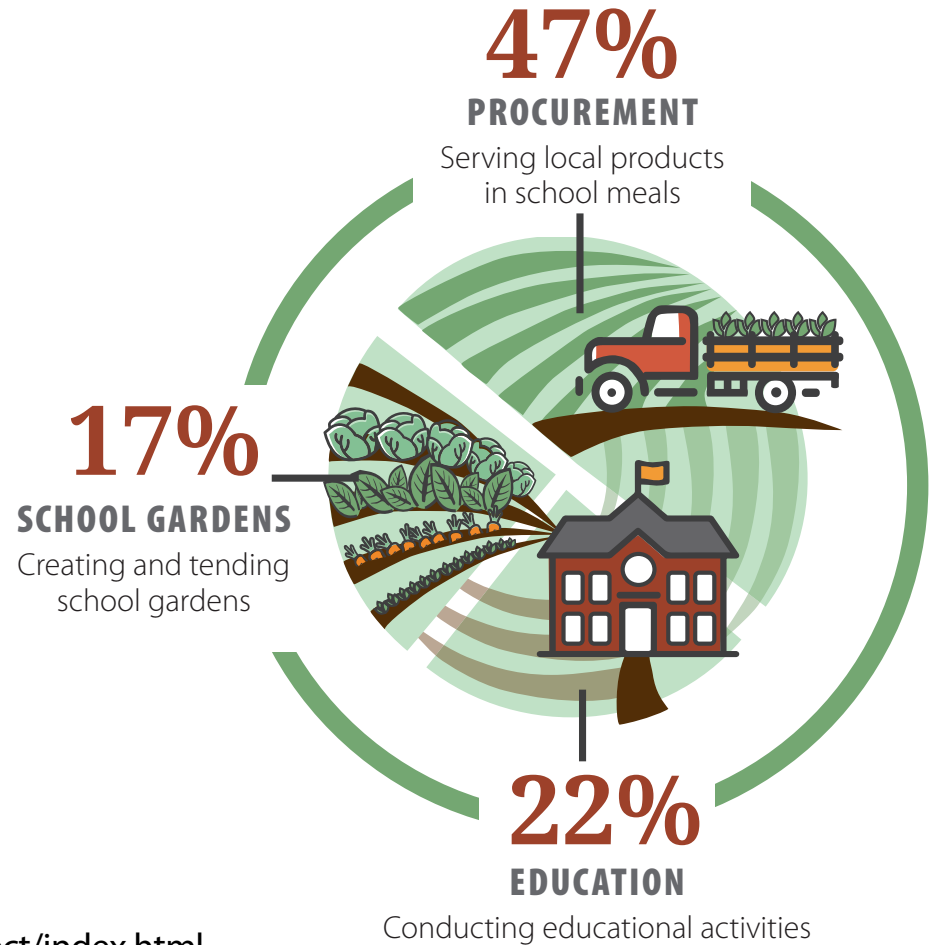
BOZEMAN



ENNIS

Photo Credit: GROWW Program Facebook

# Farm to School is Growing in Montana





# Farm to School Benefits

Public Health

Economy

Education

Environment

Community  
Engagement

# Montana Farm to School Leadership Team

Communication

Distribution

Grant Program

Farm to ECE

Beef to School

Education



# Introductions

- Name
- Title/Affiliation
- Town
- Favorite local food
- What interests you the most about today's event?



Happy April! I hope everyone is finding ways to stay healthy during this challenging time. While I miss my time in the classrooms, I take comfort knowing you all will be munching on some yummy meals made by the food service staff and me.

Our harvest of the month is **chickpeas**. Chickpeas, also called garbanzo beans, have been enjoyed as a nutritious food source for 7,000 years. The name chickpea comes from their similarity of appearance to a chick's beak. Most chickpeas are beige in color, but this can vary to include black, red, yellow, and green.



There are many ways to eat chickpeas! You can fry them, roast them, or season them. They make great additions to salads, soups, or stews. They are a great source of plant based protein!



Photo Credit: Elayna Shapiro

# Break

- Take 5 minutes

# Resources + Opportunities

[www.montana.edu/mtfarmtoschool](http://www.montana.edu/mtfarmtoschool)

# COVID-19 Resources

## **Office of Public Instruction**

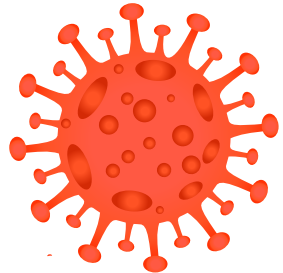
<http://opi.mt.gov/COVID-19-Information>

## **National Farm to School Network**

<http://www.farmentoschool.org/covid19>


## **Lunch Assist**

<http://www.lunchassist.org/covid-19.html>



# COVID-19 Resources

## Hands-on Gardening Education During COVID-19



Released: September 2020

### Why is gardening education critical during this time?

Gardening is associated with reduced stress and increased physical and mental well-being. Gardening offers the opportunity to experience and learn about the natural world while being physically active and producing fresh food. Outdoor gardens can be safer spaces for social distancing than indoor areas if proper protocols are followed. Gardens can also be a reliable source of healthy food during times of disruption in food supply chains. According to the Academy of Nutrition and Dietetics, when children help grow fruits and vegetables, they are more likely to eat them and be interested in trying more varieties. Consuming a variety of fresh fruits and vegetables provides vital nutrients for growing minds and developing bodies.

### Can COVID-19 spread through food or surfaces?

According to the U.S. Food and Drug Administration (FDA), there is no evidence of food being associated with the transmission of coronavirus. According to the Centers for Disease Control and Prevention (CDC), the virus can survive for a short period on some surfaces. This means that it is possible for people to get COVID-19 by touching something that has the virus on it and then touching their own mouth, nose, or eyes, but this is not thought to be the main way the virus spreads.

### How can I keep the outdoor garden safe?

- Limit outdoor learning to the same small groups as indoors and sanitize high touch areas between groups.
- Coordinate schedules with other classes/groups to avoid overcrowding in the garden.
- Clean and sanitize frequently touched surfaces made of plastic or metal, such as railings, gardening tools, and watering cans. Consider rotating individual tasks that require tools daily, so that you only have to sanitize before or after your time in the garden, rather than between each student. For example, one child uses the watering can on Monday and another on Tuesday. This can help young children develop skills like self-management.
- Due to their more porous nature, wooden surfaces (garden bed structures, benches, tables) are difficult to sanitize. To clean wooden-handled tools or surfaces, consider painting them to make them non-porous, or saturate the handles with a diluted bleach solution.
- Adults and students should wear face masks if in close proximity. Otherwise, follow the safety protocol outlined above for safely removing masks to go outside.
- To disinfect non-porous surfaces (plastic, metal, painted wood, etc.):
  - Clean dirty surfaces with soap and water prior to disinfection.
  - Read and follow directions on EPA-approved disinfectant product labels.
  - If no disinfectant products are available, prepare a diluted bleach solution by mixing 1/3 cup bleach in one gallon of room temperature water.
  - Spray enough to cover.
  - Allow the bleach solution to contact the surface for a minimum of one minute.


### What is the risk level of spreading COVID-19 outside?

The risk of spreading COVID-19 is lower outdoors than indoors.


Current CDC guidance states: The more people an individual interacts with, and the longer that interaction lasts, the higher the risk of COVID-19 spread. Location can be a factor, too, with outdoor activities generally being less risky than indoor activities.

Continue to encourage wearing masks for outdoor activities. If opting to remove masks, follow these steps to safely remove masks to go outside:

- Wash hands and walk outside.
- Remove mask and place in a clean, safe spot.
- Before replacing mask to go back inside, sanitize hands.
- Replace mask on face.
- Go back inside.

 @georgiaorganics | farmschool.georgiaorganics.org

## Hands-on Food Education and Taste Testing During COVID-19



Released: September 2020

### Why is food education critical during this time?

Encouraging children to consume a variety of fresh fruits and vegetables every day provides vital nutrients for their growing minds and developing bodies. Like adults, eating fruits and vegetables can support the ability of children's bodies to fight infection and reduce the risk of chronic disease.

Farm to School and Farm to Early Care and Education (ECE) activities are a natural way to encourage children to develop a preference for healthy foods at a young age that will benefit them for the rest of their life.

### Can the coronavirus spread through food?

According to the U.S. Food and Drug Administration (FDA), there is no evidence of food or food packaging being associated with the transmission of coronavirus. The virus that causes COVID-19 is thought to spread mainly from person-to-person. This includes between people who are in close contact with one another (within about six feet), and through respiratory droplets produced when an infected person coughs, sneezes, or talks.

### Can my classroom still engage in hands-on food education? If so, how?


Conducting hands-on, sensory, food activities can still happen with a few modifications that create a safer environment. The following recommendations for hands-on food education were consolidated from the FDA, Centers for Disease Control and Prevention, and nutrition professionals.

#### Wash Hands!

Adults and children should wash their hands for at least 20 seconds with soap and water before and after preparing or eating food.

Lead hand washing practice with students the day before the activity and repeat often.

Encourage children to keep their hands clean after washing by clasping hands together to "catch a ladybug"




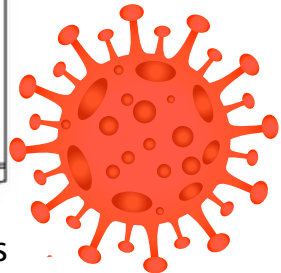
(Georgia Department of Early Care and Learning requires licensed CCLC and PCCLC use liquid soap)

#### Setting up the Classroom

- Set up tables and chairs to face one direction with six feet of space between them.
- Clean and sanitize areas where food will be prepared.
- Food preparation should be done at a six-foot distance from children.
- Adults handling food should wear gloves and masks. Gloves are not a substitute for handwashing.
- Wash and Prepare Food: Adults should rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush. For canned goods, remember to clean lids before opening.

To limit the number of people handling and serving food, use single-use options, or identify one person to serve shareable items, like salad dressings, food containers, and condiments.

 @georgiaorganics | farmschool.georgiaorganics.org







MONTANA

# Harvest of the Month



MONTANA

# Harvest of the Month

Playlist: <https://www.youtube.com/playlist?list=PLxD1eXc1FC3V6TYM43aTOg13edkky1vs>



MONTANA



# Upcoming Events

- **Montana Farm to School Showcases**
  - October 27 – Farm to Tray Tour \*virtual
  - Spring 2021 – TBD
- **Montana Farm to School Summit + Institute – *New date!***
  - August 11-12, 2021 – Helena
- **Montana Farm to School Webinars – *Archived***

<http://www.montana.edu/mtfarmentoschool/resources/training-event.html>



AUGUST 11-12, 2021 | HELENA, MT

[WWW.MONTANA.EDU/MTFARMTOSCHOOL/SUMMIT.HTML](http://WWW.MONTANA.EDU/MTFARMTOSCHOOL/SUMMIT.HTML)

# OCTOBER

is



NATIONAL **FARM** TO **SCHOOL** MONTH

Celebrate **Farm to School Month** throughout **Montana!**



# Montana



# Crunch Time

Join preschools, schools, colleges, and individuals across Montana in celebrating Food Day and National Farm to School Month by crunching into locally and regionally grown apples on

**October 22<sup>nd</sup>**

For more information about Montana Crunch Time, to register and receive your guide, visit:

**[montana.edu/  
mtfarmtoschool](http://montana.edu/mtfarmtoschool)**

Share your “crunch byte” (video and photos) on social media with

**#MTCrunchTime**

Montana Crunch Time is sponsored by the Montana Farm to School Leadership Team and partners. Learn more about the Montana Farm to School Leadership Team and the member organizations at:

[www.montana.edu/mtfarmtoschool/leadership-team/index.html](http://www.montana.edu/mtfarmtoschool/leadership-team/index.html)

# Share Your Story

- Share your challenges, successes, ideas.
  - [aubree.roth@montana.edu](mailto:aubree.roth@montana.edu)
  - Share Your Story Form
- Social media: #MTHarvestoftheMonth #MTFarmtoSchool
- Montana Farm to School Facebook Page
- Use USDA Photo Releases for photos
- Local news media



Harvest of the month!! Carrots!!!



Fallon County **TIMES**

Subscribe to our o  
moment of our loc

HOME NEWS COMMUNITY SCHOOLS SPORTS OPINION OBITUARIES CLASSIFIEDS

## Harvest of the Month – Winter Squash

DECEMBER 23, 2016 IN SPORTS

f t g+ @ in



*Jaiden Dulin and Jaeda Paul cleaning out the squash, which is the December harvest of the month, so Connie Lang and Berdla Rieger can incorporate them in the meals they prepare for the students.*



# Montana Farm to School Coaches



Ginger Buchanan  
Ginger.Buchanan@montana.edu



Faith Oakland  
Faith.Oakland@montana.edu

# Questions?

Please type your questions into the chatbox, select all attendees or unmute.

# Ready to Dig In?

## Montana Harvest of the Month

[www.montana.edu/mtharvestofthemoth](http://www.montana.edu/mtharvestofthemoth)

## Montana Farm to School

[www.montana.edu/mtfarmtoschool](http://www.montana.edu/mtfarmtoschool)

## Facebook

<https://www.facebook.com/montanafarmtoschool>

## Instagram

<https://www.instagram.com/mtfarmtoschool/>

## Contact

Aubree Roth

(406) 994-5996 | [aubree.roth@montana.edu](mailto:aubree.roth@montana.edu)



# Part 2

- Begins again at 1:00pm
- Stay connected on Zoom, mute audio and video

# Part 2 Agenda

- Poll for breakout rooms
- Q&A
- Padlet
- Breakout rooms based on area of top interest, pick one:
  - Procurement – buying/serving local foods
  - School Gardens
  - Education
- Rejoin group



## Montana Farm to School | Action Plan

Adapted from: Farm to Child Nutrition Programs Planning Guide, USDA (<https://fns-prod.azureedge.net/sites/default/files/f2s/FTS-Planning-Guide.pdf>)

### Building Your Team

Leads	Roles + Responsibilities
Members	Roles + Responsibilities
Advisors	Roles + Responsibilities

Establishing a Vision

Defining Local

Promoting + Marketing Your Program

Evaluating Your Efforts

### Buying and Serving Local Foods

	Action Steps	Who	Timeline	Resources Needed

### + Farms

	Action Steps	Who	Timeline	Resources Needed

### Education + Curriculum Integration

Goals	Action Steps	Who	Timeline	Resources Needed

For more information:

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[www.montana.edu/mfarmtoschool](http://www.montana.edu/mfarmtoschool)

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