



Oregon Harvest For Schools Introduction & Instructions

Updated March 2017

Oregon Harvest for Schools (ORH4S) seeks to increase access to local fruits and vegetables in school cafeterias and in the Fresh Fruit and Vegetable Program (FFVP). Each fruit and vegetable poster and supporting materials include the OHFS logo and is visually appealing and educational. Want to encourage your students to make healthy food choices every day? Help your students understand where their food comes from? Support your local community? Increase participation in your Child Nutrition Program? Oregon Harvest for Schools can help.

Oregon Harvest for Schools is a resource for Farm to School and School Garden Programs. Local school districts are encouraged to feature an Oregon fruit or veggie every month in their school meal programs. Materials do not have a month printed on them. See the availability chart for suggested fruits and veggies to feature or schools can choose to feature a fruit or veggie in the month that works best for them. Materials are designed to motivate and empower students to increase their consumption and enjoyment of local fruits and vegetables. Local promotions encourage children to make healthy food choices.

Not all items were produced for each item. Over the course of time, we've found some things that work better than others, and other items have become available later that have become available for certain items. We still have certain items available for download even though we don't necessarily support them anymore.

Other nonprofit partners have continued to develop materials, and we've included them with our original items to supplement them. Thank you to the Corvallis Environmental Center and OSU extension/SNAP ED/Food Hero for the partnership in doing this the past few years.

The program consists of the following Items:

- **ORH4S Website:** This is where you can go to download all these items.
- **Order Form:** The order form can be found on the Oregon Harvest for Schools website. It is updated often and shows what is available to ship to your location for FREE! As funds become available, new items will be printed and be able to ship to you as well.
- **Food Hub Portal link:** Click on the link to purchase specific Oregon fruits and vegetables. You will have to initially register simply by adding an email and password, but once you do, you'll be able to see multiple options to purchase that item locally!



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- **Posters:** Are available to be shipped for free. The first twelve we did have the “classroom connections” printed on the back. Also available is the “all inclusive” poster of the first twelve items all on one poster. For the items that aren’t currently offered in print form, they can be printed online via Costco or Walgreens with great results. Posters in Spanish have been made available through OSU Extension Food Hero/ SNAP Ed. for downloading.
- **Classroom Connections:** Also called “Poster Activities” in earlier versions, these are supplemental activities that provide child nutrition staff with activities to promote the fruit or vegetable and educate students. These materials enable the user to use these materials without taking the poster down and look on the back of it. Also available in Spanish.
- **Newsletters:** Designed to be sent home with students, highlighting many informational facts, recipes and more to be shared with the family, providing families with the skills and knowledge needed to increase their consumption of OR fruits and vegetables. Available in Spanish as well.
- **Menu Templates:** These templates have a large blank spot that are designed to fit in concert with a school district’s own menu. A great way to showcase the highlighted fruit or vegetable on your menu. These were produced for the initial 12 items, *but more are on the way!*
- **Passport, Handstamps & Stickers:** These items enable the school to hand out a passport to the students, and then the students can get a sticker or handstamp when they try a highlighted ORH4S item. Please make sure to check with your building/custodial staff as many schools are not sticker-friendly! Thus, the option for the hand-stamp.
 - One option to print the stickers yourself is to go to <http://www.uptime.com/roll-sticker-printing.html>
 - An option for the hand stamp can be found at: <http://www.rubberstamps.net/Art-Stamps.aspx> you’d be surprised at how inexpensive they can be.
- **Coloring Pages:** Thank you to OSU Extension Food Hero/SNAP Ed. for development of these items.
- **Food Hero “Monthly” newsletters:** Developed by OSU Extension Food Hero/Snap Ed.
- **Recipes:** Kid-tested and approved healthy recipes



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School Garden Item Identifiers: Download these items, print them out and laminate them. They work really well if you do two back-to-back, with a large popsicle stick between them, and staple in place. Then place in your school garden to identify the row. Available in both English and Spanish.

Note the “QR” Code in the middle of the identifier. The intention is that adults touring the garden could scan the item and it takes the person right to the item on the Harvest for Schools website.

If you are already purchasing local food, use Oregon Harvest for Schools to promote your program. If you are just starting a local Farm to School and School Garden program, use these materials to launch your program. Oregon Harvest for Schools will help children understand where their food comes from while encouraging them to make healthy food choices as part of their everyday life.

Thank you for your farm-to-school and school garden work. Please let us know too whether you are able to find resources easily, and if you’ve got suggestions generally about the site’s usability.

For more information, contact:

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Hazelnuts												
Melons												
Nectarines												
Peaches												
Pears												
Plums												
Red Raspberries												
Rhubarb												
Strawberries												
Kiwi												

Adapted from: Agri-business Council of Oregon