
Indiana Food Day Toolkit

— A Guide for School Organizers —
2020

Celebrate

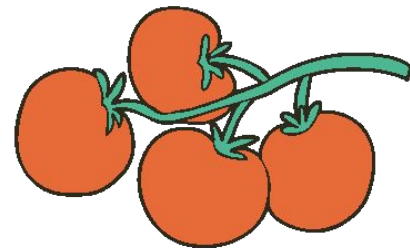


FOOD DAY



Featuring sustainable
and locally-grown items

What's it all about?



One active piece of the Indiana farm to school movement has been the implementation of Food Day in the month of October to align with National Farm to School Month.

Indiana Food Day encourages healthy eating and supports farm to school and other local food purchasing initiatives throughout our state.

It is also a fun way to connect food and nutrition to all kinds of classroom curricula – from science to art!

When to celebrate?

Indiana celebrates Food Day in October to align with National Farm to School Month.

In Indiana, schools celebrate Food Day any day during the month of October to accommodate the different school calendars.



Indiana Food Day Workgroup

The Indiana Farm to School Food Day Workgroup is composed of the [American Dairy Association Indiana](#), [Margaret Mary Health](#) and the [Indiana Department of Education School and Community Nutrition](#) to promote Food Day in Indiana schools.



Indiana Food Day Theme

Every January, the Indiana Farm to School Food Day Workgroup meets to choose a theme for the current year. The workgroup selected to highlight spinach.

We hope you join us in celebrating spinach for 2020!

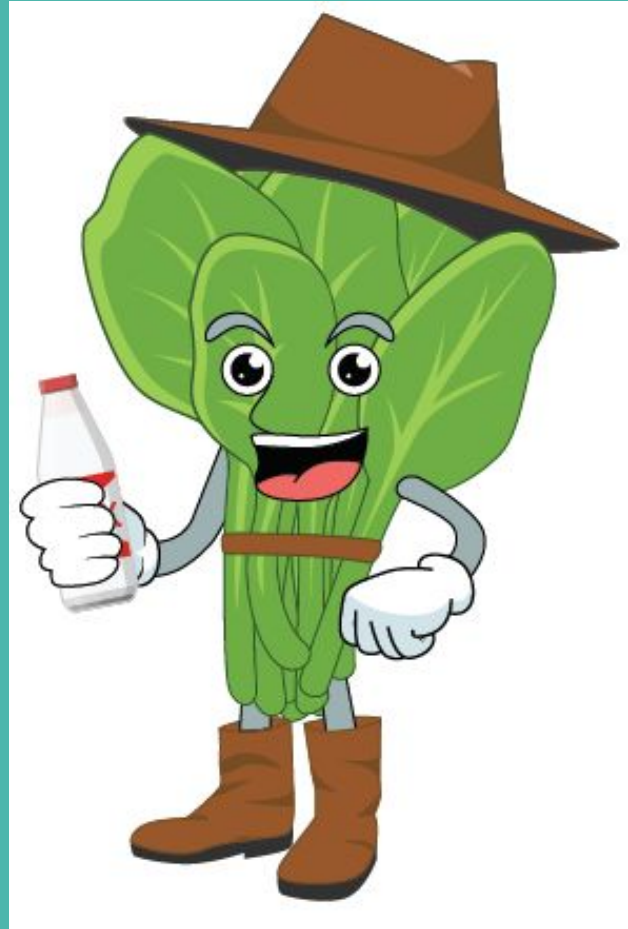


2020 Indiana Food Day Theme
Spectacular Spinach!



Meet Farmer Spinach

The Food Day Mascot





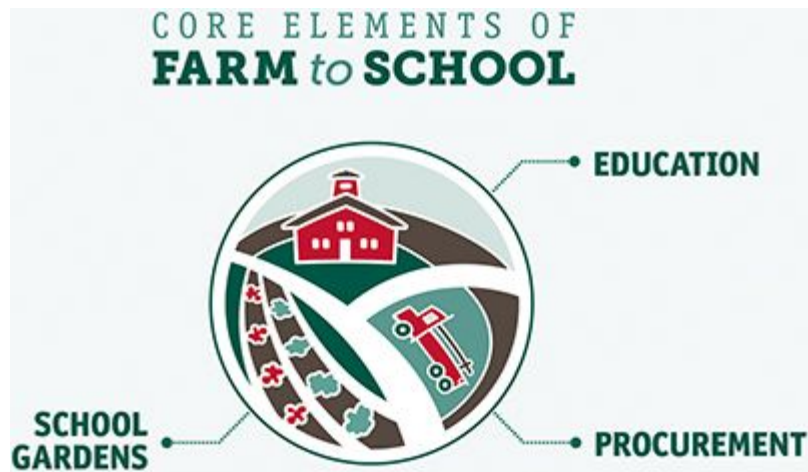
What is in the Indiana Food Day Toolkit?

Tools and resources to help you plan a memorable Food Day event!

What is in the toolkit?

Indiana Food Day ...

- Food Day Recipes
- Checklist for Organizers
- Cafeteria Connections
- School Garden Resources
- Classroom Connections
- Advertising Materials



Food Day Recipes

A decorative border of fresh fruits including blueberries, strawberries, a banana, and a kiwi surrounds the text.

YOGURT SMOOTHIE RECIPE

WHY SMOOTHIES?

- Yogurt counts as a meat alternative.
- Milk and yogurt make smoothies a simple way to get protein, calcium, and vitamins A and D.
- Smoothies are a portable, powerhouse drink! They combine grain, fruits, vegetables and dairy into a rich, creamy, nutrient-dense drinkable meal.
- Reduce waste by freezing single serving smoothies to be served on the lunch line or supper meals.
- Smoothies using milk and yogurt help students to feel full longer.
- Making smoothies helps with decreasing waste of uneaten fruits and vegetables.

SUPER GREEN SMOOTHIE

Makes six 16 oz. servings

Meal pattern: ½ cup fruit, 1 oz. eq. meat alternate, 8 oz. milk, 1/8 cup dark green vegetable

- 1 ½ cups raw spinach
- 3 cups frozen pineapple chunks
- 24 fl. oz. low-fat vanilla yogurt
- 6 tsp honey
- 48 oz. fat-free milk

Blend spinach, pineapple and honey together. Add milk and yogurt and blend again.

HINTS

- Use your less than perfect fruits in smoothies-browned bananas work great!
- Smoothies can be made with or without blenders.
- Get students involved by having a smoothie recipe contest.
- Try adding Greek yogurt or cottage cheese for a protein boost!
- Use flavored milk to add variety.

BAKED SPINACH, SWEET POTATO & YOGURT DIP

Adapted from Baked Spinach Artichoke Yogurt Dip Recipe in The Dairy Good Cookbook by Indiana State University Interns

INGREDIENTS

- Softened butter, for the baking dish
- 1 16-ounce can sweet potato (dry pack), diced
- 1 10-ounce package frozen chopped spinach, thawed and squeezed dry
- 1 cup plain yogurt (can use Greek)
- 1 cup shredded mozzarella cheese
- 1/2 cup grated parmesan cheese
- 1/4 cup thinly sliced green onions, white and green parts
- 1 garlic clove, grated
- 1/4 cup chopped red bell pepper
- Chips or toasted bread rounds for dipping

DIRECTIONS

Preheat the oven to 350 degrees F.

Grease a 1-quart casserole dish or 9-inch glass pie plate with softened butter; set aside.

In a large bowl, combine the sweet potatoes, spinach, yogurt, mozzarella, Parmesan, green onions, garlic, and bell pepper; mix thoroughly.

Transfer mixture to the prepared dish. Bake for 30 to 35 minutes or until bubbling and lightly browned on top. Let stand for 5 minutes.

Serve with chips or toasted bread.



Spectacular Grilled Cheese Sandwich

For the recipe, click [here](#).



Additional Recipes from the Culinary Skills for A+ School Meals Workshop

- Strawberry, Spinach and Chicken Salad ([found on page 210](#))
- Spinach Pesto ([found on pages 155-156](#))
 - Build a better sandwich with spinach pesto spread
 - Top pasta with spinach pesto

For the Culinary Skills Manual, click [here](#).



Crediting Spinach

The [Food Buying Guide](#) for Child Nutrition Programs has all of the current information in one manual to help you and your purchasing agent:

- Buy the right amount of food and the appropriate type of food for your program(s)
- Determine the specific contribution each food makes toward the meal pattern requirements.



Checklist for Organizers

Checklist for Event Organizer

- Identify support staff and volunteers to help plan and execute the event
- Pick a date in October for your event
- Establish a timeline
- Make plans for a summer or fall garden
- Plan your menu/test recipes
- Plan classroom activities
- Grow or purchase local spinach for your event
- Share your story on social media



Sample Food Day Timeline

Batesville's timeline from Food Day

In April, all partners met to discuss timeline. A farmer was recruited to grow turnips and participate in Food Day activities. Margaret Mary Health (MMH) provided administrative support (copying and supplies). A MMH representative communicated with all of the partners to assure the timeline was being met.

April - partners meeting, curriculum ideas developed for teachers

May - farmer selected

Mid-July - turnips planted by farmer

August - turnips planted in containers by students with help of farmer

August - email to teachers describing program

August - food service staff determine which recipes to sample. Staff prepared recipes for tasting

September - MMH sponsors Food Day at the local farmers market on the second Saturday of September

September - Hold tasting. Students vote on their favorite recipe. Farmer and or chef visit school

Mid-October - Harvest turnips from school gardens

October 21 & 28 - Food Day activities at Batesville Intermediate School

October 21 & 28 - Food Day activities at Batesville Primary School

Cafeteria Connections

Cafeteria Connections

Feature spinach in your cafeteria using one or more of the following ideas. **Kids are more likely to try a food that you promote.**

- Try a new recipe
- Set up a spinach display in the cafeteria
- Introduce your students to a chef
- Host a harvest celebration



Promoting Spinach on Food Day

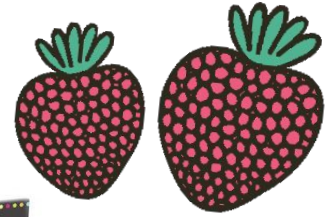
Feature Food Day in your cafeteria using one or more of the following ideas:

As students come through the serving line, point out the spinach offerings. Offer praise and encouragement to students who take the dish.

Invite a gardener or farmer to lunch.

Survey students—Ask students how to prepare a spinach dish that will be most appealing to them on the cafeteria line.

Taste Testing Local Foods in Schools



We recommend taste tests!

Guide to Taste Testing Local Foods in Schools



- This guide is designed to help school nutrition staff, teachers, and farm to school coordinators develop a successful taste test program, a strategy which VT FEED has found to be effective at encouraging children to try new foods, explore a variety of healthy dishes, and develop lasting healthy eating habits.
- This guide provides the tools and resources to help implement a taste testing program in your school in order to:
 - broaden student experiences with a variety of foods
 - introduce foods that are locally grown and available
 - integrate new, local foods into school meal programs and get students to eat them
 - involve students and staff in school food change

Taste Testing Toolkit

https://issuu.com/tdafoodandnutrition/docs/tda-tastetestingmanual_digital-fina

conducting A TASTING

step 1

Pull together your team of co-collaborators.
Change is not made in a vacuum. If this is the first time you are coordinating, make sure to pull together a committee or an informal group of contributors that can assist with planning and coordination.

step 2

Choose a date with no major scheduling conflicts.
Make sure that principals, teachers, foodservice staff and custodial staff are aware of the event as far in advance as possible. Be conscious of any field trips or other activities that events that could impact attendance on the day you have chosen.

step 3

Communicate out to students, parents and families.
Don't stop at promoting this special event! Include look-alike the new menu items and have fun in your messages to promote your event. Take advantage of the promotional items provided by TDA. Find facts and information on fruits and vegetables at TDA's Harvest of the Month website. www.tda.org

step 4

Work the checklists and timelines!
Checklists can be the difference maker when it comes to a great first taste. In advance so you can take it all in and participate in the great event you have coordinated. See pages 8 and 9 for ideas.

TIPS & TRICKS: Communicating to your target audiences

School Staff

Teachers are the most important audience for this program. They are the ones who will be introducing new foods to their students. They are also the ones who will be providing information to parents and families. They are the ones who will be providing information to students. They are the ones who will be providing information to the community.

Students

Students are the most important audience for this program. They are the ones who will be introducing new foods to their students. They are also the ones who will be providing information to parents and families. They are the ones who will be providing information to students. They are the ones who will be providing information to the community.

Families

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*tip

These taste tests for October that feature TDA products and are presented on social media are a great way to promote the food items. They are also a great way to promote the food items. They are also a great way to promote the food items.

checklists & timelines

A Four-Week Plan

- 1. Assess your staff, time and location of a food committee meeting.
- 2. Decide what food will be tested. Make sure the selected foods align with your goals and the school food plan.
- 3. Communicate logistics to all teachers.
- 4. Identify parents, students and staff members who are willing to help with food preparation and clean-up on the day of the taste test.
- 5. Promote! For taste test, use the school's social media channels as well as your school website and newsletters.
- 6. If you're using locally-grown products, consider the farmer or grower and include them to participate. Farmers can help to build their brand awareness and share their love of the food.

One-Week Timeline

- 1. Verify that the taste test food items have been purchased or are being delivered before the date needed.
- 2. Confirm attendance of all educators and guest speakers and share responsibilities (collection, table, time, check-in, etc.).
- 3. Send all educators about the new testing to the Food Department or Agriculture.
- 4. Send all educators to prepare displaying the new test and the results.
- 5. Consider sending home with all information materials or recipes. Students love to share what they have learned at school with their families. Once you've had a few successful taste tests, consider testing food in the cafeteria.

Day of the Week

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*tip

Remember that planning can be completed weeks prior to event.

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coordination details

Simplicity is the name of the game when it comes to selecting foods to taste. Start simple by selecting a food item that requires less preparation and is easy to hand out to students. Local apples dipped in low-fat yogurt and garden grown tomatoes with simple seasoning are good examples.

By starting small, you'll find your own best moments and beyond the program forward. Once you are comfortable with the routine of simple taste tests, add complexity.

Consider offering multiple taste tests of an item to increase the students' exposure to a certain food or recipe. If you are providing nutrition education, clearly specify topics and questions to ask the students. Display the featured food and display the information.

Cut the featured item into small or pieces or slices so that each student can taste a bit.

Offer portions of the items to each student. Allow students to describe samples if they are uninterested or unwilling to participate.

Display unprepared samples of the ingredients of the taste test to allow students to see and touch the food in its original form.

Ask students to think about how each item tastes and smells, and if foods differ from other varieties. Have students make the "promise to be honest" in their feedback.

Can I use local foods in the cafeteria?

YES! Food service directors use locally grown school produce in the cafeteria every day.



Where to find registered farmers?

In order to sell to schools, local growers must comply with the Food Safety Modernization Act [flowchart](#).

It is recommended for food service directors to buy from producers who are registered with the [Indiana State Department of Health Food Protection Program](#) and receive [Produce Safety Alliance Good Agricultural Practices Growers Training](#).

- [List of Registered Farmers/Producers](#)
- [Conversation Guide for Farmer & Food Service](#)

USDA Fact Sheets

10 Facts About Local Food in Schools

Using DOD Fresh to Buy Local

Geographic Preference: What It Is and How To Use It

Selling Local Food to Schools

USDA Foods: A Resource for Buying Local



Will my food day purchase qualify for the micro purchase threshold?

YES! Use micro purchasing when the aggregate value of your purchase *falls below* the micro purchase threshold of \$10,000.

The threshold for micro-purchases has increased from \$3,500 to \$10,000.

- [Procurement Information Sheet](#)

USDA Procurement Guide
click [HERE](#)



School Gardens

Suggested Spinach to Grow

For a true spinach type, we recommend growing Space Spinach or Reflect Spinach.



Grow Your Own Spinach

School Gardens Fact Sheet



Can food grown in school gardens be served in the cafeteria?

School Food Authorities (SFA) can use school garden produce in their school kitchens. There is no Federal regulation that prohibits the use of school garden or school farm produce in school meal programs. In fact, **it is encouraged!**

SFAs have multiple options for using school garden produce to benefit school meals.

[Food Safety Fact Sheet: Get the Facts about Food Safety](#)

Are school gardens an allowable cost from the nonprofit food service account?

We receive several questions about the use of funds from the nonprofit school food service account to cover expenditures related to farm to school activities and school gardens.

The questions and answers below address specific scenarios that school food authorities (SFAs) may be dealing with when considering the allowability of such costs. Please see SP 32-2009, School Garden Q&As for additional information about school garden expenses.

[Farm to School & School Garden Expenses Policy Memo](#)

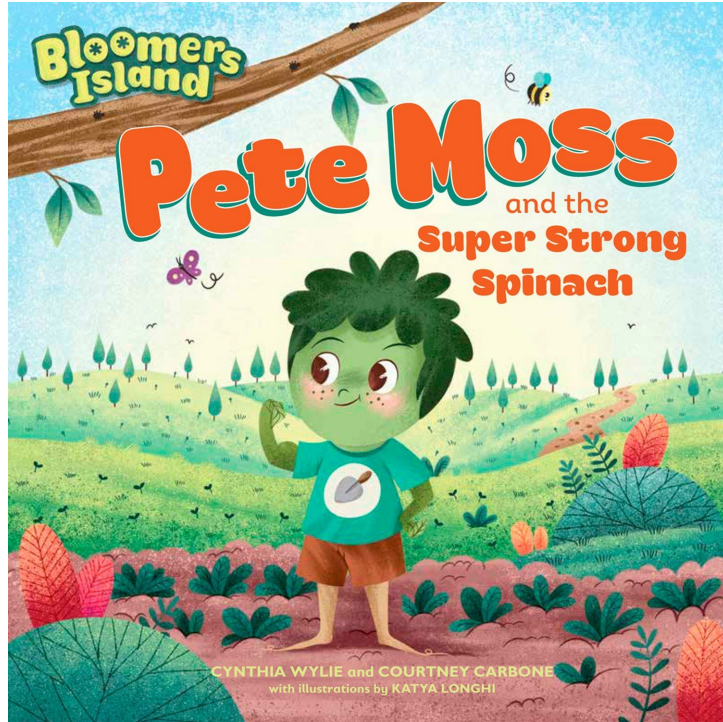
Classroom Connections

Indiana Dairy Farm Tours

- [Episode 1](#)
- [Episode 2](#)
- [Episode 3](#)
- [Episode 4](#)



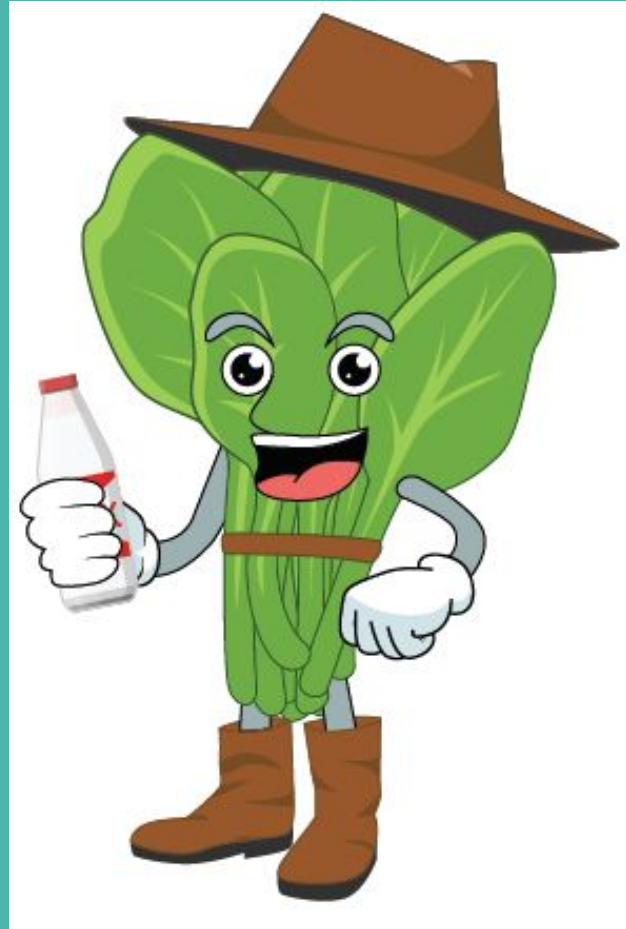
Reading Corner – Children's Books



Advertising Materials

Mascot

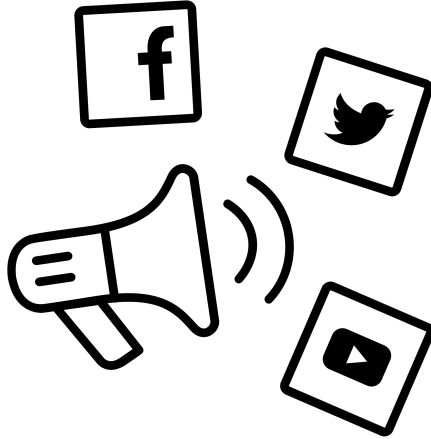
Use the mascot when promoting Indiana Food Day within the community, on your school website or social media page, and be sure to use it within your school building too.



Grow & Tell

Grow fresh spinach in your school garden.

Use [#INFoodDay](#) to share your story on social media.



For more information on farm to school,
visit our website.

<https://www.doe.in.gov/nutrition/farm-school>



Thank you for being an advocate for farm
to school!

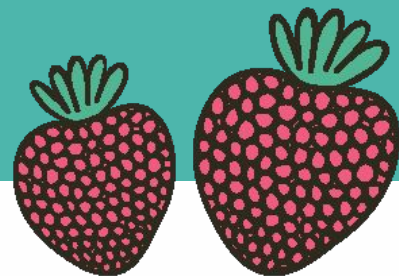


THANK YOU

NATIONAL
FARM to SCHOOL
MONTH



The Indiana Food Day Workgroup looks forward to hearing about your *spectacular spinach* celebration in October!



Submit spinach stories and photos to Maggie Schabel,
Indiana Department of Education Farm to School Specialist:
mschabel@doe.in.gov.