



ODE Farm to School Newsletter



July 1-31, 2020

FARM TO SCHOOL: INSIDE THE ISSUE



Oregon Harvest for Schools

The newest videos are here! In this issue, we feature Eggs in [Spanish](#) and [English](#) as well as Winter Squash in [Spanish](#) and [English](#).

Grant Updates

Applications for ODE's Technical Assistance Grant are now available. More information about the Competitive Procurement Grant coming soon.

Oregon Healthy Schools

The July and August Oregon Healthy Schools' Activity Calendars are now available! We also hope you will participate in the Oregon Healthy Schools Video Development Survey.

Farm to School Spotlight

This week we focus on ODE Farm to School Education Grantees **Zenger Farm** and **Sustainable Living Center**. We are interested in featuring and learning about what other 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.





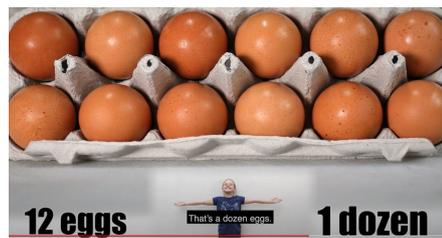
Our newest videos are here featuring Eggs and Winter Squash !

The month of July brings new additions to the Oregon Harvest for Schools (OH4S) video series.

Gallinas = Huevos



A Spanish language version of the [Eggs video](#).



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



A Spanish language version of the [Winter Squash video](#).



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

Oregon Department of Education Child Nutrition Program's and OSU Extension's Food Hero campaign have teamed up to launch this series which will include a total of 50 videos when complete. The series aims to educate students on healthy, Oregon food. For a comprehensive list of the videos we have available to date visit the [Oregon Harvest for Schools website](#) and click on the Videos tab under "Other Items".

To find local vendors selling eggs, winter squash or any of our other fruits and vegetables, please visit the [Oregon Harvest for Schools Portal](#) website.

Please visit the [USDA Food Buyers Guide website](#) for more information on USDA crediting for eggs and winter squash in Child Nutrition Program meals.

SUMMER IS A GREAT TIME TO USE LOCAL OREGON PRODUCTS!

Summer is an excellent time to find delicious, fresh, local products for school meals! Small whole fruit, berries, and fresh produce will become more and more available.

Summer can also be a great time to try out some new products. We know food service is much more complicated in these times, and have listed some resources below if you need support identifying local products that fit your needs.

- 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.
- The [Oregon Farm to School and School Garden Network](#) (OFSSGN) is available to support you and help guide you to the best resources to find local products. You can contact Melina Barker, OFSSGN Program Coordinator, directly with questions at melina@oregonfarmtoschool.org
- You can also reach out to your Regional Procurement Hub Lead for assistance in sourcing local products. A Regional Hub chart complete with contact information can be found on the [Farm to School Regional Hubs](#) web page.

Grant Updates

Technical Assistance Grant

- Applications for the Oregon Farm to School Technical Assistance (TA) Grant are now available on the [Farm to School Grants web page](#).
- Timeline for the TA Grant
Open: July 13, 2020
Closing Date and Time:
 August 3, 2020, 3:00PM PDT

Competitive Procurement Grant

- We will send out a separate message to our listserv with updates on our Competitive Procurement Grant soon. Thank you for your patience!

Oregon Healthy Schools Video Development Survey

Oregon Healthy Schools, a collaboration between the Oregon Department of Education and the Oregon Health Authority, is planning to create a series of short videos to address practical tips on how to stay safe and healthy as we prepare for school in the fall.

Your help is needed to prioritize topic areas. Please complete the survey by selecting your preferred language.

[Chinese](#), [English](#), [Russian](#), [Somali](#), [Spanish](#), [Vietnamese](#)

This survey should take no more than three minutes. **This is a quick turn-around and the survey will close Tuesday, July 28th, at 5:00 pm.** Thank you for your valuable feedback and time!

Oregon Healthy Schools' Monthly Activity Calendars

The July and 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: July [English](#) and [Spanish](#) - August [English](#) and [Spanish](#)

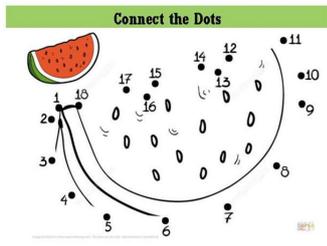
Learn more about [Oregon Healthy Schools on the webpage](#).



July 2020

Stay Active, Stay Healthy!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Daily Breathing Challenge: Set a timer every day for 1 minute to take some deep breaths in and out to help prevent and manage stress.	July National Observances: * July 4 Hop-a-Park Day * July 11 National Cheer Up The Lonely Day		1 Mountain Climbers Get into a push-up position and then alternate bringing your knee to your elbow. See how many you can do in 30 seconds.	2 Mindful Senses What do you notice around you? Find: 3 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste.	3 High Knees Jog in place with high knees for one minute. Repeat five times throughout the day.	4 Celebrate Put your favorite song on and make up a dance or fitness routine!
5 Power Jumps Squat like a frog and then jump as high as you can. Do as many as you can for one minute. Take a 10 second break and repeat. Do 3 sets.	6 Commercial Break Can you hold a plank for an entire TV commercial break?	7 Family Walk Get outside for some fresh air. Take a 15 minute walk as a family.	8 Crawl Like a Seal Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.	9 Bear Crawls Palms and feet flat on the floor, arch your back so that you look like a moose bear. Race someone across the room five times.	10 A Gratitude Attitude Write down something you're thankful for and why.	11 Butterfly Kicks Lay on your back and extend your legs straight out. Begin flutter kicking your legs without bending your knees. Do as many as you can in a minute.
12 How Fast Can You Go? Pick a distance and see how fast you can run the distance.	13 Play Catch Grab any kind of ball and play catch with a family member.	14 Power Jumps Squat like a frog and then jump as high as you can. Do as many as you can for one minute. Take a 10 second break and repeat. Do 3 sets.	15 Planks Elbows on the floor and balanced on your tiptoes, challenge someone in your home and see who can last the longest.	16 Celebrate Put your favorite song on and make up a dance or fitness routine!	17 Sit Ups Take turns holding each others feet for added support. See who can do the most in one minute.	18 High Knees Jog in place with high knees for one minute. Repeat five times throughout the day.
19 Hummingbird Flap your arms like a bird as fast as you can for 30 seconds. Repeat three times.	20 Before Bed Breathing While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.	21 Squats Feet hip width apart, squat down and hold for 10 seconds. Repeat 10 times.	22 Bear Crawls Palms and feet flat on the floor, arch your back so that you look like a moose bear. Race someone across the room five times.	23 Push Ups Find a partner and see who can do the moon push ups in one minute.	24 Power Jumps Squat like a frog and then jump as high as you can. Do as many as you can for one minute. Take a 10 second break and repeat. Do 3 sets.	25 Picking Apples Hands over head, pretend you are picking apples. See how many you can pick in one minute. Repeat 3 times.
26 Mountain Climbers Get into a push-up position and then alternate bringing your knee to your elbow. See how many you can do in 30 seconds.	27 Family Walk Get outside for some fresh air. Take a 15 minute walk as a family.	28 Commercial Break Can you hold a plank for an entire TV commercial break?	29 Jump Rope No jump rope, no problem. Jump in place while circling your arms for 30 seconds. Rest and repeat 5 times.	30 Mindful Senses What do you notice around you? Find: 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste.	31 Play Catch Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.	



Watermelon with Lime and Chili Powder

Go to [FoodHero.org](https://www.foodhero.org) for easy, tasty watermelon recipes

Ingredients:
 2 cups cubed watermelon, seeds removed
 1/2 lime
 1/4 teaspoon chili powder (or more to taste)
 1/4 teaspoon salt (optional)

Directions:
 1. In a serving bowl, squeeze lime juice over watermelon cubes.
 2. Sprinkle with chili powder and salt if using. Enjoy!
 3. Refrigerate leftovers within 2 hours.

Note: Try with a mix of fruit and veggies such as other melons, pineapple, cucumber, mango and more.
 Spice mixes are available that combine lime and chili powder.

Makes 2 cups
 Prep time: 5 to 10 minutes

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 800 summer meal sites in Oregon with free meals for kids and teens ages 1-18. Call 2-1-1 or text "FOOD" or "CONIDR" to 877-877 for Meals locations.

Farm to School Spotlight: Sustainable Living Center

By Karen Wagner, Garden Education Manager



The expansion of the Oregon Farm to School program has sparked the growth of two new gardens in the eastern Oregon school districts of Athena-Weston and Milton-Freewater. Administered and supported by the Walla Walla Valley Farm to School program of the Sustainable Living Center (SLC), these school gardens add to the organization's portfolio of gardens it supports.

The two incoming school districts in this corner of Umatilla County fit well with the SLC's vision of providing garden education and sustaining agricultural support for growers in this rich agricultural basin. Both school districts in this rural area serve a high proportion of low-income families, and include strong agricultural programs in the high schools. Being surrounded by agricultural enterprise means there is great potential for incorporating regionally produced foods into the school nutrition program and building a strong local Harvest of the Month program. In addition, Karen Wagner, SLC's F2S Garden Education Manager serving the two schools, has long been active in the local food movement.

Athena Elementary School Garden in the making - chickens included!

Laure Quaresma, Elementary School Principal and Athena-Weston Superintendent said, "We had been searching for an opportunity to start a school garden and when Oregon opened the grant, my experience with Beth Thiel [SLC WWVF2S Program Manager] pointed me to her to help launch our goals."

Athena Elementary School engaged in this program with an adventurous spirit, and their 16 garden boxes will serve a total of 140 students in grades K-3, with a mission of growing fresh tasty food and bringing science to life for these children. Volunteers and school staff have taken initiative in building significant infrastructure that provides a great foundation for the future. As currently envisioned, a chicken coop will grace the garden, the High School agriculture students will assist with greenhouse production and their Land Lab raising livestock could supplement garden soil fertility.

The Ferndale Elementary School Garden (4th and 5th grades) in Milton-Freewater also benefits from an enthusiastic Principal, Don Davis who said, "I became intrigued with a school garden club many years ago while teaching the 5th grade at Grove Elementary School. Once I became a principal I knew it was something I had to implement for the students of Milton-Freewater. After reaching out to Walla Walla Valley Farm to School, my dream is quickly becoming a reality. Walla Walla Builder's Supply donated the materials, The Washington State Penitentiary built the garden boxes and the City of Walla Walla donated the compost to fill them with. I look forward to watching the students get their hands dirty in the garden beds and to watch learning happen!"

The twelve 4th and 5th grade classrooms will have access to six large beds laid out on the school grounds, near their creek-side natural resources area. Teachers have expressed great interest in experiential learning opportunities to supplement their science curricula. Farm field trips and an after-school cooking club for students are also being planned. We are thrilled by the volunteer interest shown by the Parent Teacher Organization, an essential component to the sustainability of the program over time.

Anticipating distance learning requirements this fall, SLC will support teachers in conducting garden lessons independently, by preparing the garden, videos and lesson materials, and holding regular conferences to confirm activities, assess and troubleshoot. To echo the words of one teacher, "This is very exciting - I hope we come back to school in a "real" sense - not virtual - so we can really enjoy the garden!"



Ferndale Elementary School Garden (Milton-Freewater, OR) - Just add water, teachers and children!

Farm to School Spotlight: Zenger Farm

Our project is an expansive partnership between David Douglas School District (DDSD) and Zenger Farm, an urban non-profit farm that is located within its district. Together we provide the racially and ethnically diverse community of outer East Portland with hands-on food, agriculture, garden, and nutrition-based educational activities for youth.

With the rich diversity of our neighborhood comes deep knowledge and multifaceted connections to food and farming. By building on this diversity, programming will provide opportunities for youth and their families to actively engage with their cultures and communities.

We had been preparing for a very robust year of partnership with DDSD, including providing hands-on education at the farm through our Farm School, Afterschool and Nutrition Field Trip programs. We had also planned to host events at the farm for DDSD families and attend events at their schools to hopefully deepen the connection between DDSD families and Zenger Farm.

However, due to COVID-19, we have had to switch gears. We were able to create a series of at-home activities for students that met learning targets and provided fun indoor and outdoor hands-on learning. These activities included neighborhood explorations, recipes and matching games that helped students explore scientific concepts at home. We sent digital copies to teachers to send out to students and we were also able to print some to distribute with boxes of food that were delivered to the community. We also hosted a couple of Resource Days at the farm where families could pick up some home gardening supplies as well as the printed activities. We miss spending time with students and their families but are happy we've been able to stay connected and we hope to host them at Zenger Farm very soon!

FRIENDS OF ZENGER FARM PRESENTS

CREATURE FEATURE

Create your own diorama
A made up creature and the habitat that it lives in



#1

Collect Nature Litter

Take a walk around the block with a bag. Collect about 30 leaves, flowers, moss, twigs, lichen, rocks, seeds, etc.

#3

Craft a habitat

Where does your creature live? Inside the earth? In the sky? On the ground. In a forest? What does it eat? Does it live on this planet? Does it migrate?

#2

Create your Creature

Make a physical model of your creature. It doesn't have to look like the creature in the right hand corner. Use your imagination! Go macro! Go micro!

#4

Share your Creature

What's the name?! Write a paragraph about your creature. If you would like share your creature on Zenger Farm IG: #Zengerfarm or in email ebony@zengerfarm.org

EAT THE RAINBOW

Eating fruits and vegetables helps our bodies grow strong! They have lots of vitamins and minerals that help our bodies work well. Fruits and veggies contain something called phytonutrients. It's what gives them their beautiful colors and each one helps our bodies in different ways. This is why it's so important we eat different colored fruits and veggies every day!

Below is a diagram of the different colors of fruits and vegetables and the parts of the body they help.

RED: Healthy Heart		Blood Flow		Skin Health	
ORANGE/YELLOW:		Eyesight		Joint/Tissue	
GREEN:		Digestive System		Bones/Teeth	
BLUE/PURPLE:		Improve Memory		Heart Health	
WHITE/BROWN/TAN:		Immune system		Skin Health	

Using the diagram above, on the back of the worksheet draw fruits and vegetables on the body in place of the body parts that the color of that fruit or vegetable helps.

For example, you might draw carrots instead of eyes because orange fruits/veggies improve eyesight or maybe draw a stomach made of kale since green fruits/veggies help you digest food.



Did you know that chickens need light in order to make eggs?



Chickens are something called "photoperiodic animals" which simply means that the number of daylight hours vs hours of darkness in a 24 hour cycle affects how many eggs a chicken lays. A healthy young chicken can lay up to 1 egg per day. That means in the Summer when the days are at their longest (about 16 hours of daylight) a chicken can lay up to 91 eggs. When the days are at their shortest (Winter time) that number cuts in half and some chickens don't lay any eggs in the Winter at all.

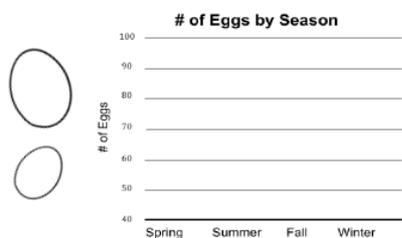


Why does a day have more or less light?

Well that depends on the earth's tilt. If you live somewhere that is on the part of the earth that is tilted towards the Sun, that means that part of the earth is experiencing Summer! So it will be spending more time facing the Sun and receiving more daylight than a place that's on the opposite side of the Earth receiving less light in a day.

The biggest takeaway from all of this information will be revealed in this fill-in-the-blank. Write each highlighted letter from the information above in each blank spot below in the same order:

Fill out the line chart below using the seasonal diagrams on the back of this page. To fill out the line chart, make a bold dot above each season that corresponds to the number of eggs that **one young healthy chicken** would lay for the duration of that season. Once you have made a dot for each season, draw a line to connect them all.



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at [and at any USDA office](https://www.usda.gov/oc/AD-3027), or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to the USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

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

3. email: program.intake@usda.gov

This institution is an equal opportunity provider.