



FARM TO SCHOOL: IMPACT REPORT



SY22-23



Hi there! This impact reports outlines all the Farm to School work SDUSD's Food and Nutrition Service's Farm to School Team accomplished this school year. We were so excited to be able to expand our reach through partnering with Culinary, Garden Orgs, STEAM, Wellness and many other folks in helping us promote school nutrition.

Some of the highlights this school year include:

- "Cali-Qs: A Farm to School Picnic"
- expansion of our F2S Team with FoodCorps Service Members
- CDFA 21 and 22 grants (\$1.5 million dollars!)



Janelle Manzano, MPH

the 3 tiers of Farm to School:

LOCAL
PROCUREMENT

NUTRITION
EDUCATION

SCHOOL GARDEN
SUPPORT



ABOUT: Farm to School

CORE ELEMENTS OF FARM to SCHOOL



"FARM TO SCHOOL PROGRAMS CAN CONNECT FOOD AND NUTRITION LITERACY TO THE CAFETERIA, REDUCING SCHOOL FOOD STIGMA AND NOURISHING OUR STUDENTS."

JANELLE MANZANO,
FARM TO SCHOOL SPECIALIST,
SAN DIEGO UNIFIED SCHOOL DISTRICT

JOIN OUR COALITION AT SCHOOLMEALSFORALL.ORG

LOCAL PROCUREMENT

SDUSD's Food Services' Farm to School program is committed to purchasing "**California Food for California Kids**". This includes our Harvest of the Month program, local bread/milk/chicken, increasing our scratched cooked meals, and more.

NUTRITION EDUCATION

Purchasing locally and serving it on the menu is not enough. We must teach our students the **importance of nutrition** as well. Our F2S Team provides services and resources to K-12 students & the community to **learn about what is served at their local school café!** This also helps us **increase student meal participation**, which then helps us earn more reimbursable dollars that goes back into our programming.

SCHOOL GARDEN SUPPORT

Our F2S Team also provides **support for school gardens**. We offer programs such as Garden to Café, Café to Compost and Youth Garden Stand. We work collaboratively with our local school garden organizations and educators to help **destigmatize school food** as well!



MEET OUR: 22-23 Farm to School Team



Janelle Manzano, MPH
Farm to School Program Specialist
Contact: jmanzano@sandi.net

Cierra Perterlin, RD
FoodCorps Service Member 22-23
School Nutrition Service Member
Food Educator at Chavez Elementary

Sophia Knappertz
FoodCorps Service Member 22-23
School Nutrition Service Member
Food Educator at Kimbrough Elementary

Thank you



FoodCorps service members play a major role in helping our Food Services Farm to School team expand our nutrition education and school food promotion both district wide and at a few assigned school sites. FoodCorps SMs are tasked with not only being the garden educator and coordinator at their sites but also help promote SDUSD's school food program by conducting cafeteria tastings, teach lessons on Go Grow Glow and Eat the Rainbow while connecting with school lunch, and creating their own lessons to help promote school food as well! We take best practices learned and brainstorm ways to scale up programming district wide!



Amanda Reeder (left) and Alexis Harris (2nd from the right)
FoodCorps Service Members 22-23
Food Educators at Carson/Linda Vista and Cherokee Point/Horton



LOCAL PROCUREMENT

NEW HARVEST OF THE MONTH FRUIT: SY 22-23

- October: Green Grapes
- January: Kiwi Fruit
- February: Cara Cara Oranges

*Courtesy of our CDFA 21
Farm to School Grant!*



*Parents have the opportunity to taste & learn
about F2S at our Farmers Market booths during
Cali Qs.*





California Food for California Kids

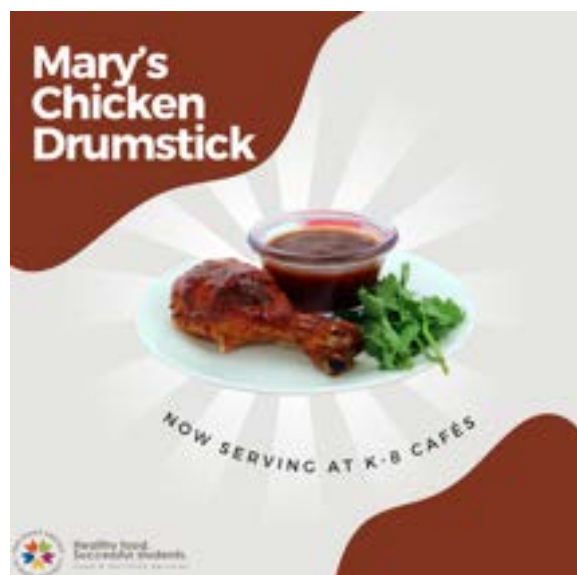
SDUSD is dedicated to purchasing as much locally grown, raised, or produced foods from CA for our students! This not only includes our Harvest of the Month fruit items but also our dairy, chicken drumstick, and bread!



BACK ON THE MENU:

Free Range, Organic Mary's Chicken

We were so excited to bring back the California chicken drumstick this SY on the lunch and Cali Q menus. It hadn't been on the menu since COVID. Our production kitchens roast them on-site providing our students with a moist, delicious meal option!





CALI-Q

A Farm to School Picnic

The Cali-Q Farm to School Picnic launched in February 2023. Our Department was pretty much booked 3x a week hosting this event across the city where we promoted our Farm to School program to students, families, and faculty.

Formally known as the Western Family BBQ, we were able to revamp the theme thanks to our CDFA Farm to School 2021 Grant.



41
Cali Q's Scheduled

Pasture to Plate Tour

Through our partnership with the Urban School Food Alliance, we were connected with the CA Beef Council who invited our team to attend their annual Pasture to Plate Tour in Fresno, CA. Janelle (F2S Specialist) and Melanie (RD) visited a variety of ranches including Harris Ranch where we hope to source CA beef from for our students in the future!

A big highlight was learning about the sustainable cattle practices CA incentivizes in our state!





NUTRITION EDUCATION

SERVICES FOR TEACHERS

- K-5 grade assemblies
- 6-12 grade classroom presentations
- Monthly 15-min Zoom classes about the HOTM and other special topics

RESOURCES FOR TEACHERS

- HOTM Classroom Taste Kits
- No Cook Cooking Carts
- Farm to School Video Library





Nutrition Ed Presentations

38

total

presentations

Assemblies, classrooms, & virtual

21

Elementary

17

Secondary



Teacher Feedback Form:

Did you build upon the nutrition education presentation with additional programs? (12 teacher responses)



1,792

total students reached



Monthly 15-min Presentations



11

total Zoom classes

427

average students reached each month

special topics included:

- mindful eating
- beans
- composting & recycling
- dairy

highest # of students reached:

787

(Recycling & Compost lesson for Earth month!)

We received feedback from 27 teachers who participated in this program.

Do you think your students were more open to tasting the Harvest of the Month fruit provided by the cafeteria at lunchtime?

27 responses



Would you like our Farm to School Team to continue these monthly virtual 15-min classes next school year?

27 responses



Sometimes we use the additional resources supplied. We talk a lot about local grown produce and farmers. It also relates to our 3rd Grade STEAM Unit Loving Life on plants and animals.

Yes, for examples, to discuss the anatomical comparison of kiwi fruits and the New Zealand national bird, the difference between komquats and loquats...and how lucky we are to live in such a productive state (California).

We did some Harvest of the Month tastings and students wrote and drew their observations.

Quotes from participating teachers



Cafeteria Tastings

42

Cafeteria Tastings

What we tasted:

- HOTM Fruit
- Salsa
- Baja Bean Taco
- Asian Chicken Salad
- Veggie Potstickers



+10,000

students reached



Thank You!

We had 8 SDSU Nutrition Students Volunteers and 2 dietetic interns this SY!



HOTM

Classroom Tastings

~30

Culinary, garden, afterschool, & other special programs received HOTM fruit monthly to conduct tastings with their students as part of their lessons



Field Elementary
Sage Garden Program
Persimmon Sauce



~10,000

students reached

Garfield HS
Persimmon
Upside Down Cake



When the first of the month rolled around, my students couldn't wait to see what the fruit was. Then when the fruit hit the salad bar they were so excited!

-Valencia Park
Sage Garden Teacher



HOTM

Classroom Tastings



mmhs.culinary @sdfarmtoschool thanks a bunch! Working with grapes, sautéed with agave and sumac, great over white fish or chicken, in clafoutis, as a roasted grape gazpacho, in olive oil cake, or as a simple sorbet for those brisk 90 degree San Diego fall days. @prostartprogram #madeinprostart @cairestfoundation #ccte #culinaryarts #grapes #youstayhungrysd #futurechefs



Garfield HS Culinary
HOTM kumquat mini pies

4

of High School Culinary programs participated monthly

- Mira Mesa High
- Hoover High
- Garfield High
- Morse High

I love the HOTM program because it keeps students in touch with seasonality and a featured fruit of the month grown locally for our schools....This is my favorite of Food Service's programs. Thank you for providing for culinary to share this experience with our students!



- Chef Tina Luu, Hoover HS Culinary



mmhs.culinary #harvestofthemonth #persimmon @sdfarmtoschool thanks for the wonderful persimmons, from beverages to breads, cookies, salads, pasta, stir fry and wraps we created multiple courses, utilized the versatility of the fruit, worked on plating and had some fun. #madeinprostart #futurechefs #youstayhungrysd



HOTM classroom taste kits

+3,500

of students reached at least 1x or more



Mira Mesa HS students are presented with questions before tastings HOTM Kumquats



No Cook Cooking Carts



Pershing Middle

2 schools participated

- Clark Middle
- Pershing Middle



Food Services Feedback

If a school site participated in any of our F2S Nutrition Ed programs, we asked the Café Team there for their feedback and whether or not they saw a difference in student engagement during lunchtime. Here's what we gathered from 13 School Nutrition Leads!



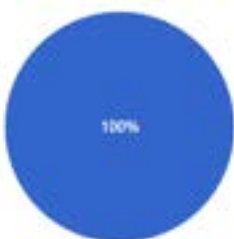
Many teachers have told me that their students liked the apricots a lot. Students have been asking me throughout the week for apricots, grapes, kumquats, and tangerines.

Participated in HOTM Classroom Taste Kits and the tasting have made the student take more fruit which helps our numbers because we can add other items to make a reimbursable meal.



Did you notice an INCREASE of CONSUMPTION of the HOTM Fruit produce by your students?

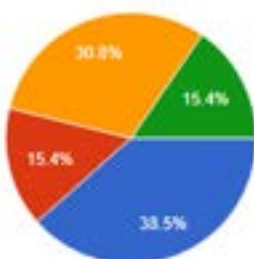
13 responses



- Yes
- No
- Maybe
- Unsure

Did you notice an INCREASE in MEAL PARTICIPATION on Wednesdays?

13 responses



- Yes
- No
- Maybe
- Unsure



Marston MS, Asian Chicken Salad Tasting



SCHOOL GARDEN SUPPORT

HIGHLIGHTS:

- District wide school garden database
- Garden to Café & Cafe to Compost



Hoover HS Health Ed Class





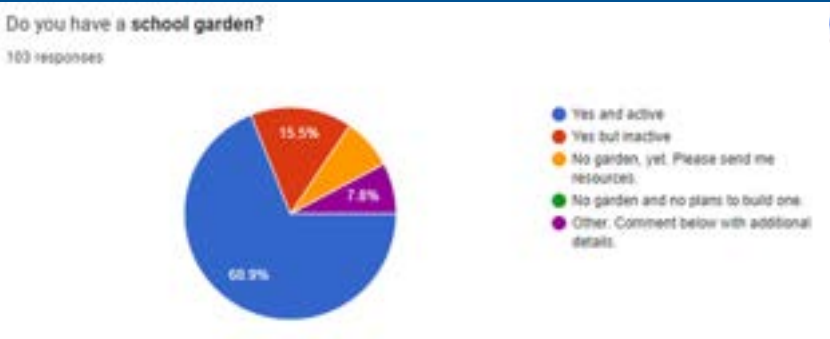
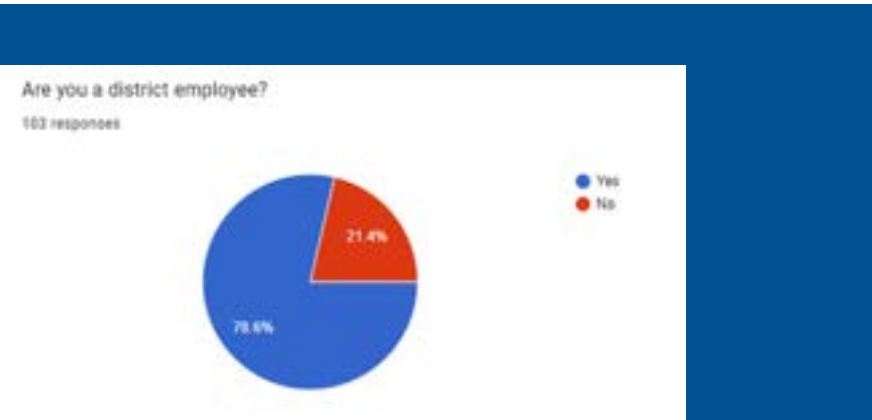
School Garden Database

In collaboration with Andrea Eaton, (Sr. Maintenance & Planning Coordinator) and Janet Whited (Recycling Specialist), we distributed a Google Form district-wide to collect updated info about school gardens in SDUSD.

With this information we hope to gain a better understanding the gardens in our district and be able to provide resources and support to them!

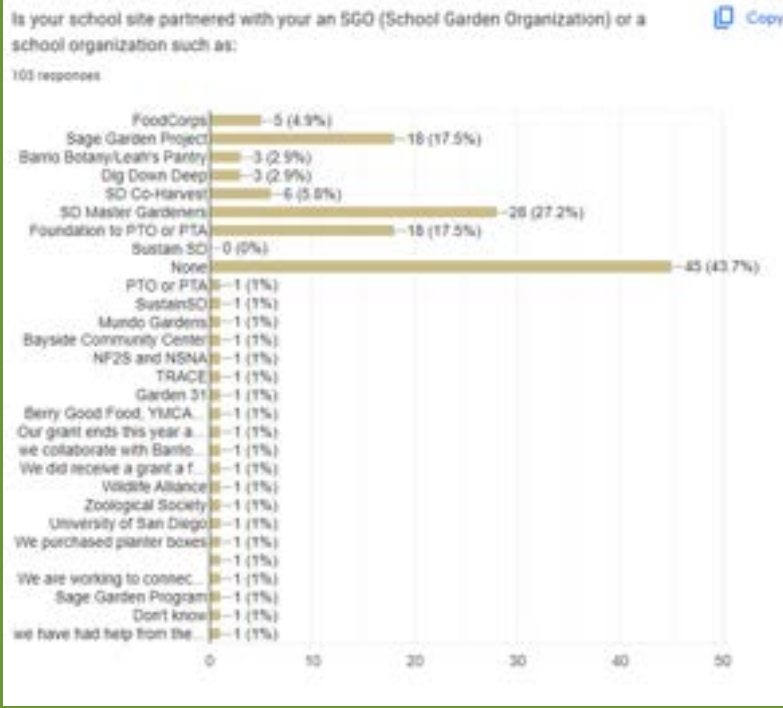
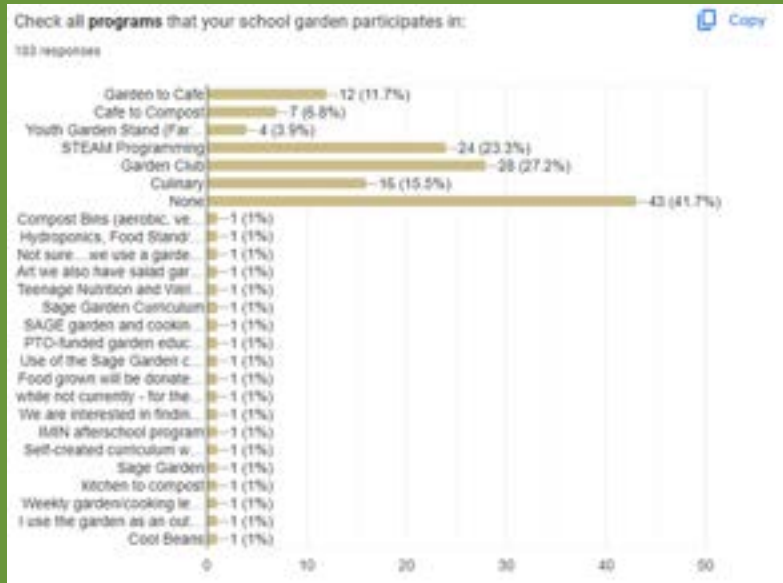
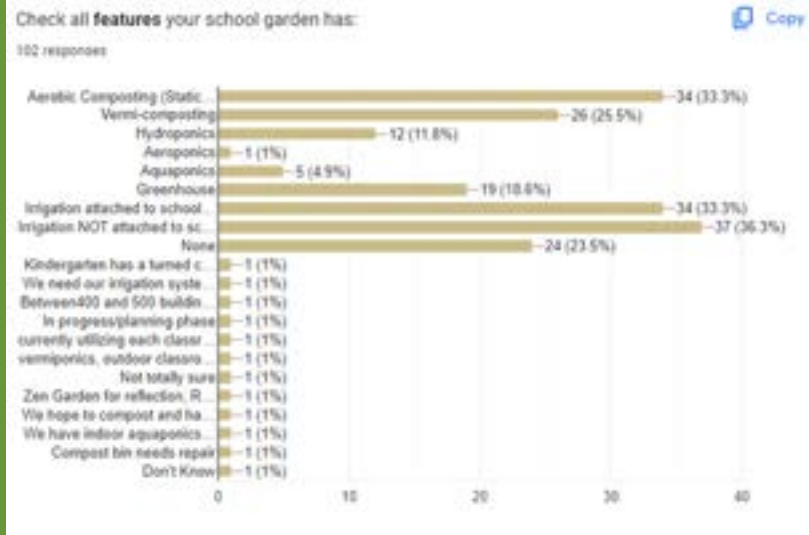
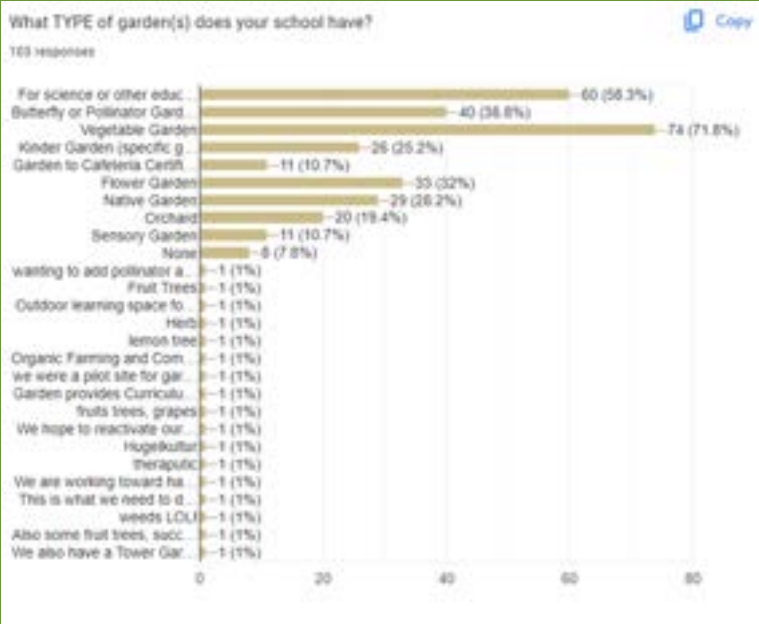
103
responses

71
active gardens





School Garden Database



Thank you to everyone who filled out this form! We hope to update this database frequently and provide our school gardens with the support and resources they need!



Garden to Café Harvests

OF HARVESTS

19

Participating schools

- Hoover HS (6)
- Tubman Charter (9)
- McKinley (2)
- Jonas Salk (2)



Photos: Tubman Charter

POUNDS OF PRODUCE
HARVESTED

157.5 LBS.

TOTAL AMOUNT EARNED
BY G2C SITES

\$250.82



THANK YOU to all our participating sites for their harvests this SY. We faced many obstacles in learning how to process the payments for G2C so we especially appreciate the patience of all our participants as well!



Café to Compost

To close the loop of our Garden to Café program, we also offer support for composting through our Café to Compost program. This is facilitated in collaboration with our Love Food Not Waste Team (see page 22).



Mckinley Elementary students show us their Compost Program. Big Shout Out to Dig Down Deep School Garden Org & Mckinley Garden Team



Mckinley also participate in Garden to Cafe!

OF PARTICIPATING SITES

4

- Mckinley
- Birney
- Gage
- Whitman



Partnerships with School Garden Organizations

School garden education



Composting



Build & Maintenance



Thank you to the local school garden organizations that we got to directly collaborate with this SY!



Special: F2S COMMUNITY EVENTS

We had many visitors this school year! Here's a look at the folks we hosted special F2S events for:

- National Farm to School Network
- SNA Conference
- First Partner, Jennifer Newsom



HIGHLIGHT: VISIT FROM MRS. NEWSOM

On her tour across CA to visit "Community Schools", Mrs. Newsome had the chance to visit Hoover HS and see their community spaces, including their garden. District representatives, including our F2S Specialist, had the chance to sit in a round table discussion with the First Partner as well.

[Read More from the SD Tribune](#)



Special: LOVE FOOD NOT WASTE

Our Farm to School team works closely with our LFNW team to help educate our students and communities about our efforts to reduce food waste district wide!

HIGHLIGHTS

- Plastic Free Lunch Day (November 2022)
- Plastic Free Lunch Week (April 2023)





Plastic Free Lunch Day

In collaboration with the Urban School Food Alliance, some of the largest School Districts across the nation celebrated Plastic Free Lunch Day twice this SY (Nov 2022 and April 2023). SDUSD did it especially BIG in April for Earth Month by celebrating Plastic Free lunch WEEK!! How do we celebrate? We transform all our salad bars into **DIPPER BARS!!**



OF SINGLE USE PLASTIC ITEMS ELIMINATED

~350,000

THE DIPPER BAR

Why dipper bar?
To eliminate single use plastics at school lunch

What is single-use plastic?
→ a plastic thing that is used once and thrown away

Featuring:
Tajin and veggie sticks including jicama

How to:





LFNW

Educational Resources

Composting lessons in the garden

Pictured: Kimbrough Elementary
FoodCorps Compost lessons connects with
LFNW



LFNW Promotion at Cali Qs

Café Green Bins & Rescued Salad Bars

Janet Whited, Recycling Specialist and LFNW Team Member, has been leading the roll out of Green Bins to our cafeteria sites! Janet also helped get ~60 retiring salad bars rescued to become garden beds





LFNW

Educational Resources

The LFNW Team brought on Sarah Diaz, a former science teacher, who will work towards **student engagement for LFNW** alongside our F2S Team. This year's highlights include:



Sarah Diaz
LFNW Program Specialist

- Trained Tierrasanta Elementary students in food sorting station to become base model for future programs (video 1 below)
- Worked with FoodCorps program at Carson to develop 'cafeteria captains' program
- Wrote LFNW Sorting Song (video 2 below) & presentated it during April's 15-min Earth Day Class

LFNW Videos



