2020-2021 Farm Fresh Challenge

TASTE ARIZONA | TEACH ARIZONA | CONNECT ARIZONA

ARIZONA Department of Education

2020-2021 Farm Fresh Challenge

The Farm Fresh Challenge is an initiative of the Health and Nutrition Services Division within the National School Lunch Program (NSLP). Designed to encourage nutrition-focused activities and enhance meal quality through the service of locally sourced, fresh and healthy meals, SFAs are encouraged to support Arizona agriculture and teach students where their food comes from. Note: Due to COVID-19 SFAs operating SFSP or SSO are eligible to participate.

More than ever it is key that students continue to learn where their food comes from in an effort to encourage positive food behaviors. Arizona is lucky to have over 19,000 farmers, ranchers and dairymen working to provide food, fiber and fuel for the country. A majority of Arizona's 23 billion dollar industry is dedicated to fresh and whole foods that compliment the NSLP meal pattern. In addition, In 2017, 51% was dedicated to fresh fruits and vegetable production, perfect for seasonal menus.

This toolkit outlines the 2020-2021 Farm Fresh Challenge criteria and provides tools to help SFAs plan and execute a successful Farm Fresh Challenge celebration.

TASTE Arizona

Health and Nutrition Services challenges School Food Authorities (SFAs) of the National School Lunch Program (NSLP) **to serve at least three** locally sourced NSLP meal components during an extended month's challenge program. It is common to see a variety of Arizona grown fruits and vegetables served within the NSLP Farm Fresh Challenge in addition to Arizona-produced fluid milk is regularly available to all SFAs participating in the Federal Child Nutrition Programs. Note: Due to COVID-19 SFAs operating SFSP or SSO are eligible to participate.

In response to the the continued public health concerns related to COVID-19, HNS will provide monthly 30-minute webinars highlighting resources to assist SFAs joining in the challenge each month over the 2021 academic year.

2020-2021 Farm Fresh Challenge Criteria

Taste Arizona

Source and serve three local NSLP/SFSP/SSO meal components.

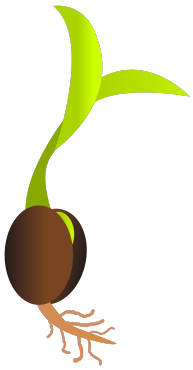
Note: Due to COVID-19 SFAs operating SFSP or SSO are eligible to participate.

Teach Arizona

Offer two educational in-person or virtual opportunities, per participating school site, that encourage children to learn where their food comes from.

Connect Arizona

Post at least one post using #FarmFreshAZ or #AZf2S on your social media account(s).



How to grow your Taste Arizona Challenge

Copper Standard

One of three meal NSLP components can come from fluid milk. Two or more of the three components can come from fruits and vegetables. The copper standard is designed to help SFAs hit an easy-to-reach standard. Fluid milk along with fresh fruits and vegetables are a common first step for buy-local menus.

Silver Standard

Two of three NSLP meal components can come from fluid milk, fruits and/or veggies. One of the three meal components must come from meat/meat alternative, grains or a non-fluid milk dairy item like cheese or yogurt. The silver standard is designed for SFAs looking to trial a new local ingreident or item.

Gold Standard

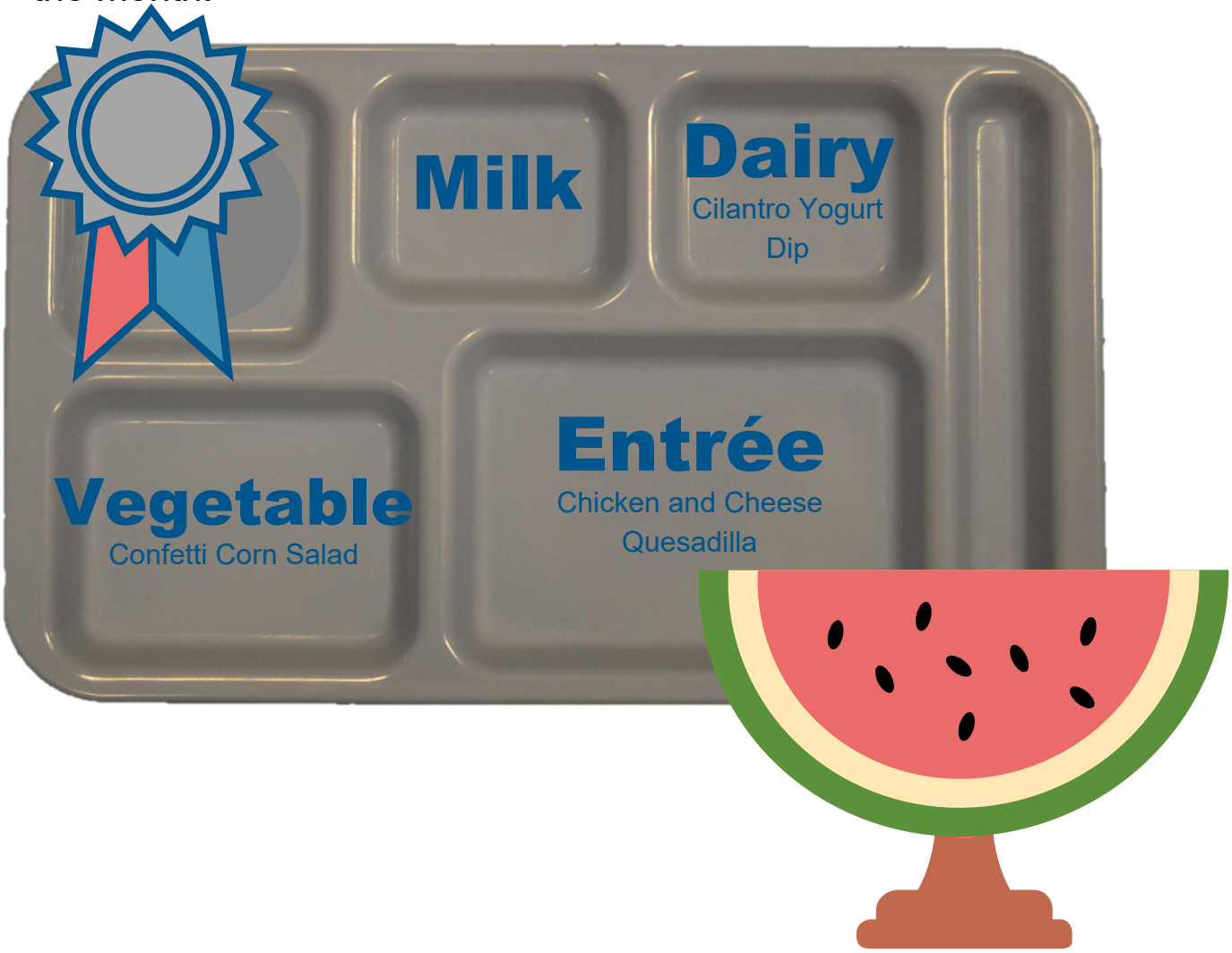
This incorporates more scratch cooked items. Two of the three NSLP meal components can come from fruits and/or veggies. One of three meal components must come from meat/ meat alternatives, whole grains or non-fluid milk dairy items like cheese or yogurt. Milk does not count in the gold standard.

COPPER CRITERIA

- Source 3 local NSLP/SFSP/SSO meal components
- Must include at least 1 local fruit, 1 local vegetable, and/ or 1 local fluid milk. All three items can be produce as long as it is different varieties.
- The challenge criteria can be met in one meal, or throughout the one month timeframe.

SILVER CRITERIA

- Source 3+ local NSLP/SFSP/SSO meal components.
- Two out of three meal components can come from fluid milk, fruits and/or vegetables.
- One out of three meal components must come from meat/meat alternative, grains, or non-fluid milk dairy like cheese or yogurt.
- The challenge criteria can be met in one meal, or throughout the month.



GOLD CRITERIA

- Incorporate more scratch cooked meals. Source 3+ local NSLP/SFSP/SSO items.
- Two out of three meal components can come from fruits and/or vegetables.
- One out of three meal components must come from meat/meat alternatives, grains, or non-fluid milk dairy (cheese or yogurt). Tip: meat/meat alternatives can include local beans, peas, and eggs.
- The challenge criteria can be met in one meal, or throughout the month.

Photo courtesy of Osborn's Culinary Camp, 2018 Farm to Summer Week Challenge Awardee

TEACH Arizona

Health and Nutrition Services challenges School Food Authorities (SFAs) of the National School Lunch Program (NSLP) to offer at least **two** educational opportunities to teach children where their food comes from. Educational activities are an important piece of of any meal service program because it encourages children to try a variety of fresh and healthy foods. Past participation in Farm Fresh Challenges have proved to increase meal participation and recently, awareness positive positive parent perception of school meals. Arizona has many partners that support teaching children where their food comes from. Coupled educational experiences, these opportunities help to encourage children to consume fresh and healthy foods offered at meal time.

Photo courtesy of Salt River Pima Indian Community School, 2018 Farm Fresh Challenge Participant

TEACH Arizona

Education activities that support the 2020 Farm Fresh Challnge include: taste testing, garden-related activities like planting, harvesting and cooking in the garden, farm tour, farmer-visits, pen pal programs with farmers or chefs, nutrition and/or agriculture-lesson plans or activities, and experiences that foster curiosity about food production. Partners that support this challenge requirement include:

Agricultural Literacy Program is with the University Of Arizona's College of Agriculture and Life Sciences Cooperative Extension (UA Cooperative Extension) provides Pre K-12 educators with professional developing for improving students' knowledge and connection to agriculture in Arizona. For more information visit http://cals.arizona.edu/agliteracy/home.

Agriculture in the Classroom (AITC) is a K-6 program of the Arizona Farm Bureau. Supported by members of the organization, AITC develops and implements curriculum and programs that align to state standards to assist teachers in implementing agriculture education into their classroom. For more information visit: https://www.azfb.org/Programs/Agriculture-in-the-Classroom

Photo courtesy of Concordia, 2018 Farm Fresh Challenge Awardee

TEACH Arizona

Dairy Council of Arizona is a not-for-profit nutrition education and communication organization working on behalf of Arizona dairy farm families to highlight the benefits of dairy as an important part of a healthy, balanced diet. Dairy Council provides free nutrition education materials and curriculum, along with Fuel Up to Play 60, the premiere school wellness program in the country. For more information visit http://www.arizonamilk.org/dairy-council

Arizona Beef Council (ABC) is a not-for-profit organization created by the beef farmers and ranchers of Arizona. ABC's in-state programs focus on education, nutrition, retail and food service promotion. For more information visit www.arizonabeef.org.

AZ Health Zone is housed out of the Arizona Department of Health Services (ADHS) and is a product of the Supplemental Nutrition Assistance Program (SNAP) that works in eligible schools, centers or homes to assist their development of specific strategies used to address health, active living and nutrition education. For more information visit www.eatwellbewell.org.

Photo courtesy of Madison School District, 2018 Farm Fresh Challenge Awardee

TEACH Arizona

Arizona Master Gardeners are university-trained volunteers who serve as community educators. They work with the University of Arizona providing research based information on environmentally responsible gardening and landscaping to the public. With an office in each county, visit the web link below to find a Master Gardener near you.
https://extension.arizona.edu/master-gardener

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the child nutrition programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.
https://www.fns.usda.gov/tn/nutrition-education-materials

Photo courtesy of Litchfield School District, 2018 Farm to Summer Week Challenge Awardee

Connect Arizona

Health and Nutrition Services challenges SFAs of the National School Lunch Program (NSLP) to share **at least one post** about their Farm Fresh Challenge on their organization's social media account with their local community using the hashtags #FarmFreshAZ. You may also use alternative modes of communications like organization website, email newsletters, newspaper and radio. This should be documented and will be reported to ADE at the close of the Challenge program.

This is one of the criteria that allows Health and Nutrition staff to review compliance with the 2020-2021 Farm Fresh Challenge to NSLP. This is also your opportunity to show off your excellence in serving school meals.

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