



Welcome

2015 Farm to School Conference

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Dear Bringers of Joy,

“Those things you learn without joy you will forget easily.” Just think about this for a moment. It probably doesn’t apply in all circumstances but it’s definitely a concept that I think bears revisiting. Especially in the early years, joy should be a major factor or a requisite in a child’s educational experience.

When I started the Growing Minds program in 2002, I was careful to frame farm to school as something that could easily be integrated into the curriculum, that nonfiction farm to school themed literature could be used to prepare children for the end of grade tests, and pointed out that all of our Growing Minds lessons plans were correlated to the standards. All of this is true, but what I feel I left out was the joy. I thought in order to be taken seriously, I needed to focus on the tests, the curriculum, and the standards, and would perhaps be thought frivolous if other, less rigorous parts were highlighted.

But the wonder of learning (and teaching) should be joyful and what is more joyful than discovering a carrot growing under the ground, or that the tiniest of seeds can grow ginormous vegetables? From my favorite book of all time, *Scarecrow* by Cynthia Rylant, a line about joy/awe: “But he [Scarecrow] knows this, too: that there is a certain wonder going on around him. Seeds are being planted, and inside them there are ten-foot-tall sunflowers and mammoth pumpkins and beans that just go on forever.” ‘Nuff said.

EnJOY the conference!

Emily Jackson
Program Director, Growing Minds Farm to School Program





Agenda



2015 Farm to School Conference

- 8:30-9:00am** Registration
- 9:00-10:00am** Welcome and keynote
- 10:15-11:30am** **Workshops block one:**
Choose from four sessions
- 11:45-12:45pm** Local food lunch and networking
- 1:00- 2:30pm** **Workshops block two:**
Choose from four sessions
- 2:45-4:00pm** **Workshops block three:**
Choose from four sessions

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Visit Growing Minds online for farm to school lesson plans, recipes, books, and lots of other resources to make implementing your farm to school program a breeze!

www.growing-minds.org

ASAP

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www.appalachiangrown.org



Workshop Times & Locations



2015 Farm to School Conference

9:00-10:00 am - Welcome and Keynote (Blue Ridge Room)				
	Blue Ridge: Farm to Preschool	Balsam: Local Food in the Cafeteria	Cherokee: Community Connections	Pisgah: Classroom Connections
Workshop Block ONE 10:15-11:30 am	Successful Farm to Preschool Models	How School Food Works	Improving Community Health through Local Food and Farms	First Steps in Farm to School
11:45-12:45 pm: Break, networking, and local food lunch (Looking Glass Commons)				
Workshop Block TWO 1:00-2:30 pm	Cooking by the Book	Taste Tests, Promotions, and Student Engagement	Community Connections and Partnerships	Children's Literature Connections
Workshop Block THREE 2:45-4:00 pm	Local Food in Meals and Snacks	Farm to Institution	Developing Policies to Sustain Farm to School	Farm to School as a Curricular Theme

Workshops are filled on a first-come, first-seated basis. There is almost always room for everyone interested in each session. If you arrive to a room close to or after start time and a room is full, please have a backup session in mind.



Where We Work:

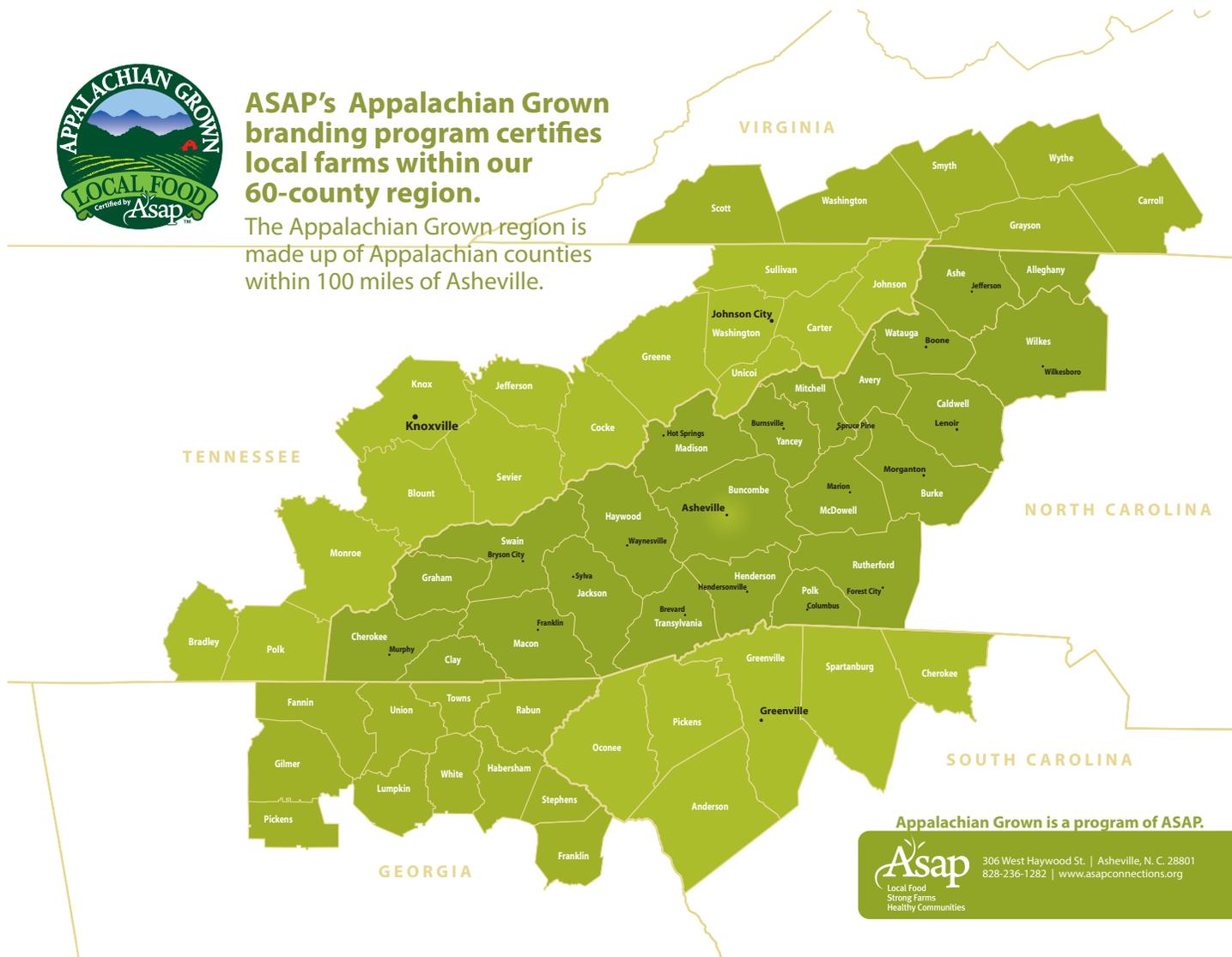


2015 Farm to School Conference



ASAP's Appalachian Grown branding program certifies local farms within our 60-county region.

The Appalachian Grown region is made up of Appalachian counties within 100 miles of Asheville.



Appalachian Grown is a program of ASAP.



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ASAP's mission is to help local farms thrive, link farmers to markets and supporters, and build healthy communities through connections to local food. ASAP (Appalachian Sustainable Agriculture Project) is a nonprofit that works to accomplish our mission by:

- Providing marketing support and training to area farmers
- Connecting area chef and foodservice buyers with the farmers who suit their needs
- Spearheading a Local Food Campaign, which includes our Local Food Guide, local food bumper sticker (have one on your car?), Get Local initiative, and more
- Certifying local products grown/raised in the Southern Appalachians as Appalachian Grown
- Running our Growing Minds Farm to School Program, which focuses on reconnecting children with where their food comes from
- Organizing Asheville City Market and coordinating the Mountain Tailgate Market Association

Workshop Descriptions



2015 Farm to School Conference

Morning Session: 10:15-11:30 am

Farm to Preschool Models

Blue Ridge Room

Lynn PolICASTRO, Wake County Smart Start

Deb Delisle, Hot Springs Community Learning Center

Farm to preschool in eastern NC and in western NC...find out what these two F2P advocates have to share about their respective programs and approaches. Can you get center staff excited about serving locally grown food? Can you use F2P to attain five star status? Can F2P be done on a shoestring? Attend to hear the answers to these questions and more!

Related Handouts

Farm to School Goes Home	98-99
Farm to Preschool	107
NC F2P Network	108

How School Food Works

Balsam Room

Leslie Guzman, Buncombe County Schools

Gain a foundational understanding of how school food works from an area School Nutrition Supervisor. Learn about state and national regulations, nutrition standards, and how school nutrition budgets are allocated. Attendees will have the opportunity to ask questions and learn how to best work with their school cafeterias to implement local food activities.

Related Handouts

Get Local @ School	11-12
Local Food Flow Chart.....	40
How School Food Works.....	37-38
National School Lunch Program	54-61

Improving Community Health through Local Food and Farms

Cherokee Room

Trish Hipgrave, Swain County WIC

Jennifer Brown, Swain County Schools

Pete McQuiston, Swain County Hospital

When different community agencies share the same goal of improving community health they can work together to strengthen the local food movement. This workshop will highlight the effort and activities taking place in Swain County, NC where the local School Nutrition Director, WIC Nutritionist, and hospital Food and Nutrition Director are collaborating with one another to promote local food and farms.

Related Handouts

Farm to School Goes Home.....	98-99
Creating Supportive School Nutrition Environments	102-105

First Steps in Farm to School

Pisgah Room

Jessica Sparks-Mussulin, ASAP

New to farm to school and not sure where to begin? Discover which pieces of farm to school are the best fit for you and your students. Learn about the four components of farm to school: local food in schools, farm field trips, local food cooking, and edible school gardens. Come away with ideas for starting up farm to school activities in your own classroom.

Related Handouts

110 Ways to Do Farm to School	29-30
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Workshop Descriptions



2015 Farm to School Conference

Early Afternoon Session: 1:00 – 2:30 pm

Cooking by the Book

Blue Ridge Room

Iva Jean Metcalf, Buncombe County

April Bosse, Child Care Center of First Presbyterian Church

Cooking with young children can be a rewarding experience for everyone, but it's important to know the rules and regulations in the early childhood education environment. This workshop will feature a early childhood licensing consultant as well as a preschool teacher who makes cooking with her students a priority. Attendees will have the opportunity to ask questions and will leave with the confidence to 'cook by the book!'

Related Handouts

Cooking with Preschool Children	108-112
Childcare Rules	133-136

Taste Tests, Promotions, and Student Engagement

Balsam Room

Brittany Wager, ASAP

Emily Cerrig, Lenoir-Rhyne University Dietetic Intern

Rebecca Jones, ASAP Intern

Though they often function as simply a place for students to eat, the school cafeteria can be a place for students to make connections to learning throughout the school day. Cafeteria taste tests are an easy and affordable way to connect the classroom, the cafeteria, and the community. In this workshop attendees will learn several models for conducting cafeteria tastings and different ways to build the connections to school gardens and other classroom activities.

Related Handouts

F2S Taste Tests in School Cafeterias	41-42
Taste Test Tips	43-44

Community Connections and Partnerships

Cherokee Room

Jessica Sparks-Mussulin, ASAP

Ameena Batada, UNC Asheville

What resources already exist in your community that you could tap into to support your farm to school efforts? We will discuss connecting with farmers, farmers markets, community organizations, volunteers, and universities in your community as resources to help you reach your farm to school goals.

Related Handouts

Farmer Classroom Visits	77-78
Hosting School Groups on Your Farm	92-97

Children's Literature Connections

Pisgah Room

Emily Jackson, ASAP

With children's literature encompassing everything from Appalachia to zucchini, there's also the opportunity to teach practically any subject! Scarecrow (by Cynthia Rylant) can help the reader "assess how point of view or purpose shapes the style of a text" and provide endless writing techniques. Join us with your enthusiasm for children's literature and leave with some new ideas sure to engage your students.

Related Handouts

Farm to School Children's Literature	13-14
Literacy Bed Activity	79
Scarecrow	81-82

Workshop Descriptions



2015 Farm to School Conference

Late Afternoon Session: 2:45 – 4:00 pm

Local Food in Meals and Snacks

Blue Ridge Room

Diane Beth, CACFP

Alexis Young, Child Care Center of First Presbyterian Church

Local food procurement is of interest to almost everyone but still a mystery. Can I afford it? Will CACFP (Child and Adult Care Food Program) allow it? How do I connect with farmers? These and other questions will be answered in this session by two dedicated and inspiring advocates of fresh, local food.

Related Handouts

Incorporating Local Food into Your Food Service	39
F2P: Local Purchasing Options	45-46

Farm to Institution

Balsam Room

Laura Sexton, UNC Asheville

Melanie Batchelor, Harris Regional Hospital

It's not just farm to preK-12! Across the country hospitals and universities are sourcing locally grown food for students and patients. Hear from Registered Dietitians based at UNC Asheville and Harris Regional Hospital about how they source and incorporate local food into menus and educational opportunities.

Related Handouts

10 Easy Ways to Incorporate Local Food and Farms into Health and Wellness Programming ...	91
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Developing Policies to Sustain Farm to School

Cherokee Room

Laurie Stradley, North Carolina Center for Health and Wellness

Farm to school policies can be a key component to program sustainability. Learn different ways schools and school districts have included farm to school activities in their wellness policies and how to make farm to school a permanent part of your school environment. Get up to date information on how state and national legislation may be affecting your program, learn how to advocate without crossing any lines, and discuss action steps to connecting with decision makers.

Related Handouts

Farm to School Advocacy.....	83-84
Farm to School Act of 2015	87-88

Farm to School as a Curricular Theme

Pisgah Room

Mary Jo Dyre, The Learning Center! Charter School

Susan Blomeley, The Learning Center! Charter School

Monica Gatti, The Learning Center! Charter School

Brittany Wager, ASAP

Local food and farm related activities can have more impact on students and families when presented as part of a school-wide or curricular theme, woven throughout the school year. The Learning Center! Charter School in Murphy, NC knows this well, weaving in local food, gardening, and outdoor learning environments into the culture of the school. This workshop will feature multiple perspectives from TLC: the School Director, the Nutrition Director, and a 1st Grade Teacher. Attendees will also learn about the new Growing Minds School certification program for Schools in the AG Region.

Related Handouts

Farm to School Children's Literature	13-14
This Week in the Garden example	15

Speaker Biographies



2015 Farm to School Conference

Ameena Batada, DrPH, is an assistant professor in the Health and Wellness Department at the University of North Carolina at Asheville. Dr. Batada engages undergraduate students in thinking about, getting active in, and advocating for healthier food systems and she collaborates with community organizations to conduct program evaluations and other research in order to understand and reduce health disparities. She enjoys drawing and painting, yoga, hiking, sea kayaking, gardening, and cooking.

Melanie Batchelor is the Wellness Coordinator and Diabetes Educator with Harris Regional Hospital. She is a member of the American Academy of Diabetes Educators, American Diabetes Association, and Academy of Nutrition and Dietetics. She enjoys her job because no two days are the same and she gets to share her passion for health and good food with the local community.

Diane Beth develops and delivers nutrition, physical activity and programmatic training and technical assistance for CACFP institutions. Additionally, Diane leads the Program's efforts in Farm and Garden to Preschool, CACFP Outreach and the NC Breastfeeding-Friendly Child Care Designation program. Diane has over 30 years of experience in public health and dietetics. In this and previous positions, Diane builds partnerships with local, state and national nutrition and physical activity programs to ensure integration and maximization of resources and outcomes. Previously she led work in support of healthy, local and sustainable food systems.

Susan Blomeley is the Nutrition Director at the Learning Center! Charter School. TLC's award-winning Nutrition program is teaching by example, everyday, by serving up homemade meals rich with nutrients, that look, smell, and taste delicious.

April Bosse works as the Program Coordinator for the Child Care Center at First Presbyterian Church of Asheville. She focuses her day on providing training and support to the teachers of children ages six weeks to five years old as they work to provide each class with curriculum and developmental strategies. Previously, April spent four years at Asheville City Schools Preschool as a Home Visitor and the Garden Coordinator. April's passion is outdoor learning and all the benefits that children can gain from this type of curriculum. Gardening, outdoor exploration and cooking with children are all part of the goals April is working on for her center and something she would love to see spread across our region.

Jennifer Brown is a School Nutrition Director with Swain County Schools. She is proud to say her work goals involve feeding kids healthy and nutritious meals they love to eat and laying the foundation for a lifetime of healthy eating! Jennifer has nine and six year old boys that give her an excuse to keep doing all the things she loves in the outdoors like kayaking, biking, camping, and hiking.

Emily Carrig is a Dietetic Intern with Lenoir Rhyne University. She recently moved to Asheville to pursue her education and is loving exploring the farmers markets, hiking trails and the delicious food the city has to offer. In her community rotation with Growing Minds, Emily conducted local food taste tests at area schools.

Deb Delisle is a Director of a 5 star state licensed child care facility, Hot Springs Community Learning Center. She has worked in the field of early childhood education for the past 20 years. Along with her staff, she has built an engaging outdoor learning environment, including edible gardens. A grassroots organizer, she is well-known for her integrity and support for the natural, authentic growth of children.

Mary Jo Dire is the director and founder of the Learning Center! Charter School. She is a fantastic advocate for experiential education in NC's far west.

Speaker Biographies, p. 2



Monica Gatti is a 1st grade teacher at the Learning Center! Charter School and is a recent graduate of Western Carolina University. Monica loves working with children and sharing her excitement about learning with the students. Her hobbies include clogging, morris dancing, gardening and cooking with children.

Leslie Guzman, RDN, LDN, works as a School Nutrition Supervisor for Buncombe County Schools. A graduate of Johnson and Wales' Culinary Nutrition program, Leslie is passionate about making healthy food taste great! She loves getting to combine two of her passions - cooking and wellness - to feed the students of Buncombe County.

Trish Hipgrave is a Registered Dietitian and WIC Director for the Swain County Health Department. Trish Hipgrave believes in educating and empowering people to maximize their health through better nutrition. Hipgrave is a Western Carolina University Alumni, with a Bachelor of Science degree in nutrition and dietetics, and will shortly be a Master of Health Sciences graduate. Hipgrave is the founder and manager of the Swain County Health Department's Produce Nutrition Voucher Program, Swain County Diabetes Program, Budget Friendly Grocery Store Tour Program, and a local foods and farmer's market advocate. In addition to her work, Hipgrave competes in Triathlons, Crossfit, and kayak races. Hipgrave is happy to tie nutrition in with the athletic realm in her own life as a consultant to the U.S. Masters Kayaking team on how to better improve their diet and performance.

Peter McQuiston is a native of North Carolina and had called WNC home since 2000. Peter serves as the director of food and nutrition at Swain Community Hospital in Bryson City, NC. Compass Group of North America has named Peter the Southeast Chair of the regional diversity and inclusion action team. Peter has a true passion for serving the underserved and has focused his talents around a partnership with Vecinos, a local farm worker health program. His program, Feed The Fields, delivers nutritious meals to migrant farm workers as well as provides health education. As a Bernstein Fellow, Peter hopes to build statewide relationships propelling his project to new heights. He is excited to see where this journey takes him next.

Emily Jackson is the founder and director of the Growing Minds Farm to School program at ASAP. She is ga-ga for children's literature (has a particular fondness for Cynthia Rylant), she cherishes children's sense of wonder in the garden, and she wants everyone in our community to have access to fresh, locally grown food. She is a former K-6 teacher and farmer and lives on a farm in beautiful Madison County with her husband, 5 chickens, 1 cat, and 2 dogs.

Rebecca Jones is an intern with the Growing Minds program. She enjoys talking with the children at local food taste tests, and hearing their responses about the local food they are trying each month. Best quote so far, "These tomatoes are, TOMATO-TASTIC!" - 3rd grader at North Buncombe Elementary School. Rebecca received her Bachelor of Science in Nutrition and Dietetics from Appalachian State University.

Iva Jean Metcalf has been a Child Care Licensing Consultant for 10 years and currently serves Buncombe County in this capacity. Prior to working as a licensing consultant, she was a Child Care Director for 17 years. Iva Jean holds a BS in Child and Family Studies from Western Carolina University. She is married with 4 children and 6 granddaughters, and lives in Weaverville, NC on the farmland that her grandparents and Dad passed to her, and where she grew up.

Lynn Policastro is the Farm to Child Care program coordinator with Wake County SmartStart. She has worked over 20 years supporting early childhood providers in North Carolina through quality enhancement projects, licensing and training, including leadership on the NC Child Care Commission for many years. Through her experiences in helping child care programs provide quality care she has focused on supporting programs in providing more active play and fresh food options. Currently through the Farm to Child Care project she is helping to expand the use of fresh, local produce that is being served to our youngest in Wake County. She holds a BS in Child Development with a K-6 teaching certificate from Meredith College.

Speaker Biographies, p. 3



Laura Sexton is an RD with UNC Asheville. She enjoys collaborating with students, faculty, and staff to strengthen awareness and education around the many issues surrounding our food system and relationship to food.

Jessica Sparks-Mussulin is a Growing Minds Program Coordinator at ASAP. She helps educators with their farm to school programs by coordinating Growing Minds Farm to School Funding opportunities, providing teachers with Growing Minds resources, as well as coordinating Growing Minds @ Market at farmers markets. Jessica also works on the Growing Minds @ University project, helping to integrate local food and farm to school experiences and training into university undergraduate and graduate curricula. She loves seeing the moments where children connect to where their food comes from and watching them get excited about it!

Laurie Stradley is the Director of State and Community Collaboration at the NC Center for Health and Wellness and the NC state lead for the National Farm to School Network. After working in applied physiology at the US Army Research Institute of Environmental Medicine, she then refocused on physical activity and health promotion with Be Active North Carolina. While at Be Active, Laurie worked with schools and communities to increase access and remove barriers to physical activity. At the N.C. Center for Health & Wellness, Laurie uses her experience in coalition building and community collaboration to improve the health and wellness of North Carolinians locally, regionally and across the state.

Brittany Wager is a Growing Minds Program Coordinator at ASAP and is the SE Regional Lead for the National Farm to School Network. She helps educators implement farm to school activities like cooking demos, farm field trips, and school gardens. She loves the hands on nature of farm to school and believes that it is a dynamic, relevant way for students to learn. At ASAP Brittany is able to tap into her love of cooking, gardening, and education to promote farm to school throughout Western North Carolina and the southeast.

