



## What Does Growing Minds Offer *Resources for College Students and Interns*

ASAP offers farm to school resources, training, and technical assistance to college students, interns, and Dietetic Interns. Resources we offer students and teachers include:

### **Research Project Opportunities**

ASAP works with you and your advisor to facilitate and conduct a research project related to or as part of Growing Minds @ University. Contact Emily Jackson ([emily@asapconnections.org](mailto:emily@asapconnections.org)) for more information.

### **Cooking demonstrations**

**Farm to school cooking resources** – Recipe lesson plans and up to \$25 stipends for locally grown food and supporting ingredients for cooking demos and activities.

**Taste tests** – We can provide recipes and suggestions for taste test activities. We also offer students up to \$40 stipends for locally grown products and supporting ingredients.

**Cooking and taste test kits** – Kits are available to check out of the ASAP office that contain supplies for cooking classes and taste tests.

### **School Gardens**

**Free seeds for school gardens** – A variety of seeds that grow well during the school year are available in our office on a first come, first served basis.

**Gift cards for school gardens** – A limited number of gift cards to be used for school garden materials.

### **Farm to School Funding**

**Funding is provided for** farm field trips, farmer visits, school gardens, local food taste tests, and local food cooking classes/demonstrations. Visit <http://growing-minds.org/farm-to-school-funding/> for more information and to apply.

### **Print Materials**

**Free promotional materials** – Our Get Local calendars (local harvest of the month calendars), Get Local book marks, and free class sets (25 in a set) of "I tried local \_\_\_\_\_" stickers, and Get Local recipe cards.

Email [brittany@asapconnections.org](mailto:brittany@asapconnections.org) to request resources, to find out where to source local food in your area, and get more information on conducting local food events.



**growing minds @  
university**

**Payment Information and Agreement**

In accepting resources and assistance from ASAP's Growing Minds Program, we ask that you pledge to follow the guidelines below to the best of your ability:

1. We encourage you to buy locally grown food directly from farmers when possible. Get ideas for finding local food at *appalachiangrown.org* and *fromhere.org*. You are **required** to use at least one locally grown item in order to be reimbursed for your activity.
2. Incorporate information about local food and farms into your farm to school activity or lesson.
3. Do NOT sell ASAP or Growing Minds materials or resources.
4. Report back to us! Please submit a photo (with permissions) and stories. We love to hear how Growing Minds stipends, lesson plans, and promotional materials are being used.

To receive your stipend, please first contact us to tell us briefly about your project and check resource availability. When you purchase local food and supplies, save your receipts, submit them to us, and we'll reimburse you up to \$25 for cooking classes and up to \$40 for taste tests. By signing below you pledge to follow the above guidelines to the best of your ability. We in turn pledge to support you in your endeavors to make farm to school and local food activities available to the groups you work with.

**Signature:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**School Name and/or University Department:**

\_\_\_\_\_

**Grade Level/Course Name and Description:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**E-mail Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_