



ODE Farm to School Newsletter



August 1-31, 2020

FARM TO SCHOOL: INSIDE THE ISSUE

Grant Updates

The Oregon Legislature met the week of August 10 during a special session and imposed a reduction on the Oregon Farm to School Grant. Read about the specific areas and amounts by category that will be reduced.

USDA Fresh Fruit and Vegetable Program (FFVP) Updates

As of August 1, 2020 the Farm to School team is administering the FFVP!

Farm to School News

The work of Farm to School Education Grantee, Oregon State University Douglas County Extension Service, was recently featured in *The News-Review* in an article titled [Phoenix School provides veggies for last Farm, Food and Fun camp activity.](#)

Farm to School Spotlight

This week we focus on ODE Farm to School Education Grantees **Growing Gardens** and **Food Roots**. We are interested in featuring and learning about what other programs and meal sites are doing as well. If you have pictures and stories you'd like to share with us for future issues please send them to us at FarmtoCNP@ode.state.or.us.



Grant Updates

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Procurement Grant:

Reimbursement of Oregon-grown or processed food. These funds consist of two areas:

Competitive Procurement Grant:

This is the portion of the Procurement Grant that allows the reallocation of funds to Sponsors who use up all their initial non-competitive procurement funds. The funds reserved for this category will be liquidated. We intend to put more funds into this category during the 2020-2021 School Year as we continue to manage our reallocation process of Sponsors who aren't able to spend their initial allotment of non-competitive funds. Sponsors can continue to apply for these funds, but we will be unable to issue funds until we repopulate this category. If you have already submitted a competitive procurement application, you will not be required to submit another application. We have noted the application as received.

Non-Competitive Procurement Grant:

Sponsors were initially issued funds as reimbursement for Oregon grown and processed food. The reductions will take place in two categories:

Sponsors who haven't spent any funds:

A reminder that this grant is a two-year grant, and we have completed the first year of the grant. During our training we outlined that Sponsors need to show adequate progress; which means Sponsors need to show that they're making progress towards spending all their funds. We realize that because of COVID some Sponsors might be waiting until a "return to normal" to attempt to use their funds. However, due to the impact of the cuts we will liquidate any Sponsor's funds who have yet to submit a claim as of 8/19/2020.

All other sponsors who have remaining funds:

In order to provide an equitable distribution of reduction, all other Sponsors with remaining funds will be reduced by approximately 20 percent, as of 8/20/2020.

Education Grant:

All sponsors with remaining funds will be reduced by approximately 8 percent, as of 8/20/2020. Grantees will receive confirmation of the final amount of reduction next week, and will need to figure that reduction of their awarded amount into their budget and resubmit to FarmtoCNP@state.or.us.

Oregon Department of Agriculture (ODA) Producer Infrastructure Grant:

These funds provided to ODA will enable Oregon producers/processors to help develop infrastructure necessary to be able to sell to schools. The initial disbursement of \$550,000 will be reduced by \$250,000.

Please note, we will not be processing Farm to School Grant claims the week of August 24-28. This will be necessary to make the needed changes in EGMS. We will also be sending out emails with specific instructions to grantees next week. Thank you for your patience and understanding with this!

CURIOUS ABOUT BECOMING A MASTER GARDENER?



Have you ever wanted to be a Master Gardener? Do you think "I could never do that!" Actually, it's not as hard as you think.

Watch our [Farm to School Coordinator's interview](#) about how he became a Master Gardener.

See how the Online Master Gardener program helped Rick Sherman obtain his dream job. Rick Sherman is the Farm to School Program Analyst for the Oregon Department of Education and supports all of the 771 school gardens in Oregon.

He helps facilitate getting Oregon produce into cafeterias and has helped oversee a grant that has grown from \$200,000 to 10 million dollars.

To start your own journey, visit <http://pace.oregonstate.edu/mg>

FARM TO SCHOOL GRANTEE IN THE NEWS

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Updates on the USDA Fresh Fruit and Vegetable Program

Beginning August 1, 2020 the Farm to School Team (Rick Sherman, Amy Williams and Emily Griffith) will administer the Fresh Fruit and Vegetable Program.

We will be sending out information about the funding pool for SY 2020-2021 as it becomes available and will be hosting a webinar about the program later this fall.

The deadline to spend your FFVP balance for FY 2020 (October 1, 2019 - September 30, 2020) is September 30, 2020.

July claims must be submitted by Wednesday, September 30, 2020.
We intend to process those claims no later than Friday, October 30, 2020.

August claims must be submitted by Friday, October 30, 2020.
We intend to process those claims no later than Tuesday, December 1, 2020.

September claims must be submitted by Tuesday, December 1, 2020.
We will process those claims no later than Thursday, December 31, 2020.

Please let us know immediately if you anticipate any part of this award balance will go unspent. Any unspent funds will need to be reallocated.

Funds cannot be transferred between schools in the same school district but will need to be returned to the main funding pool.

Any school that is interested in applying for a Supplemental Award may do so by emailing the Fresh Fruit and Vegetable team at FarmtoCNP@ode.state.or.us with their request.

As a reminder, we have asked USDA for two FFVP waivers for the upcoming school year:

- **Delivery of FFVP items to parents when kids aren't present.** (This waiver has been **approved** and allows FFVP foods to be distributed to a parent or guardian to take home to their children when classes officially begin. This waiver runs through June 30, 2021.
- **Delivery of FFVP items to alternate sites.** (Still waiting for approval).

For more information about Fresh Fruit and Vegetable Program Operations for SY 2020-21 during COVID-19 please read the [Q&A put out by USDA's Food and Nutrition Service](#).

SUMMER IS A GREAT TIME TO USE LOCAL OREGON PRODUCTS!

Summer is an excellent time to find delicious, fresh, local products for school meals!

We wanted to alert you to some new and existing resources to help you source local products.

- (NEW!) Duck produce has posted an updated NW state of origin report identifying what products are available from OR/WA/ID producers. This can help you identify products that are eligible for your non-competitive Farm to School funds.

Click on the 'Duck NW Grower' link on the [Duck Delivery products page](#). On the right it shows you the general seasonal availability.

- The [Oregon Harvest for Schools Portal](#) is an online tool to help Oregon school and meal site food buyers source Oregon grown food products.
- We have another new resource available called the [Grab & Go Product Availability List](#). This is a spreadsheet populated by producers who have grab and go items available for schools. Some of the items from producers on this list include jams, pre-packaged hummus and bean spreads, whole fruit and berries, bakery items, and nut/seed butters.

Oregon Healthy Schools' Monthly Activity Calendars

The August Oregon Healthy Schools' Activity Calendars are now available! These calendars suggest fun activities that children, teens, and adults can try each day.

Each calendar also includes a simple recipe, fun activities, and food and nutrition resources. Calendars are available in English and Spanish.

Printable versions of the calendars can be found at the following links:

August [English](#) and [Spanish](#)

Learn more about [Oregon Healthy Schools on the webpage](#).



Our newest videos are here featuring Pears and Tomatoes!

The month of August brings new additions to the Oregon Harvest for Schools (OH4S) video series. Spanish language versions are coming soon!



An English language version of the [Pears video](#).



An English language version of the [Tomatoes video](#).

OREGON HEALTHY SCHOOLS

August 2020
Stay Active, Stay Healthy!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Power Jumps Write a note, send a text, verbally share something you are grateful for.	2 Planks Check on the Bear and behind the tree trunk. High on the tree. Be as strong as you can. Do as many as you can. Report 2 times.	3 Celebrate Put your hands on your hips, shut your eyes, and take a deep breath in. Breathe out and repeat. Do 2 times.	4 Sit Ups Take your sitting back when you are sitting. Do as many as you can. Report 2 times.	5 Power Jumps Repeat the 1-2 and then jump as high as you can. Do as many as you can. Report 2 times.	6 Commercial Break Can you hold a plank for 30 seconds? Report 2 times.	
7 Play Catch Pick up a ball and throw it. Catch it. Repeat. Do as many as you can. Report 2 times.	8 Crawl Like a Seal On your stomachs, crawl on your hands and feet. Do as many as you can. Report 2 times.	9 Bear Crawls Push and feet flat on the floor. Do as many as you can. Report 2 times.	10 A Goutade Attitude Write down your name. Do as many as you can. Report 2 times.	11 Butterfly Kicks Lie on your back and extend your legs. Do as many as you can. Report 2 times.	12 Now Fast Can You Go? Pick a distance and see how fast you can go. Report 2 times.	13 Planks Check on the Bear and behind the tree trunk. High on the tree. Be as strong as you can. Do as many as you can. Report 2 times.
14 Mountain Climbers Stand on a pike up position and then alternate bringing your feet up to your chest. Do as many as you can. Report 2 times.	15 Mindful Senses What do you notice around you? What do you see? What do you hear? What do you smell? What do you taste? Report 2 times.	16 Family Walk Go outside for water bottle sit-ups. Do as many as you can. Report 2 times.	17 Celebrate Put your hands on your hips, shut your eyes, and take a deep breath in. Breathe out and repeat. Do 2 times.	18 High Knees Jump in place with high knees for 30 seconds. Report 2 times.	19 Hummingbird Play your name like a bird. Do as many as you can. Report 2 times.	20 Before Bed Break While lying in bed, place a hand on your stomach and breathe in. Do as many as you can. Report 2 times.
21 Push Ups Put your hands on the floor and push up. Do as many as you can. Report 2 times.	22 Bear Crawls Push and feet flat on the floor. Do as many as you can. Report 2 times.	23 Squats From hip level, squat down and stand up. Do as many as you can. Report 2 times.	24 Power Jumps Repeat the 1-2 and then jump as high as you can. Do as many as you can. Report 2 times.	25 Picking Apples Repeat the 1-2 and then pick up an apple. Do as many as you can. Report 2 times.	26 Mountain Climbers Stand on a pike up position and then alternate bringing your feet up to your chest. Do as many as you can. Report 2 times.	27 Family Walk Go outside for water bottle sit-ups. Do as many as you can. Report 2 times.
28 Commercial Break Can you hold a plank for 30 seconds? Report 2 times.	29 Jump Rope Do as many as you can. Report 2 times.	30 Mindful Senses What do you notice around you? What do you see? What do you hear? What do you smell? What do you taste? Report 2 times.	August National Observances: August 2-8 National Exercise with Your Child Week August 15th National Tell a Joke Day			

Corn Citter Salad

Ingredients

- 1 cup corn (frozen and drained, frozen, or fresh cooked)
- 1 cup cooked or canned black beans
- 1 tablespoon olive oil
- 1 tablespoon vinegar
- 1 teaspoon salt
- 1/2 cup vegetables

Directions

- Drain (or thaw and drain) corn. Drain black beans.
- Wash and chop peppers and onions.
- Mix all ingredients together in a medium sized bowl. Enjoy!
- Refrigerate leftovers within 2 hours.

Notes

- One large ear of corn makes about 1 cup of corn.

Want more healthy meal and snack ideas?
Download the Food Hero Cookbook at <https://www.foodhero.org/sites/default/files/health-tools-cookbook.pdf>

Free Meals for Kids and Teens!
There are over 500 summer meal sites in Oregon with free meals for kids and teens ages 1-18. Call 5-1-1 or text "FOOD" or "COOKING" to 671-671 for health locations.

Farm to School Spotlight: Growing Gardens

As the COVID-19 public health crisis started to unfold and schools began to close, Growing Gardens' Youth Grow program had to develop a plan for delivering school garden programming in a totally new way. The Youth Grow program usually gets 3000 children a year, at 11 schools, outside and engaged with the natural environment, to get their hands in the dirt, and to eat healthy, locally grown vegetables.

In response to school closures, the team of Garden Educators moved into an entirely new area of their work - a virtual video curriculum and take-home garden kits! Educators developed 30 videos that are informative, fun, and engaging to get students learning and set them up for hands-on projects outside. Students dissected flowers, searched for pollinators, made milk jug greenhouses and much more. The school teachers included the videos in their online instruction.



The second idea was to get kids off of the computer and growing their own food. The team developed kid-friendly, at-home Garden Kits. The team designed, assembled, and distributed 1400 Garden Kits to eight school food pantries this spring and summer. The spring kit included a pot, soil, three types of seeds, a "sprout journal" of activities, and a ruler. The summer kit included materials to make Willamette Valley wildflower seed balls and grow salad greens, along with links to five live online sessions.

Growing Gardens also launched a summer internship program with three students from David Douglas High School. The interns helped grow food to donate to the school-based food pantries, built new garden beds, and assembled take-home garden kits. They also produced wonderful cooking videos, researched and made presentations on food origins and food system issues, did outreach for Growing Gardens' Home Garden program, and interviewed community leaders from PCUN, Metropolitan Family Services, and Portland Community Garden.

The Growing Gardens team ran two online Garden Clubs this summer. Jess Faunt, the Food System Educator at David Douglas High School, led a weekly club for English Language Learners. The students all received a garden kit so when they met up on Zoom, they could each follow along planting their seeds and practicing English along the way. Kathy Barry, Youth Grow Educator, taught a virtual Garden Club to students at Davis Elementary. Each week the students got a bag of supplies for fun hands-on projects, and followed Kathy's video instructions. Students took pictures of their final creations and sent them in to share.



Last but not least, the Growing Gardens team ramped up production gardening and donating produce to school-based food pantries. During the school closures, 770 lbs of a diverse variety of produce were grown and donated to families at school-based food distribution sites. Produce was bagged with notes celebrating that it was grown at their child's school garden - one small way to stay connected.

Despite all of the changes in our educational system, Growing Gardens is finding new ways to reach children with hands-on learning opportunities and healthy food.

Farm to School Spotlight: Food Roots

In spring times past, Food Roots' Farm to School team could be found busily preparing for garden volunteer work parties, farm field trips, and tastings of locally grown spring veggies like crisp radishes and tender salad greens. When staff got the news that school buildings would be closed, at first for prolonged spring break and then for the rest of the school year, they were unsure how to adapt hands-on learning in the garden to distance learning at home.

However, with funding from an Oregon Department of Education Farm to School Education Grant, as well as other sources, they were able to respond in ways that continue to provide garden-based education for Tillamook County students, as well as connecting their local farmer and food producers to school meal programs.

Food Roots focused on getting free seed packets and home gardening information to as many families as possible. By working with principals, teachers, the Tillamook County Library system, Oregon Food Bank Tillamook County Services, and Tillamook County OSU Extension SNAP-Education, they distributed over 12,500 seed packets.

More than 550 families received printed gardening, nutrition and cooking, and local food access information in addition to ten different varieties of seeds, including green beans, snap peas, summer squash, cucumbers, salad greens, carrots, radishes, beets, basil, cilantro, sunflowers, nasturtium and marigolds.

In addition to seed distribution across Tillamook County, Food Roots worked with food service staff at Nestucca Valley School District to help them source locally grown salad mix, salad turnips, and local pasture-raised ground beef for use in their meal distribution during school closure. These products were used in chef salads and chili delivered to over 300 students. This is the first school district procurement of Tillamook county products Food Roots has helped coordinate and it came out of the planning they have been doing with the district to pilot county-grown salad mix on the salad bar in May. Food Roots looks forward to continuing this relationship with food service next school year!

During the summer months Food Roots' Farm to School staff is growing food for school families in six different school gardens, and holding themselves accountable to the students they work with by reviewing their lessons, and internal selves, for inclusion, equity, and anti-racism.



Food Roots' School Garden Educator Aristotle Decker (left) and Farm to School Manager Rachel Pettit (right) getting ready to pack hundreds of envelopes with hundreds of seed packets. Check out that box overflowing with green bean seeds in front of Aristotle!



A peek inside one of the seed packages!



Chad, Bobbie and Cooper's #F2SAtHome garden planted with lettuce, radishes, and green onions.

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Washington, D.C. 20250-9410;

2. fax: (202) 690-7442; or

3. email: program.intake@usda.gov

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