
Indiana Food Day Toolkit

— A Guide for School Organizers —
2021

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](#), [No Kid Hungry](#), [Margaret Mary Health](#), [Big Green Indianapolis](#), and the [Indiana Department of Education School and Community Nutrition](#) to promote Food Day in Indiana schools.

PURDUE
EXTENSION | NUTRITION EDUCATION
PROGRAM



INDIANA



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 potatoes.

We hope you join us in celebrating potatoes for 2021!



2021 Indiana Food Day Theme

Positively Potatoes!



Meet The Super Spud Squad

The Food Day Mascots





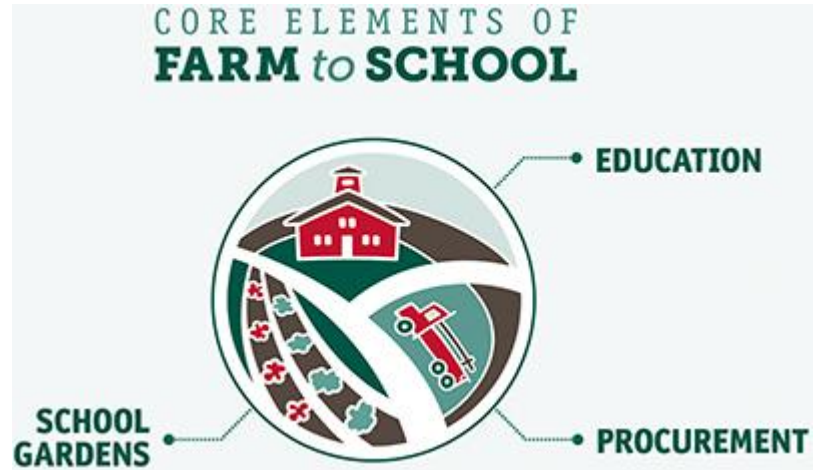
What is in the Indiana Food Day Toolkit?

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

What is in the toolkit?

Indiana Food Day ...

- Meet the Team
- Food Day Recipes
- Checklist for Organizers
- Cafeteria Connections
- School Garden Resources
- Classroom Connections
- Procurement
- Advertising Materials



Super Spud Squad



Fun Facts About Potatoes

Yukon

- 'Yukon Gold' potatoes were first bred in Canada and are named after the Yukon River. The gold color is a reference to the gold rush.
- Yukon potatoes are one of the few types of vegetables that can grow in Alaska.

Red

- Red potatoes were brought over to Europe from Peru by Spanish explorers in 1560's. Once they became popular all over Europe, they made their way to the United States.
- Red potatoes are great for recipes both hot and cold because these potatoes hold their shape very easily.

Fun Facts About Potatoes (cont.)

Purple

- All potatoes are rich in potassium, but purple potatoes go an extra step with having anthocyanin. Anthocyanin gives the potatoes their purple color and is a powerful antioxidant that makes these a perfect choice for a healthy meal!
- Purple potatoes contain chlorogenic acid that helps prevent blood clots from forming.

Russet

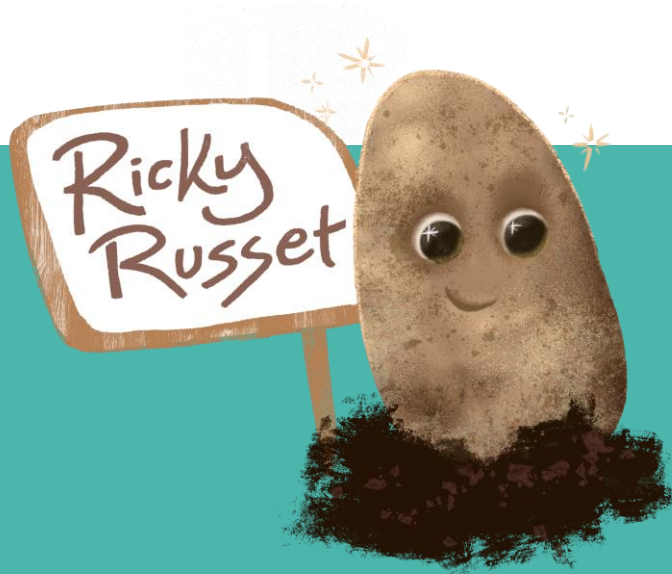
- The “French fry potato” as Jimmy Buffet would call it
- Great source of Vitamin C which helps us heal faster when we get hurt

Fun Facts About Potatoes (cont.)

Sweet Potato

- Sweet potatoes play really well with others—you can bake them in sweet dishes, savory dishes, and you can even put them in smoothies.
- Sweet potatoes are actually considered flowers. They are in the same genus as the morning glory!

Food Day Recipes



Ingredients

8 red skinned potatoes, cleaned and quartered
(a variety of potatoes can be used)
2 ribs of celery, diced
2 cups sweet onion, diced
1 red bell pepper, seeded and diced
2 tbsp olive oil
4 slices bacon, cut into small pieces
½ cup thinly sliced green onions
¼ cup parsley, minced
2-3 tbsp of fresh herbs- basil, thyme, sage, tarragon
1 cup reduced fat mayonnaise
1 cup Greek yogurt
3 tbsp Dijon mustard
2 tbsp cider vinegar
1 tsp black pepper
1 hard cooked egg, sliced for garnish

Roasted Potato Salad

Yields: 12- ½ cup servings



Directions

1. Preheat oven to 400 degrees F.
2. Toss potatoes, celery, onion, red bell pepper and olive oil in bowl. I used carrots in this version.
3. Spread onto 12 x 18 baking sheet pan.
4. Roast for 20 minutes.
5. Remove from oven and place in large mixing bowl.
6. In measuring cup add yogurt, mayonnaise, mustard, sugar, vinegar and pepper.
7. Whisk well.
8. Pour over warm vegetables and combine.
9. Garnish with sliced hard boiled egg, bacon crumbles OR blend into mixture.

Roasted Potato Salad (cont.)



Ingredients

2 lbs. Boneless skinless chicken, cut into strips

¼ cup barbecue sauce, plus additional for serving

2 cups assorted potatoes, thinly sliced

1 green or red bell pepper, seeded and sliced into strips or rings

½ cup thinly sliced green onions, white and green parts

Freshly ground black pepper

2 cups shredded Cheddar cheese

Cheesy Potato Chicken Packets

Yields: 8-1 cup servings



Directions

1. Preheat the oven to 375 degrees.
2. Layer boneless chicken on oiled pan; top with barbeque sauce, slices of potatoes (use a variety), stripes of peppers and green onions.
3. Season to taste with salt and black pepper.
4. Cover with foil and seal tightly.
5. Bake 35 minutes.
6. Peel back the foil and top with cheese
7. Return to the oven for 2 to 3 minutes, or until the cheese has melted.
8. Serve with additional barbecue sauce, if desired.

Cheesy Potato Chicken Packets, (cont.)



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.

Yields: 6 cups, Servings size: 2 Tablespoons



Sheet Pan Roasted Vegetables With Eggs and Queso Fresco

Yields: 12 cups; serves 6 w/egg or 24 ½ cup serving w/o egg

Ingredients:

- 2 cups sweet potato, cut to 1/2-inch dice
- 1 large russet potato, cut to 1/2-inch dice
- 1 large carrot, cut to 1/2-inch dice
- 1 large red onion, peeled and cut to 1/2-inch dice
- 2 tablespoon olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1 teaspoon kosher salt
- 6 eggs
- 3/4 cup Colby Jack cheese, shredded
- Salt and pepper to taste
- 1/4 cup queso fresco, crumbled
- 1/2 cup fresh cilantro leaves, loosely packed
- 2 tablespoon pepitas, shelled and roasted
- 1 avocado, pitted and diced
- 1 cup green salsa



Sheet Pan Roasted Vegetables (cont.)

Directions:

1. Preheat oven to 425 degrees F.
2. Combine potatoes, carrot and onion in a large bowl. Add olive oil, cumin, chili powder and salt and toss until oil spices are evenly distributed. Transfer vegetables to a sheet pan and arrange in a single layer.
3. Roast vegetables in preheated oven for 35 to 40 minutes, stirring halfway through, until potatoes are tender and starting to brown.
4. Remove the pan from the oven and rearrange vegetables to create 6 wells. Gently crack an egg into each well, keeping the yolk intact. Sprinkle vegetables and eggs with Colby jack cheese.
5. Return the pan to the oven and bake until the cheese is melted and egg whites are set, 5 to 7 minutes. Season to taste with salt and pepper. Garnish pan with Queso fresco, cilantro, pepitas and avocado. Serve with a side of green salsa.

Visit [USDairy.com](https://www.usdairy.com) for more recipes

Southwest Sweet Potato Skins

Yields: 8 servings

Ingredients

Potato Skin:

1 tablespoon butter, melted

4 small sweet potatoes, cut in half widthwise

1 large poblano pepper, halved with stem and seeds removed

1 can black beans, drained and rinsed

1 teaspoon ground cumin

1 teaspoon chili powder

1 teaspoon salt

1 cup shredded cheddar or Monterey jack/cheddar cheese blend, divided

Yogurt Sauce:

1/4 cup Greek yogurt

1 teaspoon chipotle hot sauce

1/4 teaspoon salt

Juice of 1 lime

Garnish:

1/4 cup cilantro leaves, chopped

2 green onions

1 large avocado diced



Southwest Sweet Potato Skins (cont.)

Directions:

1. Bake in preheated oven for 25-30 minutes or until potatoes are cooked through yet still slightly firm, and skins are slightly withered and golden.
2. Remove from oven and allow potatoes to cool for 10 minutes.
3. When potatoes are cool enough to handle, lightly score the flesh with a paring knife to create a grid pattern. Gently scoop potato flesh into a large bowl, careful to leave potato skins intact. Place skins, hollowed side up, back on baking sheet.
4. Dice poblano peppers and add to bowl with potatoes. Add black beans, cumin, chili powder, a 1/4 cup of the cheese and salt and toss gently to combine.
5. **To stuff the potato skins**, divide mixture evenly between potatoes skins, top with the remaining 3/4 cup of cheese.
6. Switch oven to broil and place baking sheet back in the oven. Broil for 2-3 minutes or until cheese is melted and golden.
7. **To make the sauce**, combine Greek yogurt, chipotle hot sauce, lime juice and salt in a small bowl and stir until smooth.
8. Remove potato skins from oven and top with cilantro, onion, diced avocado and yogurt sauce. Serve immediately.

Sweet Potato Orange Smoothie – serves 16

Ingredients:

5 $\frac{3}{4}$ cups Mandarin orange segments, canned, drained

1 lb. sweet potato chunks, IQF*

4 lbs. Lowfat Vanilla Yogurt

Chill drained oranges several hours or overnight under refrigeration.

Directions:

1. Place fruit, sweet potatoes and yogurt in large capacity blender (or prepare in batches).
2. Blend on high speed 1 minute; stop blender and stir ingredients with spatula.
3. Continue to blend until smooth.
4. Portion into serving cups and cover. Serve chilled. Smoothies may be refrigerated overnight.



More recipes at:

<https://www.generalmillscf.com/recipes/>

Poutine – Potatoes, cheese curds and gravy!

- What is Poutine? Pronounced “poo-teen”, it is a dish composed of fries topped with cheese curds and hot gravy.
- It can be topped with veggies, chili, pulled pork, and, really, anything!
- Considered a popular comfort-food in Canada, Poutine is a slang word for “mess”.
- Find Chicken Fries Poutine, Turkey Bacon Poutine, and other recipes [here](#).



Additional Recipes from the Culinary Skills for A+ School Meals and Healthy School Meals

- Roasted Potatoes (from [Culinary Skills](#) pages 31-32)
- [Baked Potato Bar](#)
- [Mexicali Taco Boat](#)
- [Underground "Candy"](#)
- [Raspberry Chipotle Veggie Taco](#)

Find Healthy School Recipes [here](#),
and the Culinary Skills Manual [here](#).



Crediting Vegetables

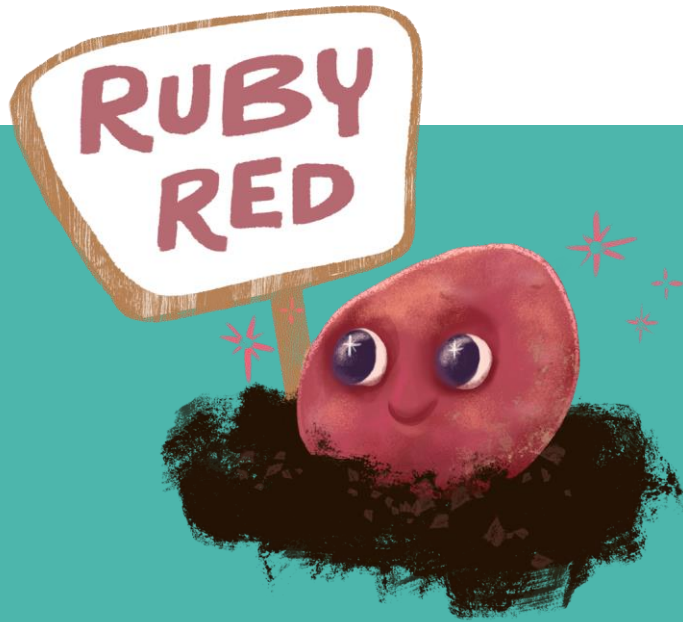
The [Food Buying Guide](#) for Child Nutrition Programs has all of the current information in one manual to help you and your purchasing agent:

- Buy the right amount of food and the appropriate type of food for your program(s)
- Determine the specific contribution each food provides toward the meal pattern requirements
 - [Lunch Meal Pattern](#)
 - [Breakfast Meal Pattern](#)



**Food
Buying
Guide**

Checklist for Organizers



Checklist for Event Organizer

- Pick one activity or even more than one!
- Identify support staff and volunteers to help plan and execute the event-these could include principles, teachers, foodservice staff, parents, or community organizations such as Purdue Extension, Farmers, local businesses and Chefs.
- Pick a date in October for your event
- Establish a timeline (see next slide)
- Make plans for a summer or fall garden
- Plan your menu/test recipes
- Plan classroom activities
- Grow or purchase local potatoes for your event
- Share your story on social media



Sample Food Day Timeline

March

- Partners meet
- Determine Food Day item

April

- Partners meet
- Develop curriculum ideas
- Email teachers describing program including suggested timeline
- Schools select Food Day activities
- Schools select farmers to plant potatoes
- Farmers plant potatoes

May

- Partners meet
- Students plant potatoes in school gardens
- Food Service staff decide on recipes that students will sample
- Farmers plant potatoes

June

- Sweet Potatoes planted by farmers

Sample Food Day Timeline (cont.)

July

- DOE to promote in newsletters

August

- DOE to promote in newsletters
- Food service staff tests recipes for sampling (using focus group)
- Teachers begin planning/executing curriculum
- Promote local farmers market to schools, students & families; encourage meeting with farmers, taking a selfie with a farmer, and purchasing vegetables

September

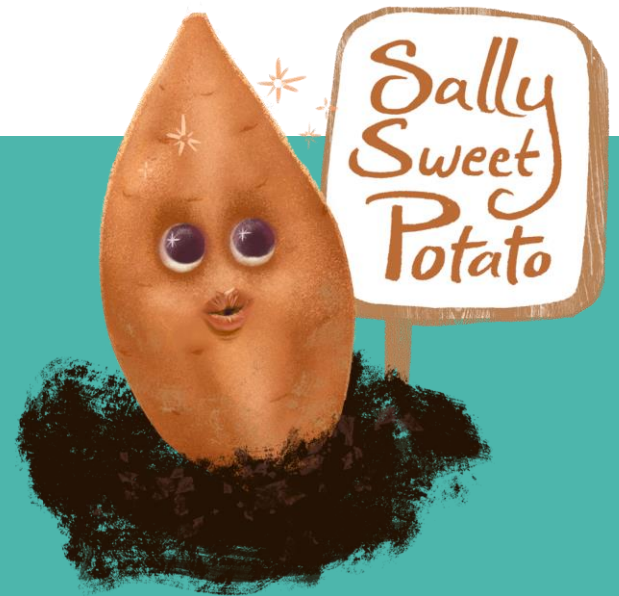
- Harvest potatoes
- Food service staff conduct food samplings
- Students vote on their favorite recipe
- Chef or local farmer visits school on Food Day

October

- Harvest sweet potatoes
- Schools host Food Day activities
- Schools share success stories
(email efoland@doe.in.gov)



Cafeteria Connections



Cafeteria Connections

Feature potatoes 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 potato display in the cafeteria
- Introduce your students to a chef
- Host a harvest celebration



Promoting Potatoes 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 potato offerings. Offer praise and encouragement to students who take the dish.
- Invite a parent, chef, farmer, or anyone who likes to garden, to lunch.
- Survey students—ask students how to prepare a potato dish that will be most appealing to them on the cafeteria line.
- Have a contest- Have students bring in their family favorite recipe.

Taste Testing Local Foods in Schools

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

More Taste Testing Tools and Resources

- From FoodCorps, [this comprehensive manual](#) includes Taste Test Planning Worksheets and discusses how to involve administrators, ways to engage school and community members, and describes strategies for connecting the taste test to the classroom and garden.
- [This guide](#) is from Action For Healthy Kids and gives examples of taste tests for fruit, veggies, dairy and grains. It includes templates, supply lists and surveys.
- Montana's Harvest of the Month [Taste Test Toolkit](#) explains methods for collecting student feedback and ways to incorporate results into the class curriculum as well as in extra-curricular activities. It includes survey forms and templates.
- A quick-start guide for chefs, parents, and cafeteria and school staff, [this resource](#) is from the Growing Minds Farm to School Program. It describes how to highlight locally grown food served in the school cafeteria with monthly school food menu templates and offers tips on conducting taste tests. It has many educational resources including recipes, calendars, bookmarks, stickers, and other farm to school teaching resources. Their [video](#) shows how to conduct a Farm to School taste test.

School Gardens



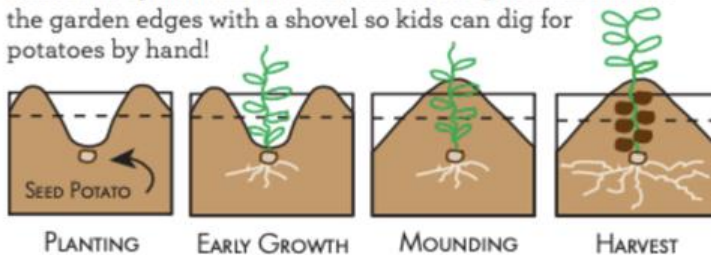
How to Grow Potatoes



Tips for Increasing Potato Production

Potatoes are tubers which grow from buried stems of the Potato plant. For maximum yield, follow these instructions:

1. Create a deep trench along the center of your Potato Garden which follows the curve of the bed. Plant your potatoes 1" deep in the trench.
2. once your potato has grown above the top of your garden, (expect this about a month after the first growth appears) mound the soil to cover as much of the stem as you can. Don't cover every leaf!
3. After the plant has flowered, loosen the garden soil from the garden edges with a shovel so kids can dig for potatoes by hand!



Seed Potatoes: Days to Maturity: 80+

Spacing: 1 foot

Harvest Window: September - End of Season

Grow Your Own Potatoes

School Gardens Fact Sheet



Can I use local foods in the cafeteria?

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



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](#)

Make sure to check with your local health department.



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](#)

Help for Purchasing Locally Grown Products!



- Indiana Grown is the local agriculture program for the state of Indiana that is housed within the Indiana State Department of Agriculture.
- Indiana Grown works with farmers and producers to connect them with buyers across the state in addition to creating consumer awareness of Indiana agriculture.

If you are looking for products or ingredients in your area OR if you want to connect directly with a farmer, visit IndianaGrown.Org or contact Heather Tallman at 317-697-5863 or htallman@isda.in.gov.

Indiana Grown for Schools Network

Resources from INGrown4schools.com

- Electronic version of Buyer's Guide
- Comprehensive resource library
- Strategic Plan
- Information on workgroups:
 - (Steering Committee, Procurement,
 - Nutrition and Agriculture Education,
 - School Gardens, Farm to ECE)
- News and events
- Farm to School Success Stories
- Coming Soon: Indiana Harvest of the Month program



For more information, contact:
Megan Paskey, MPH, MS
Mpaskey@isdh.in.gov

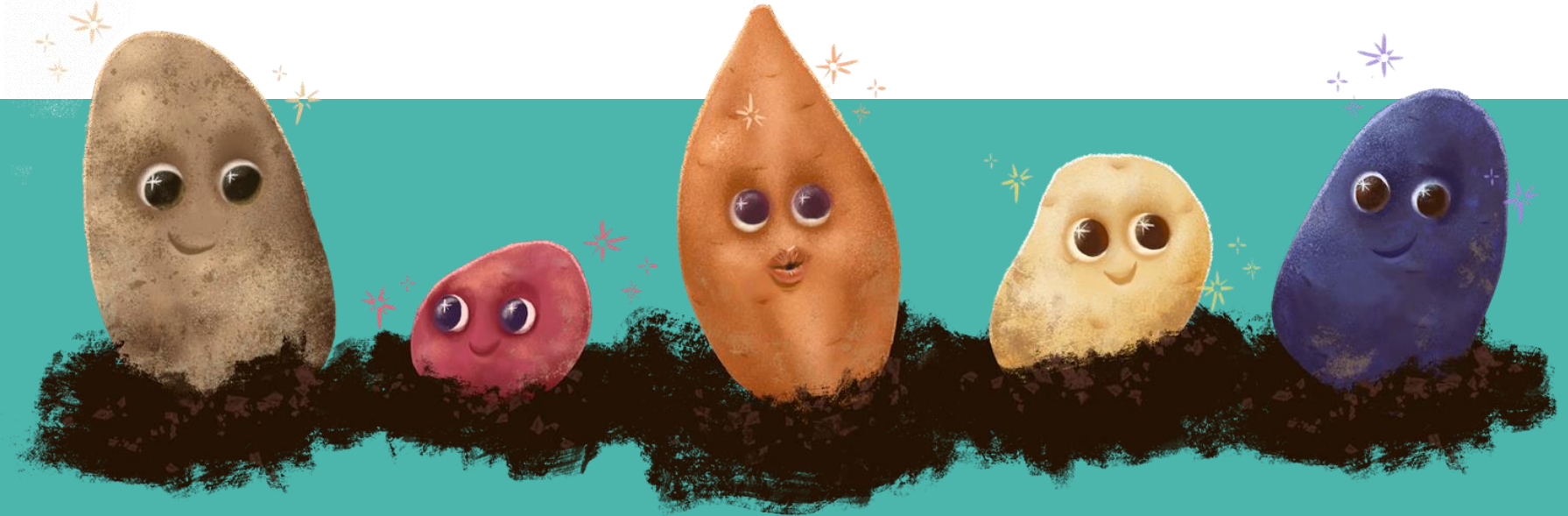
Where to find registered farmers?

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](#)

Classroom Connections



Grow A Potato Box!

A “potato box” is an efficient technique for growing a large quantity of potatoes in a small space. This “growing box” is created by putting up frames that stack as the potato plant grows.

1. Prepare the 2 pieces 2" x 2" x 6" wood. Cut them into 4 33" pieces. Expect a few inches left over.
2. Next, prepare the 6 pieces 2" x 6" x 8" boards. Cut them into 12 pieces of 21", and 12 pieces of 24".
3. Pre-drill 2 holes on each end of the 24-inch pieces, about 3/4" from the edge. These holes will position the screws to go into the center of the 2" pieces' cut side.
4. Attach 2 of the 24" pieces and the other 2 of the 21" pieces together forming a frame. Attach them together using screws. Do these five more times, making a total of 6 frames. These 6 frames will stack on top of one another, creating the box.
5. Put one each of the 2" x 2" x 33" pieces to the inside corners of one of the frames. This frame will be the base of the box.
6. Pre-drill 2 holes on the outside of each of the base frame. These holes must align with the stud placed in the corner of the frame. Screws are used to anchor the stud into the corner of the frame. This will make the base look like a table turned upside down.
7. Slip one of the remaining frames onto the base frame with the four legs being on the inside. These two floors will be the area where the potatoes will be planted in.

Materials

(Prepare all the materials then begin constructing your potato box.)

- 6 pieces untreated wood boards with the dimensions 2"x6"x8"
- 2 pieces wood studs measuring 2"x2"x6"
- 65 pieces 2.5" long deck screws
- drill and drill bits

Grow A Potato Box (cont.)

When planting and growing potatoes in your potato box, be sure to consider the following factors:

- Find a location, preferably a place with full sun. Clear away all sod, rocks or debris. Position the box properly.
- Pour enough soil at the base of the box until the first two floors are filled with soil. Use soil that has good drainage and has some organic matter in it. A suggested soil for growing potatoes is 40% compost, 40% chopped leaves, straw and grass clippings, and 20% existing soil.
- Dig in 3" to 4" deep and plant in the seed potatoes, then cover the potatoes with soil. A mulch composed of thin layers of larger leaves can be added as well.
- Once the potato plants grow about a foot high, another frame should be added and filled with more soil. Do not cover more than one third of the plant. Continue the same process until all the frames have been used up.

Build a better spud box

Developers of this potato box brag that some growers using the technique have harvested 100 pounds of potatoes in a season. If you want to give it a try yourself, you'll need lumber (pine, cedar or redwood are recommended), screws and a screwdriver or drill, soil and, of course, seed spuds.

Supply list:

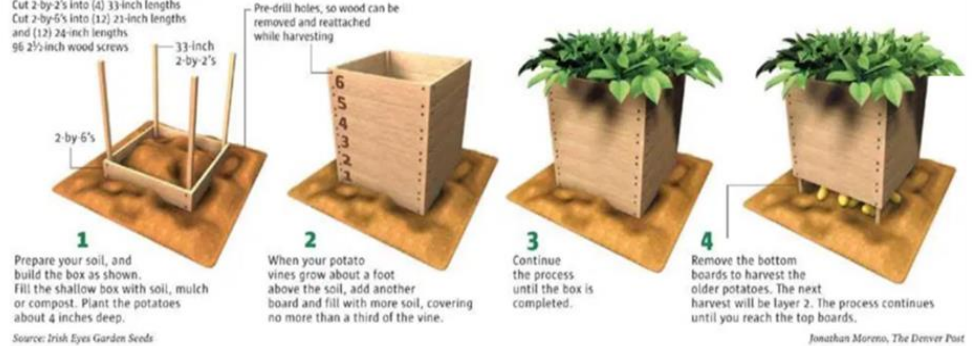
Six 8-foot-long 2-by-6-inch boards cut into 12 23-inch sections and 12 24-inch sections
One 12-foot-long 2-by-2-inch board cut into four 33-inch sections

Cut 2-by-2's into (4) 33-inch lengths
Cut 2-by-6's into (12) 23-inch lengths
and (12) 24-inch lengths
96 2½-inch wood screws

Pre-drill holes, so wood can be removed and reattached while harvesting

Harvest:

Depending on the variety, you could harvest potatoes in 70 to 140 days.



When the potatoes are already prepared for harvest, remove the boards from the bottom frame of the potato box to gain access to the bottom layer of soil. Once all potatoes have been harvested, replace the soil and reattach the boards for the potato box. To harvest more potatoes, repeat the same procedure for the other frames until the top frame is reached.

Crock Pot Baked Potato Activity

Teachers can adapt this easy crock pot baked potato recipe for a fun classroom activity.

You will need:

- **Ingredients:**

1 large russet potato, 1 large Yukon gold potato, 1 large or a couple small red potatoes, 2 -3 purple potatoes. Your goal will be to have about the same weight for each potato category. Also, you will want to have some butter, salt and pepper on hand.

- **Supplies:**

aluminum foil, fork, crockpot, knife, serving plates, forks

- **Instructions**

Follow the recipe below but substitute the different colored potatoes for 3 of the baking potatoes. If you start these in the morning, they should easily be ready to sample by early afternoon. If you have smaller potatoes, such as the red and purple varieties, you can put a couple potatoes in one aluminum foil packet. When they are soft, unwrap the potatoes, and cut small bites with your knife. Put them on plate in the same order so that the students can start at the top and go around the plate to taste each one. Kids love to "Vote" which is their favorite.

Crock Pot Baked Potato Activity

EASY CROCK POT BAKED POTATOES

- Author: Arlene Mobley - Flour On My Face
- Prep Time: 5 mins
- Cook Time: 3 hours
- Total Time: 3 hours 5 minutes
- Yield: 4

INGREDIENTS

- 1-2 sweet onions
- 4 baking potatoes
- Softened butter as desired
- Salt, pepper, or other herbs/spices as desired
- 1/4 cup water
- Aluminum foil

INSTRUCTIONS

1. Prick each potato with a fork.
2. Wrap each potato in a piece of aluminum foil with a slice of onion, and butter, salt, pepper, and other herbs/spices as desired.
3. Tightly roll each potato up in the aluminum foil, tucking the edges as you go.
4. Set aside and repeat with the remaining potatoes.
5. Layer the potatoes in the bottom of your crock pot.
6. You can stack them if need be.
7. Large potatoes will fit in a 4 quart crock pot.
8. Pour a 1/4 cup water into the bottom of the crock pot.
9. Cook potatoes on high for 3-4 hours.
10. Rotate the potatoes half-way through the cooking if you have stacked them. For a single layer turn the potatoes at the half-way mark. Top with your favorite toppings.

Activities and Classroom Connections

Potato Stamp Art

Items needed for this project:

- potatoes
- 1 knife*

***only the teacher will use**

- paper towels and plates
- wooden pencil
- paint
- glitter (optional)
- art loop tools (below)



Instructions:

1. The teacher will need to cut potatoes in half and give to students. Only the teacher should be using the knife for this part of the project.
2. With the potato cut in half, students can either draw their desired shape on the potato or draw it on a piece of paper and cut it out with scissors. The shape then can be traced on the flat open side of the potato.
3. With the shape on the potato, students can then use the loop tools to make their shape and designs.
4. After the stamp design is finished, prep the paper plates with the paints. Pour a small amount onto the plates and add glitter (optional).
5. Students then will dip their stamps into the paint and begin making art! A great idea is to make the stamps into seasonal items. This art project is great for any time of the year!

Activities and Classroom Connections

- Find fun ways to learn about potatoes in the classroom (pages 80-91) [here](#)
- [Food Day curriculum](#) (from [Food Ed Hub](#) website)
- [Cooking with Kids](#)
- [Youth Gardening During COVID](#)
- Create art!

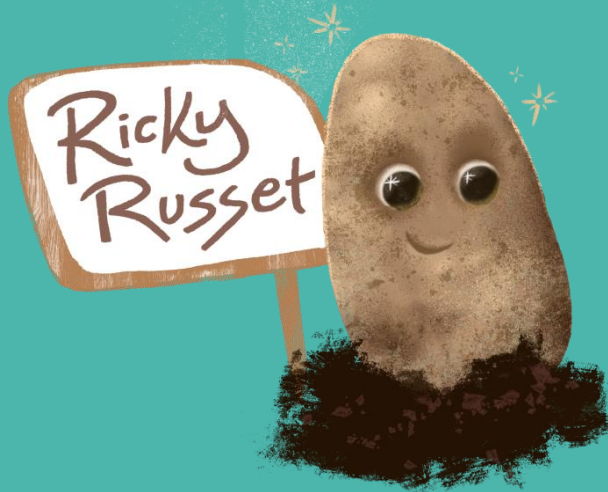


Batesville High School art students made cardboard potatoes representing the "spud squad". The squad will be used to create a video and will show up around the schools in Southeastern Indiana to get everyone excited about Indiana Food Day!

Potato Videos

(Food Corps)

- [Parmesan Smashed Red Potatoes](#)
- [Mashed Sweet Potatoes](#)
- [Savory Sweet Potatoes](#)
- [Growing a Potato Pet](#)
- [Regrowing Potatoes Using Potato Scraps-also called Zombie Gardening](#)



Indiana Dairy Farm Tours

- [Episode 1 \(2-3 min\)](#)
- [Episode 2 \(2-3 min\)](#)
- [Episode 3 \(2-3 min\)](#)
- [Episode 4 \(2-3 min\)](#)
- [**Estes Kids on the Farm \(45-60 min\)**](#)
- [**Sommer Farm \(45-60 min\)**](#)
- [**Carterly Farms \(45-60 min\)**](#)



Big Green

[Sweet Potato Harvest video](#) (no students)

[Sweet Potato Harvest video](#) (with students)

[Planting Potatoes video](#)

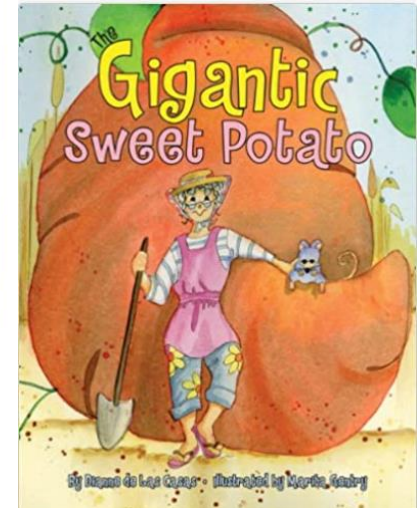
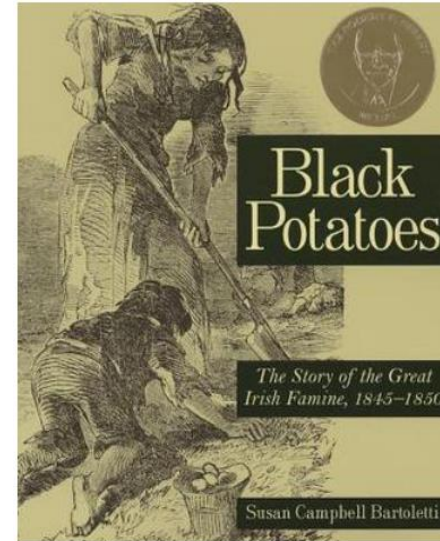
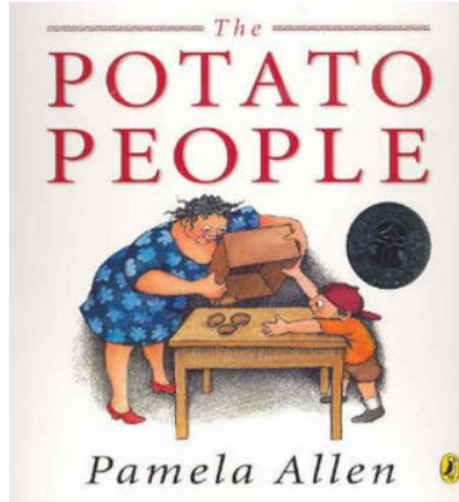
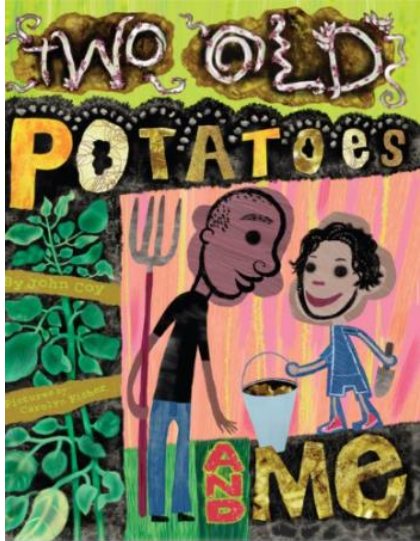
[Mounding Potatoes video](#)

[Harvesting Potatoes video](#)



Reading Corner – Children's Books

Check with your local library for additional resources.



USDA Procurement Guide

click [HERE](#)



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 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



Tips on Using School Garden Produce in the Cafeteria

Modified from Grow to Learn School Gardening Guide (UF/IFAS County Extension-School Gardens)

- ✓ Check with your local health department to ensure food(s) from the garden can be served as part of the school meal.
- ✓ Discuss plans for the garden with school nutrition personnel before implementing garden activities.
- ✓ Discuss food safety practices with school garden coordinators; work with Purdue Extension specialists and/or local health department officials to develop a food safety plan.
- ✓ Receive and inspect school garden produce according to the same procedures used for district distributors.
- ✓ Do not use any produce that has been noticeably contaminated by animals or insects.
- ✓ Refrigerate garden produce immediately unless it is normally held at room temperature.
- ✓ Store school garden produce separately from other sources to maintain traceability.
- ✓ Document service of school garden produce on the menu management/food production record.
- ✓ Ensure that liability for potential foodborne illness caused by produce grown in school gardens is covered by your school district.

Are there products I can use that are partially processed?
Piazza carries:



Red potatoes

Russet potatoes

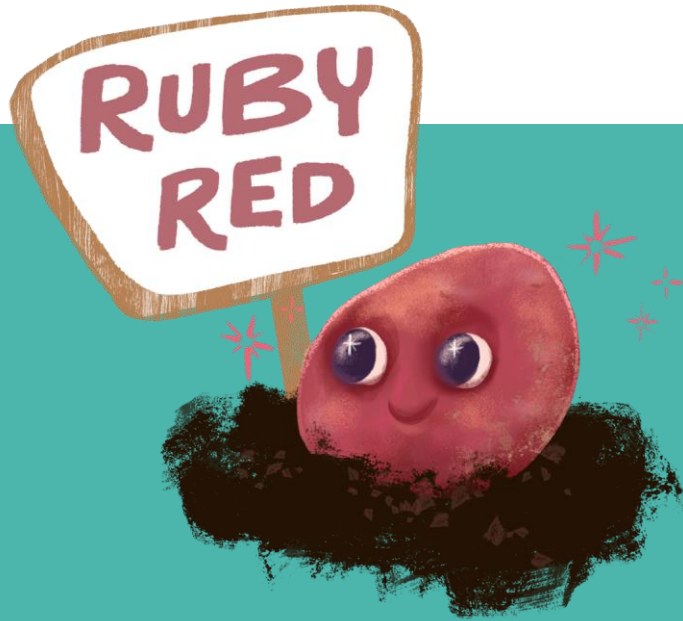
Purple potatoes

Sweet potatoes

Yukon potatoes

[Click here for more information on product availability](#)

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.



Super Spud Squad

Coloring Page

Copy, paste, enlarge, share



Grow & Tell

Grow fresh potatoes in your school garden.

Use [#INFoodDay](#) and [#SuperSpudSquad](#) 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!



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



Submit potato stories and photos to Beth Foland, Indiana Department of Education Farm to School Specialist: efoland@doe.in.gov