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# Farm to Plate





# Farm to Plate

- Encompasses schools, preschools, Head Start, child care and adult care
- Focuses on “Local” sources
- Includes the entire “My Plate”
- [www.choosemyplate.gov](http://www.choosemyplate.gov)





# A Closer Look at MyPlate

- Farm to Plate Food Groups
  - Dairy
  - Meat and eggs
  - Grains
  - Vegetables
  - Fruit
  - Local is defined by each sponsor





# Farm to Plate Serves Up Fresh, Flavorful Foods

- Increase interest and appeal of meals
- Helps the “local” economy by supporting farmers
- Healthy for the environment



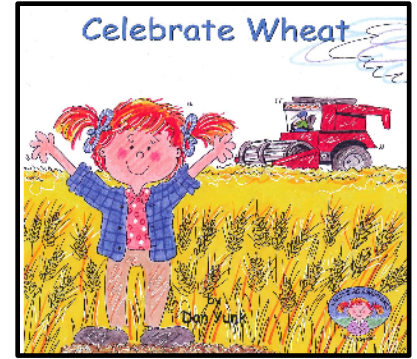


# Let's dig in to Farm to Plate



# A Taste of Farm to Plate

- Feature a farming or gardening book
- Take a field trip to Farmer's Market, local community garden or produce section of the grocery store
- Allow students to help participate in preparation or service
- Feature a local food item one day a week
- Create one day's menu using all local foods





# Defining and Finding Local Foods

Sponsors create their own definition for local that work for their particular needs and goals.

**Fall** – pumpkins, squash, tomatoes, apples

**Winter** – focus on milk, meat, grain products

**Spring** – strawberries, asparagus, snap peas

**Summer** – melons, berries, cucumbers, potatoes

**Year Round** – milk, meat, grain products





# Plate it Safe!

- Beef and Poultry – must be processed in an “inspected” facility
  - If package stamped “Not for resale” it should not be used in Child Nutrition Programs
- Eggs – purchase locally from licensed facility meets the following requirements:
  - Inspected
  - Applies egg stamp purchased from the Kansas Department of Agriculture
  - Eggs must meet Grade B standards at least







# Plate it Safe!

- Wash fruits and vegetables thoroughly under running water
- Refrigerate cut or peeled fruits and vegetables within two hours after preparation
- Use good hand washing practices
  - Wash for 20 seconds with warm water and soap



# Farm to Plate Tools

<http://www.farmentoschool.org/>

- Getting started toolkit
- Local procurement guidelines
- Fact Sheets

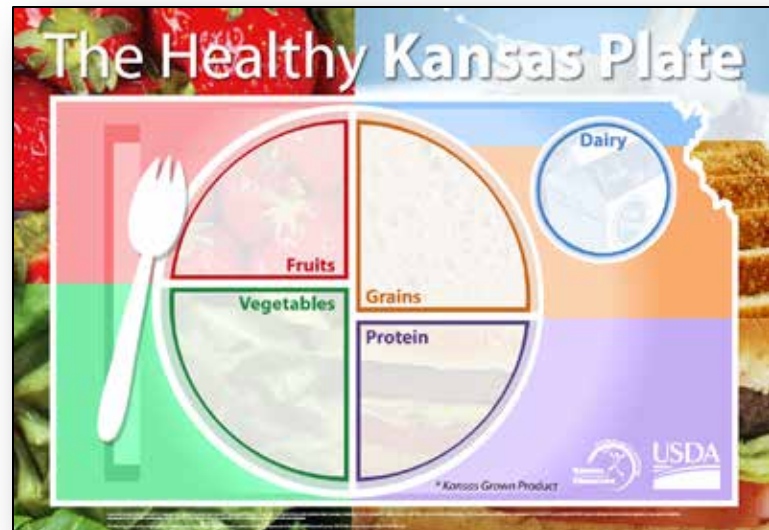
K-State Research and Extension

<https://www.ksre.k-state.edu/>

KS Department of Education

<http://www.kn-eat.org/F2S>

<http://www.fns.usda.gov/farm-to-school>





# Share the Story of Farm to Plate

- Use descriptive words on menu
- Invite/involve parents in activities or trip
- Post photos on Facebook or Website
- Promote/feature in newsletter or local media

