

# What Does Farm to School Look Like in Native American Communities?

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# Today's Speakers



**Samantha Benjamin-Kirk**

SERO Farm to School Lead/ Tribal Initiative  
USDA Food & Nutrition Service

[Samantha.Benjamin-Kirk@fns.usda.gov](mailto:Samantha.Benjamin-Kirk@fns.usda.gov)



**Pam Kingfisher**

South Region Lead  
National Farm to School Network

[pam@ssawg.org](mailto:pam@ssawg.org)



**Mark Sorensen**

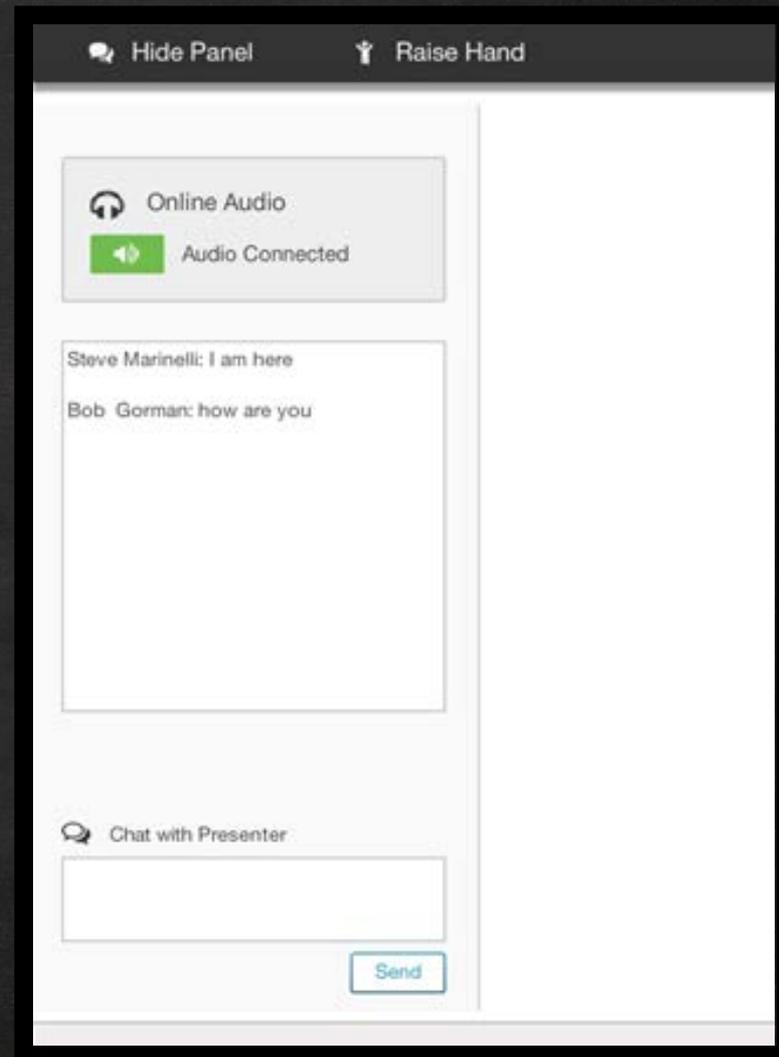
Co-Founder & CEO of the  
The Star School

[dan@indianaglink.com](mailto:dan@indianaglink.com)



# Housekeeping

- To make a comment or ask a question, use the *chat* function
- This webinar will be recorded and available on our website
- A PDF of the slides and any attachments will be emailed to you after the webinar
- Please take the survey after the webinar



# HHFKA 2010

## Section 243: Access to Local Foods

### **The Secretary shall create a Farm to School Program to**

1. Distribute grant funding to improve access to local foods in schools.
2. Provide training and technical assistance to improve access to local foods in schools.
3. Disseminate research and data on existing programs and opportunities for expansion.



# Food Education



Local Food



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PROGRAM

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# Colusa Indian Community Hand-in-Hand Learning Center



**Model: Local sourcing in CACFP**



THE FARM to SCHOOL PROGRAM



THE  
**FARM** *to* **SCHOOL**  
PROGRAM



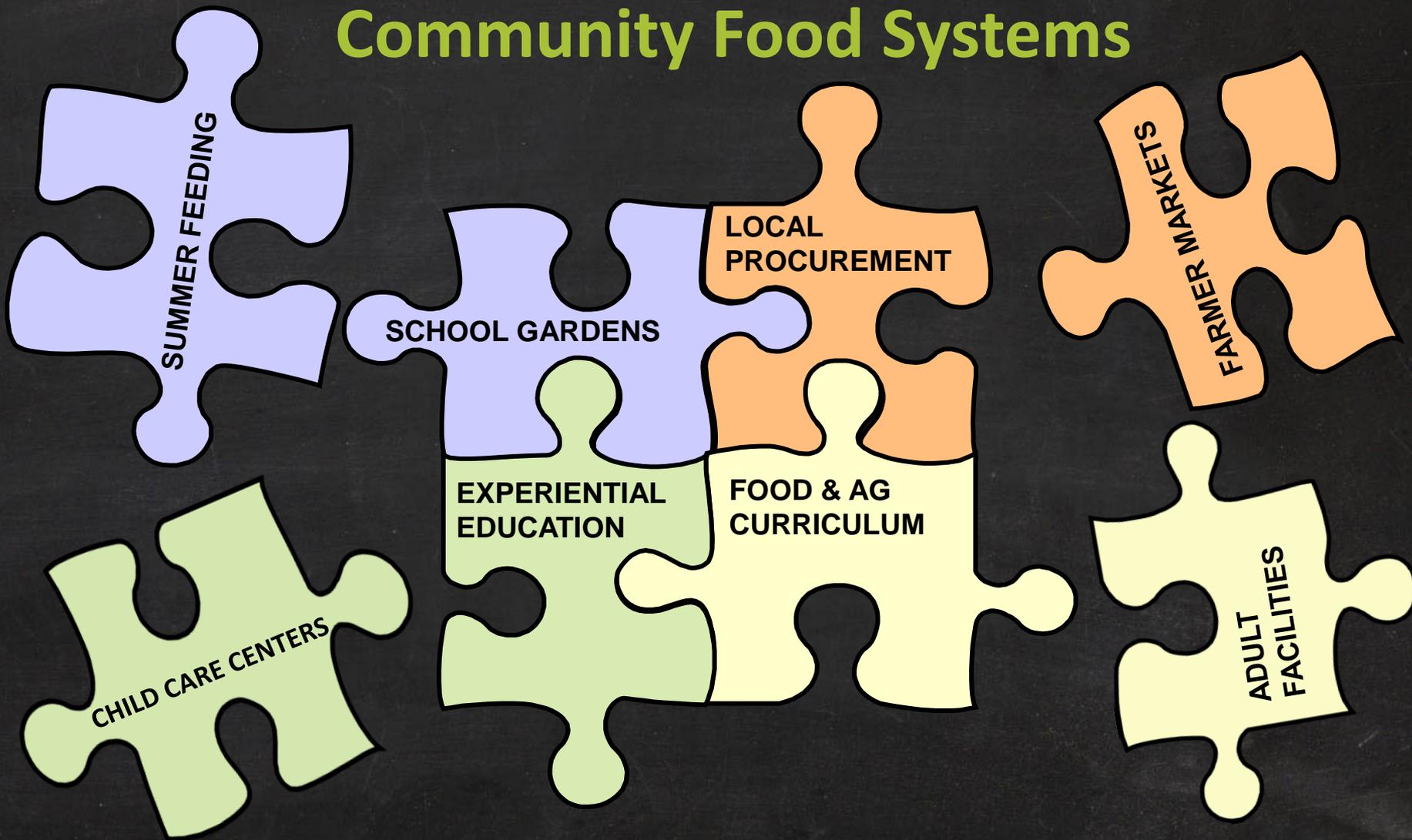
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# What is Farm to School? Community Food Systems



# Why Farm to School?

- Helps local economy
- Supports local farmers
- Brings community together
- Educates students
- Encourages students try new foods
- **Best way for food service directors to market their program**

# Farm to School

## Bring the Community Together

- Extensions
- Nonprofits
- Local Business
- Department of Education
- Department of Ag
- Parents
- Restaurants
- Farmers markets
- Teachers



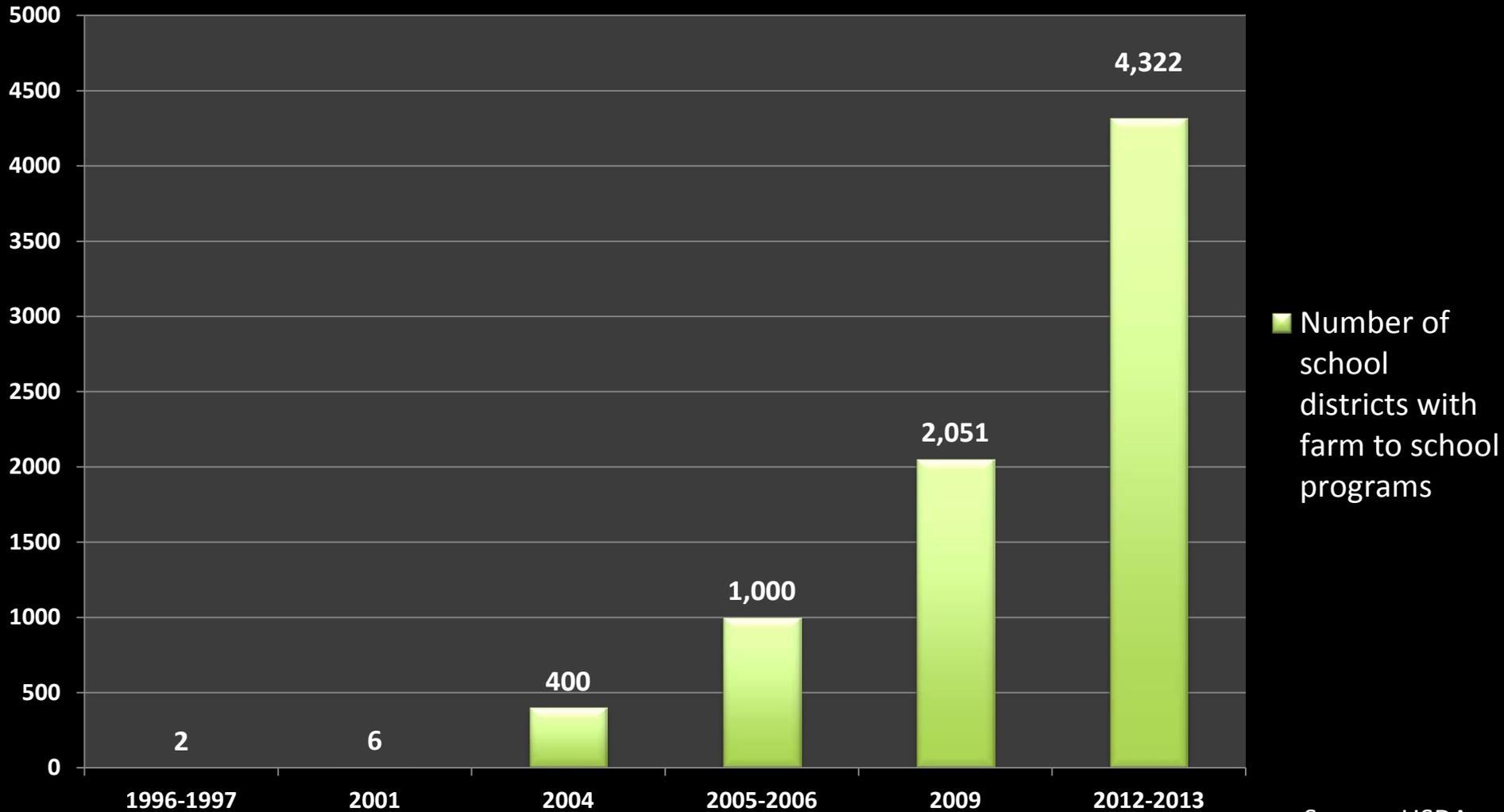
Simply put....

IT JUST TASTES  
BETTER!

All kinds of good things happen when  
school food tastes better...



# Growth of Farm to School Programs

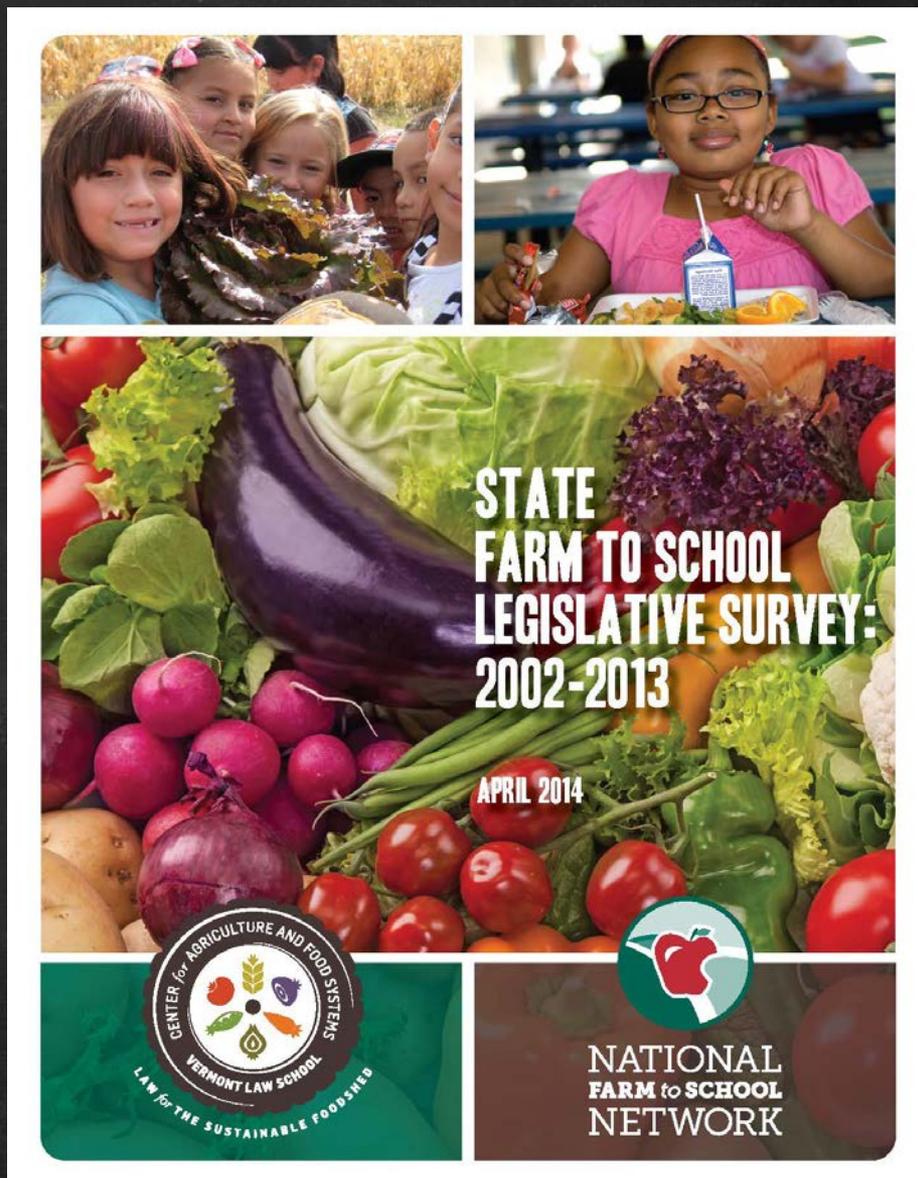


Source: USDA.

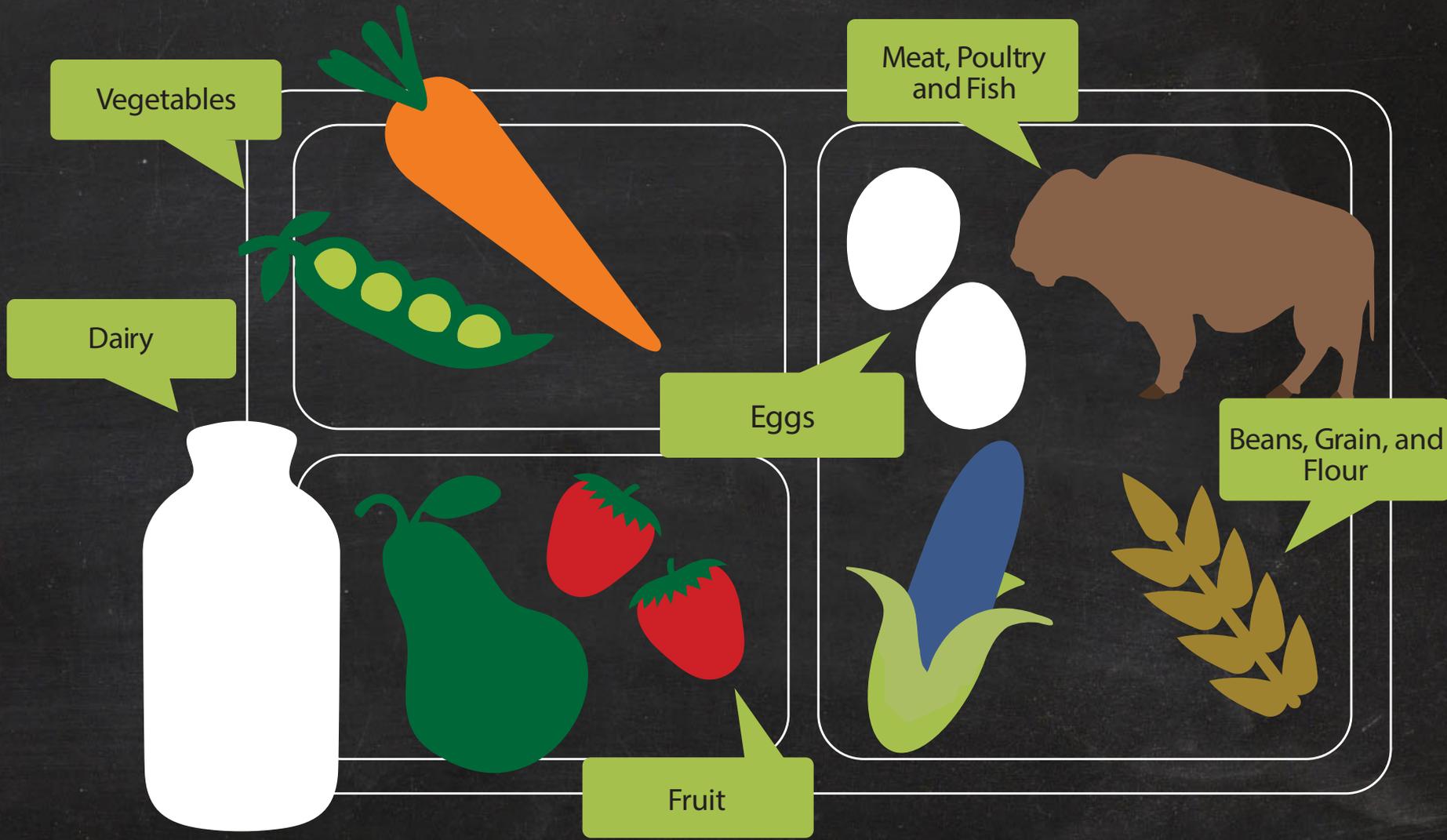


# Growth of Farm to School Legislation

- To date, 46 states have proposed or enacted legislation supporting farm to school programs
- In 2012 and 2013 alone, 20 states passed farm to school related legislation, and 17 other states introduced legislation.



# What Types of Products?







THE  
**FARM** *to* **SCHOOL**  
PROGRAM

# Benefits of Community Food Systems





Schools spend more  
than  
**\$10 billion**  
on food



# Program Impact



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**FARM to SCHOOL**  
PROGRAM

THE 2015  
FARM *to* SCHOOL  
CENSUS



# Economic Impact in Local Communities!

## Healthy Habits Take Root



**\$789 million**

invested in local communities. [Learn more ▶](#)



**17,089**

salad bars offer healthy options. [Learn more ▶](#)



**7,101**

school gardens have sprouted up across the country.

[Learn more ▶](#)



**Health and More!**

School districts engaged in farm to school activities experience positive benefits. [Learn more ▶](#)

# Grant Program

**\$5 M available annually**

- **Applicants**
  - » Schools, state and local agencies, Indian tribal organizations, agricultural producers or groups of agricultural producers, and non-profits.
- **4 types of grants**
  - » Planning (schools)
  - » Implementation (schools)
  - » Support service (all others)
  - » Training



## Competitive Grants For:

- » Training;
- » Supporting operations;
- » Planning;
- » Purchasing equipment;
- » Developing partnerships; and
- » Implementing farm to school programs.



# USDA Farm to School Grants

From fiscal year 2013-2016, FNS has awarded 18 Farm to School Grants that primarily serve tribal communities:

in FY2015, awards total over \$500,000.

- **Healthy Acadia - Bar Harbor, Maine** - Grant Type: Support Service; \$100,000
- **Inter-tribal Ag Council - Billings, Montana** Grant Type: Conference and Event – National; \$50,000
- **Farm to Table - Santa Fe, New Mexico** Grant Type: Conference and Event - Regional; \$39,926
- **Eastern Band of Cherokee Indians - Cherokee, North Carolina** Grant Type: Support Service; \$99,000
- **Stilwell Public Schools - Stilwell, Oklahoma** Grant Type: Planning; \$41,535
- **Inter-Tribal Buffalo Council - Rapid City, South Dakota** Grant Type: Support Service; \$99,189
- **Oneida Tribe of Indians of Wisconsin - Oneida, Wisconsin** Grant Type: Support Service; \$100,000



# Grant Opportunities

## USDA Grants and Loans that Support Farm to School Activities

Funding from the US Department of Agriculture is available to assist farms, schools, and every link in between in feeding kids healthy local meals; teaching them about food, farming and nutrition; and supporting local agricultural economies. While the programs listed below provide a good starting point for those looking to bolster farm to school efforts, other USDA grant and loan programs support local food systems work as well. Visit [www.usda.gov/knowyourfarmer](http://www.usda.gov/knowyourfarmer) for more information.



**Note:** Eligibility guidelines can be quite specific, so be sure to confirm your eligibility on the webpage for the grant or loan program before applying. In addition, non-eligible entities can often partner with eligible entities to benefit from programs they might not otherwise have access to.



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# Pam Kingfisher (Cherokee) South Region National Farm to School Network

## CORE ELEMENTS OF **FARM** *to* **SCHOOL**



# Native Communities Cohort 2014-15



NATIONAL  
FARM to SCHOOL  
NETWORK

- Cherokee Nation/ Stilwell Public School District
- Tohono O’odham Early Childhood
- Tohono O’odham Community Alliance
- Leech Lake Band Ojibwe
- Grand Portage Reservation
- Lamie Deer Public School
- Ramah Navajo School
- Northwest Indian College
- Su’stainable Molokai
- Johns Hopkins Center for American Indian Health
- Montezuma School to Farm Project
- Ute Mountain/Nuchiu Co-op
- Circle of Nations/ Wahpeton School
- Star School
- Standing Rock Sioux Tribe

*Take the Farmers Market to School and give the students Veggie Bucks- OK*



# Cherokee Nation funded Veggie Bucks with a grant from the CDC!



# Alaska students work with Fisheries and have a School Greenhouse



# Common Challenges Communities Face

- Building a Support Team
- Funding programs
- Equipment
- Wellness policies to include f2s
- Grow your own – Gardens, Greenhouses, Land, Water
- Local Procurement policies - GAP/food safety issues
- Traditional Foods
- Supporting local farmers and building markets



# Smoothie Day and Stone Soup Circle of Nations BIE boarding school



# Benefits of f2s – from the Cohort

- Cafeteria use is up 37% over last year! -- OK
- Kids love working in the garden, it's easier to learn science and math outside! --WI
- Now we are revitalizing Agriculture in our community and learning from our elders as we go. --AZ
- Native people are finding their lives and culture again by growing food. --AZ
- The kids are acting better! -- OK
- Family garden plots work. --NM

*An organic farmer teaches 3<sup>rd</sup> graders about f2s. Calvin is a 12 y.o. homeschooler who sells at farmers market. They LOVED Calvin!*



# Traditional Foods for Health

- Hominy corn is high in carbohydrates and protein. One serving of hominy yields 47% of the Daily Reference Value (DRV) for fiber and 33% of the B vitamin Thiamine and has half the calories of market corn.
- Arikara squash has 13% of the DRV for fiber, 64% of the DRV for vitamin A, and half the calories and double the calcium and magnesium of the market equivalent.
- Potawatomi lima beans are low in fat, and high in carbohydrates and protein. B vitamins are found in abundance, including thiamine, pantothenic acid, niacin and B6. Potawatomi lima beans also provide 24 grams of fiber per serving, and 21 times the antioxidants found in market beans



# Get Started!

- Survey your community resources and build on existing programs
- Map out local producers and ask what they grow, especially traditional foods
- Start small and evaluate (count) everything
- Connect your culture, land and water to the nutrition and health of your people

Pizza Day at Molokai Farmers Market



# Foods For Navajo Schools Project



## Planting

Local Navajo farmer lays drip lines to prepare for winter crops.





## Harvest

7<sup>th</sup> grade  
student  
harvests  
squash  
from local  
farm.





## Greenhouse Harvest

Students  
really enjoy  
harvesting  
from the  
greenhouse  
in winter.





## Grinding

Students  
grind  
traditional  
blue corn,  
grown in  
school  
garden.





## Fall Harvest

Students learn from an elder how to make corn bread in the ground the traditional Navajo way.





## Community Event

Student  
prepare local  
mutton for  
our annual  
Harvest  
Festival.





## Taste-Testing

Students enjoy taste-testing when they participate in making the food.





## Community Service

Students  
share some  
of our winter  
harvest with  
local elders.



# Thank You! Questions?

To receive your SNA CEU  
certificate email

[Samantha.Benjamin-  
Kirk@fns.usda.gov](mailto:Samantha.Benjamin-Kirk@fns.usda.gov)



# Upcoming Webinar: Incorporating Traditional Foods in Child Nutrition Program Menus: , 3:00 PM EST

Where do traditional foods fit? In this webinar we'll discuss best practices for incorporating traditional foods into child nutrition programs.

