

# 2020 Farm Fresh Challenge – November Prep Webinar Series

October 7, 2020 3:00 pm

Professional Standards Learning Code: 1130, 1170,  
1230, 3230



## Arizona Department of Education (ADE)

This training was sponsored by the Arizona Department of Education (ADE) Health and Nutrition Services Division (HNS).

### Intended Audience

This training is intended for **School Food Authorities (SFAs)** operating the **National School Lunch Program (NSLP)** or **COVID-19 related Summer Food Service Program (SFSP)**.

Target audience: Directors, menu planners and wellness coordinators.

### Professional Standards

Information to include when documenting this training for Professional Standards:

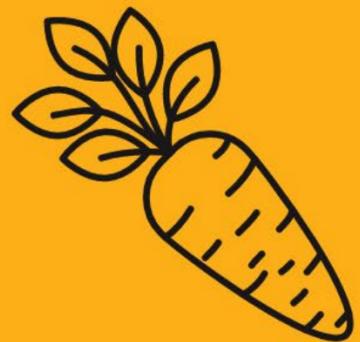
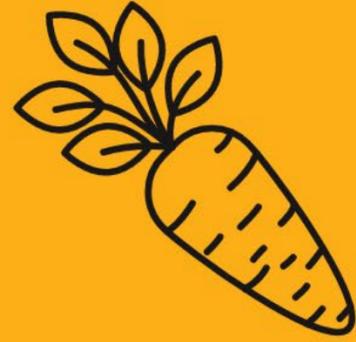
Training Title: 2020 Farm Fresh Challenge – November Prep

Key Area: 1000- Nutrition

Learning Codes: 1130, 1170, 1230, 3230

Length: 1 hour





# Ashley Schimke

**Farm to School & School Garden Specialist  
School Nutrition Programs  
Health and Nutrition Services Division**

---

Thank you for joining me today!



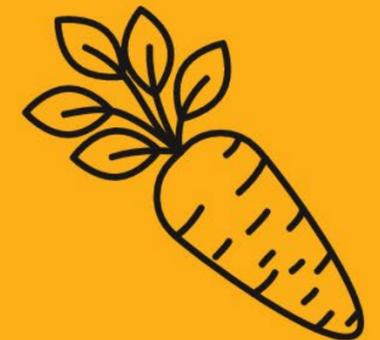
# Agenda

---

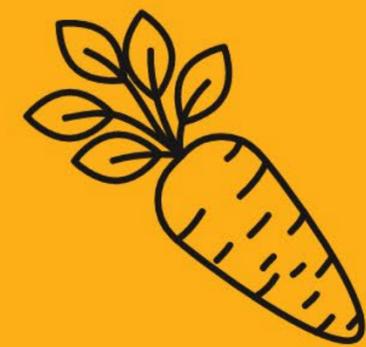
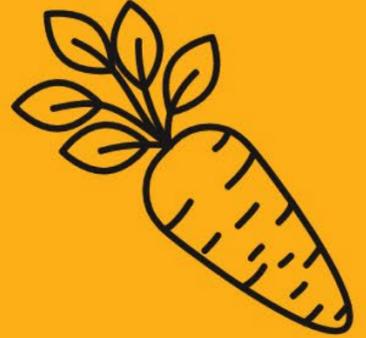
## November Preparation

- Challenge Overview
- Examples Ideas for November
- Strategies for Success Amid COVID -19
- Resources for November

## Questions & Answers (live)



# 2020-2021 Farm Fresh Challenge Overview



# Common Motivators for Sourcing Local Food

## Insights from the 2020 Farm to Summer Challenge

- ✓ Encouraged parents to view farm to school efforts in Curbside or Grab-n-Go Meals
- ✓ Motivated staff by offering something new and/ or special to prepare for students
- ✓ Motivated staff by connecting with local communities and food vendors to support Arizona during the COVID-19 pandemic

# November is Native American Heritage Month

## Native American Heritage Month

- ✓ Exhibits and Collections
- ✓ Audio and Videos
- ✓ Teacher Resources

Source: [https:// nativeamericanheritagemonth.gov/](https://nativeamericanheritagemonth.gov/)



# The Farm Fresh Challenge Design

## ***Taste Arizona***

Serve a minimum of **three** locally sourced, NSLP/ SFSP/ SSO meal components.

3

## ***Teach Arizona***

Host a minimum of **two** educational activities that educate students about where their food comes from.

2

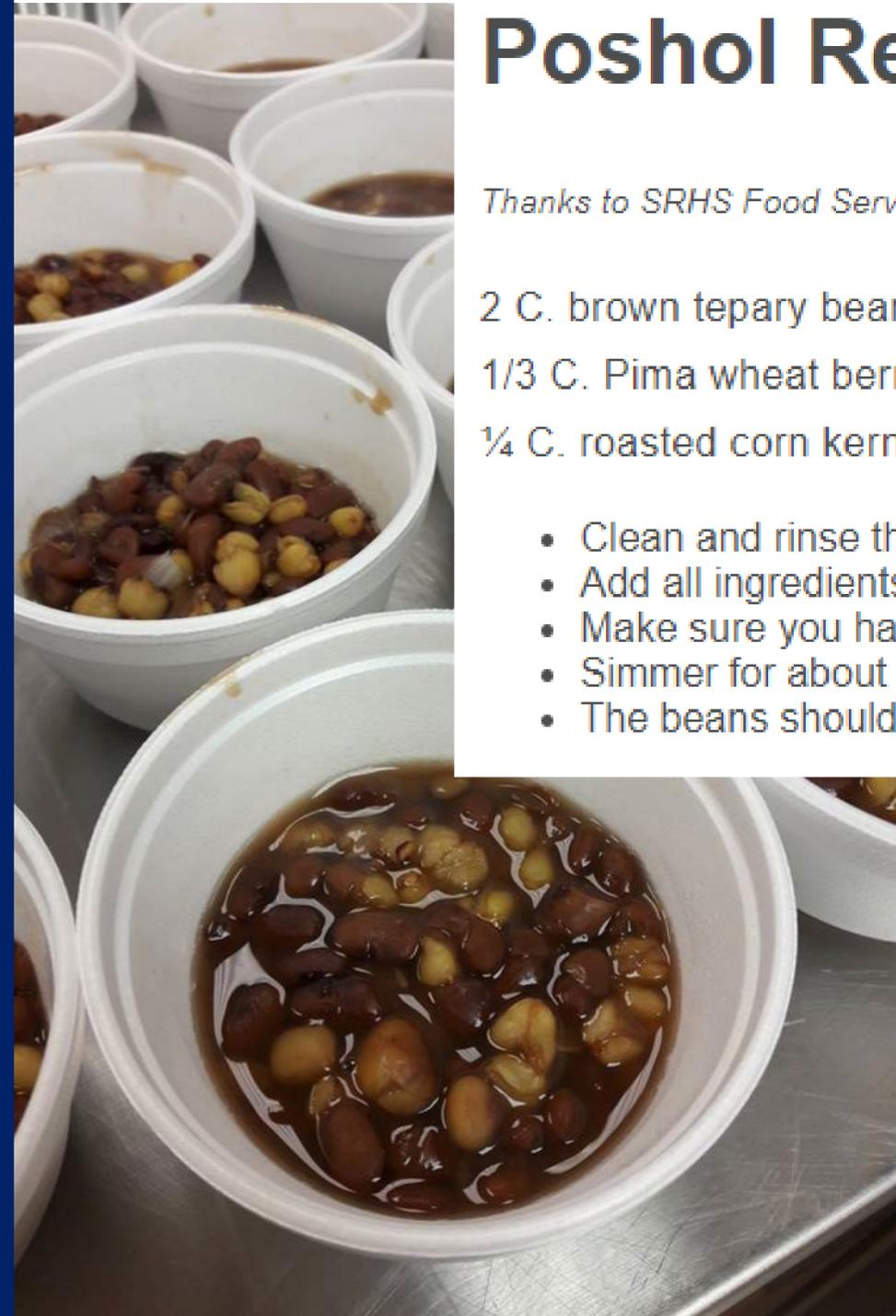
## ***Connect Arizona***

Share a minimum of **one** social media post on Facebook, Instagram or post to your website about your Farm Fresh Challenge.  
#FarmFreshAZ

1

# Salt River Pima-Maricopa Indian Schools

Ideas for  
TASTE Arizona



## Poshol Recipe

*Thanks to SRHS Food Services Supervisor Shannon Reina for sharing her family recipe!*

2 C. brown tepary beans "S-oam Bavi"

1/3 C. Pima wheat berries "O'las pilkan"

¼ C. roasted corn kernels "Huun ga'l"



- Clean and rinse the beans.
- Add all ingredients to a large pot and cover with water.
- Make sure you have at least 2 to 4 inches of water over the beans.
- Simmer for about 6 hours or more depending on how thick you want the juice to be.
- The beans should be tender.

Photo and Recipe Credit: 2018 Farm Fresh  
Challenge Salt River Pima-Maricopa Indian Schools



SALT RIVER  
SCHOOLS

# Cibecue Community School

Ideas for  
TASTE Arizona

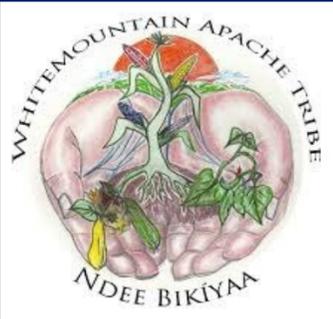


Photo Credit: 2019 Farm Fresh Challenge Cibecue Community School & Ndee Bikiyaa Farm

# STAR School INC (2019 Harvest Event)

Ideas for  
TASTE Arizona

## School garden sourced

- Peaches
- Green beans
- Corn
- Blue corn (dried and milled)
- kale



# Kayenta Unified School District

## Ideas for TASTE Arizona



## Stir-Fry Fajita Chicken, Squash, and Corn

This main dish creatively combines southwest spices with an Asian cooking style, blending the flavors of locally grown produce with fajita chicken strips, all stir-fried to perfection.

📌 **Components: Grains, Meat/Meat Alternate, Other, Red/Orange, Starchy, Vegetable**

📌 **Source: USDA Recipes for Healthy Kids**

📅 **Date Published: August 28, 2019**

Source:

<https://healthyschoolrecipes.com/recipes/stir-fry-fajita-chicken-squash-corn/>



# Common definitions of “local” used by food service professionals in Arizona

**Geographic radius** : Commonly defined at “x” miles from a given District warehouse or school site. This may span outside of Arizona's borders and into states that fit the geographic range preferred by the SFA.



**State of Arizona:** Commonly referred to as “Arizona grown” which encompasses anything produced and/ or processed within the state of Arizona.

**County specific** : Commonly referred to as “X” county grown, showing support for the agriculture industries unique to specific county within Arizona.



# Where to Source Local Food?

- 1 School or Community Gardens
- 2 DoD Fresh Produce Program
- 3 Direct Market Routes  
Farmers' Markets, Farm Stand/ Farm, Food Hub
- 4 Commercial Distributor

# The Farm Fresh Challenge Strategies – TASTE Arizona

## *Source*

What item do you want to highlight and where can you access it?



Summer Challengers sourced from school gardens, through a farm cooperative or vis DoD Fresh

## *Labor*

- ✓ Labor hours and recipes
- ✓ # sites participating



Due to COVID-19 and strained staff, many Summer Challengers focused on one site and whole (already-prepped) items

## *Pay Off*

- ✓ Test a new recipe
- ✓ Engaged audience
- ✓ Meal Participation



Many Summer Challengers agreed this opportunity: increase meal participation.

# The Farm Fresh Challenge Strategies – TASTE Arizona

*\$0.50-1.00/  
serving*

## ***Entrée:***

- ✓ Test Recipes
- ✓ Combine with USDA Foods
- ✓ Sub local ingredients in tried entrees

*\$0.10-0.30/  
servings*

## ***Side:***

- ✓ Fruits
- ✓ Vegetable
- ✓ Roll/ Tortilla
- ✓ Cheese/Yogurt

*\$0.10-0.30/  
serving*

## ***Beverage:***

- ✓ Fat Free or Low -Fat Milk
- ✓ 100% Juice/ Fresca
- ✓ Spa/Infused Water  
(not reimbursable )

# The Farm Fresh Challenge Strategies – **TEACH Arizona**

## ***Student Engagement***

- ✓ Seasonal activities
- ✓ # sites participating
- ✓ Combine programs  
(FFVP/ 21<sup>st</sup>  
Century/ School Garden  
Programs)



Ex. Leveraging activities  
already taking place  
virtually or in-person

## ***Online Resources***

- Virtual Farm Tours
- Virtual School Garden  
Harvesting
- Virtual Taste Test
  - Email hand  
outs/activities



Ex. Dairy Council, Arizona  
Farm Bureau, Specials etc.

## ***Partners***

What partners can  
you use to help  
execute the TACH  
Arizona  
Challenge?



Ex. SNAP-Ed, Master  
Gardeners, Classroom  
Teachers etc.

# Accepting Food Donations

## CHART OF ACCOUNTS

## REVENUES

## *Best Practices*

Object code	Description
1800	<b>Revenue from Community Services Activities</b> —Revenue from community services activities operated by a district. For example, revenue received from operation of a swimming pool or civic center as a community service would be recorded here. Revenues from the long-term rental of district property, typically involving a formal lease agreement, should be coded to revenue object code 1910. Multiple accounts may be established within the 1800 range to differentiate various activities.
1900	Other Revenue from Local Sources <i>(Use detailed codes below)</i>
1910	<b>Rentals</b> —Revenue from the rental of either real or personal property owned by a district. Revenues from the short-term rental of district property, such as daily use fees, should be coded to revenue object code 1800. Rental of property held for investment purposes should be coded to revenue object code 1540.
1920	<b>Contributions and Donations from Private Sources</b> —Revenue associated with contributions and donations made by private organizations. These organizations include, but are not limited to, educational foundations, PTA/PTO organizations, campus booster clubs, and private individuals. Revenue received as donations in support of extracurricular activities to be taken as a tax credit by the donor in accordance with A.R.S. §43-1089.01 should be coded to revenue object code 1790.

- ✓ Monitor Food Safety
- ✓ Document Estimated Value
- ✓ “Thank you” to donor(s)



Track revenue food donations & code *separately* with “1921” code to avoid co-mingling regular contributions or donations

Source:

<https://www.azauditor.gov/sites/default/files/USFRCOA91120.pdf>



# DoD Fresh Produce Program via FFAVORS Catalog



Item Code	Item Description	Unit of Issue	Units Per Case	Source of Supply	State of Origin	Price
1	STERN PRODUCE COMPANY, INC SPE300-19-DS343 08/30/2020					
3	15A13 APPLES CHL GALA SL 100/2 OZ PG	LB	13	CONUS	WA	25.18
4	15PO9 APPLES FR FUJI 125 CT 40 LB CS	LB	40	CONUS	WA	31.42
5	14H87 APPLES FR G/S USF/XF 125-138 CT 40 LB CS	LB	40	CONUS	WA	31.92
6	18B51 APPLES FR GALA 12/3 LB BG 36 LB CS	LB	36	LOCAL	AZ	23.95
7	17T28 APPLES FR GALA 125 CT XF 40 LB CS	LB	40	CONUS	WA	30.42
8	14H86 APPLES FR GALA USF/XF 138-163 CT 40 LBCS	LB	40	CONUS	WA	28.92
9	14H83 APPLES FR GRN USF/XF 100-113 CT 40 LB CS	LB	40	CONUS	WA	30.92
10	14M10 APPLES FR R/D 125-138 CT 40 LB CS	LB	40	CONUS	WA	30.42
11	14A14 APPLES FR R/D 163 CT 40 LB CS	LB	40	CONUS	WA	28.92
12	16B95 BROCCOLI FLORETS CHI 3 LB BG/CS	LB	3	CONUS	CA	7.58

# Buying Local: Distributor Example



em Code	Product Description	Pack Size	Grower Name	Grower Location	Availability	Comments
133284	GREEN CABBAGE	50 lb	PACIFIC/GREER	GOOD YEAR	OCT-MARCH	
135006	BROCCOLI CROWN	20# AVG	PACIFIC/GREER	GOOD YEAR	OCT-MARCH	
339840	#2 JUMBO CARROTS	50LB	MIEDEMA	SURPRISE	OCT- JULY	
131621	#1 JUMBO CARROTS	50LB	MIEDEMA	SURPRISE	OCT-JULY	
247934	#1 MED. CARROTS	25LB	MIEDEMA	SURPRISE	OCT-JULY	
151447	CLEAN RADISH	25LB	MIEDEMA	SURPRISE	OCT-JULY	
133324	CILANTRO	30CT	PACIFIC/GREER	GOOD YEAR	OCT-MARCH	
133332	CILANTRO	60CT	PACIFIC/GREER	GOOD YEAR	OCT-MARCH	
381036	SUSHI CUCS	12CT	EURO FRESH	WILCOX	YEAR ROUND	
294827	HOT HOUSE CUCS	40LB	EURO FRESH	WILCOX	YEAR ROUND	NEW
149197	HOT HOUSE CUCS	12/18 CT	EURO FRESH	WILCOX	YEAR ROUND	
133399	MUSTARD GREEN	24CT	PACIFIC/GREER	GOOD YEAR	OCT-MARCH	special order
133407	TURNIP GREEN	24CT	PACIFIC/GREER	GOOD YEAR	OCT-MARCH	special order
308168	LEEKs	12CT	CHURCH BROS	YUMA	NOV-MARCH	
723857	GREEN LEAF	24CT	CHURCH BROS	YUMA	NOV-MARCH	
308318	ICE BERG	24CT	CHURCH BROS	YUMA	NOV-MARCH	
723816	ROMAINE	24CT	CHURCH BROS	YUMA	NOV-MARCH	
241358	MESCLUN MIX	3LB	DUNCAN FARMS	GOOD YEAR	NOV-MARCH	
151423	PARSNIPS	20LB	MIEDEMA	SURPRISE	NOV-MARCH	NA AT THIS TIME
260511	ALFALFA SPROUTS	2/2LB	ARIZONA SPROUTS	ELOY	YEAR ROUND	
254274	BEAN SPROUTS	10LB	ARIZONA SPROUTS	ELOY	YEAR ROUND	
260432	CLOVER SPROUTS	2/2 LB	ARIZONA SPROUTS	ELOY	YEAR ROUND	
280711	DAIKON SPROUT	12/3.50	ARIZONA SPROUTS	ELOY	YEAR ROUND	

When buying local food from a distributor be sure to ask to share your definition of “local” with your sales representative. If you are looking for something in particular discuss how they might help you access this item. In most cases, it is easier to discuss the items that the company keeps available seasonally. This often looks like a local “hot sheet”.

# Buying Local Food: Food Hub Example

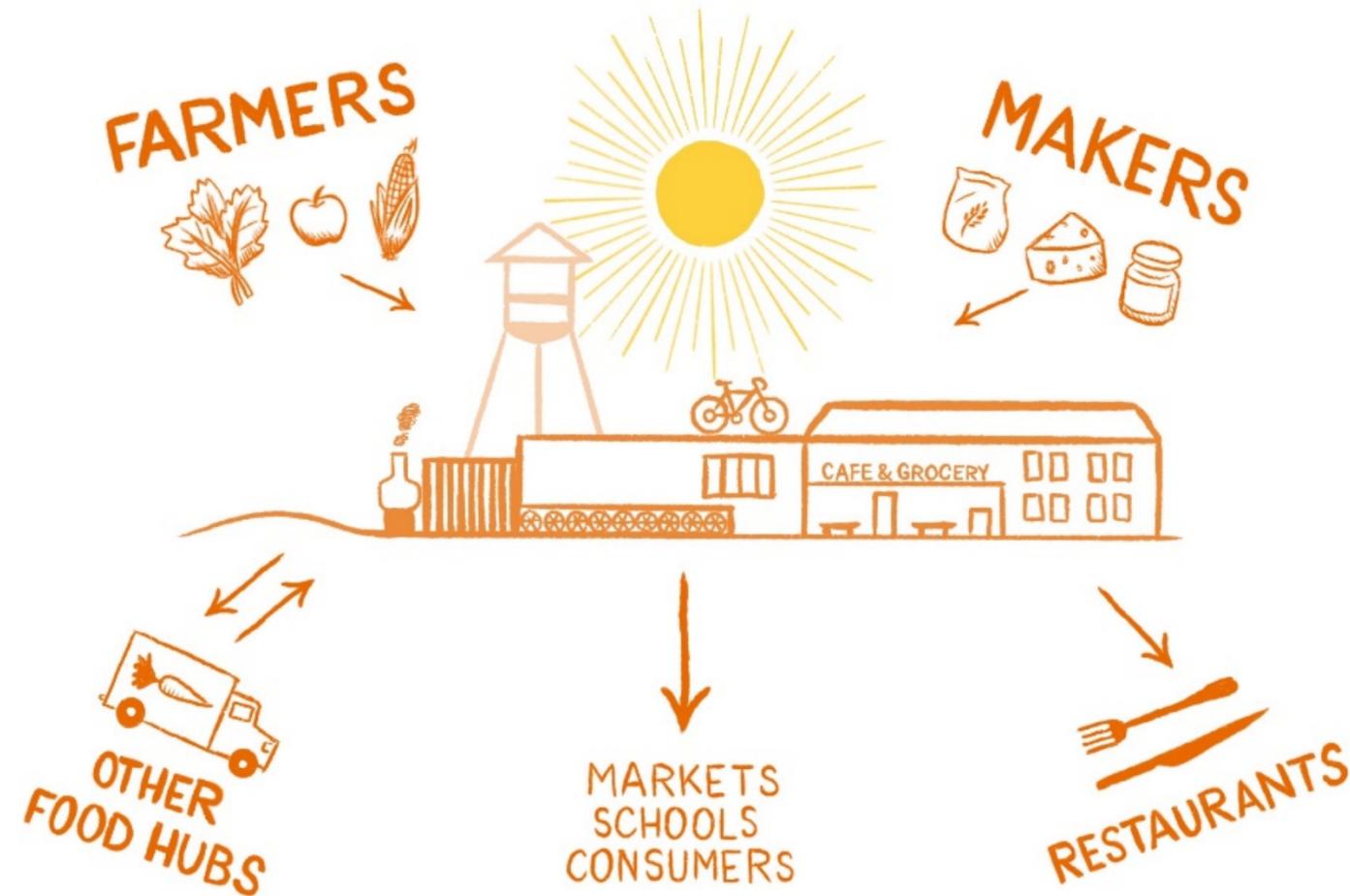


Photo courtesy of Swamp Rabbit and Grocery

**TIP:** When buying from a food hub, be sure to discuss ordering process, delivery methods and how information about local food will be available to you ahead of time and once the product has been delivered.

Resources: Arizona has a few food hub or farm cooperatives when sourcing local foods. Some schools have found success with [Sun Produce Cooperative](#) in Phoenix, [Pivot Produce](#) or [Community Food Bank](#) in Tucson.

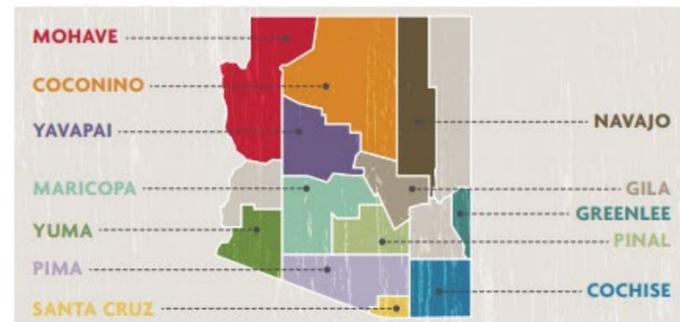


## Where can I source Farm to School items, directly?

- State Resources:
  - » Local First - [Good Food FinderAZ.com](http://GoodFoodFinderAZ.com)
  - » Farm Bureau - [FillYourPlate.org](http://FillYourPlate.org)
- Producer Associations:
  - Western Growers Foundation
  - Arizona Farm Bureau
  - Arizona Beef Council
  - Arizona Pork Council
  - Arizona Dairy Council
  - Yuma Fresh Vegetables
- Farmers' Markets:
  - » <http://arizonagrown.org/>
  - » <https://www.azhealthzone.org/farmersmarkets>

# Buying local: Farmers Market Example

## FARMERS' MARKETS BY COUNTY



### COCHISE COUNTY

#### BISBEE FARMERS' MARKET

100 W. Vista  
Bisbee, AZ 85603  
Phone: 520-236-8409  
Hours: Year-Round, Saturdays 9am-1pm

#### HIGH DESERT FARMERS' MARKET

1 Elks Ln.  
Sierra Vista, AZ 85635  
Phone: 520-678-8655  
Hours: Year-Round, Wednesdays 9am-1pm and Sundays 11am-3pm  
www.highdesertfarmersmarket.com

#### SIERRA VISTA FARMERS' MARKET

Veteran's Memorial Park  
3105 E. Fry Blvd.  
Sierra Vista, AZ 85635  
Phone: 520-678-2638  
Hours: Year-Round, Thursdays 10am-2pm  
www.sierravistafarmersmarket.com

### COCONINO COUNTY

#### FLAGSTAFF COMMUNITY MARKET

211 W. Aspen Ave.  
Flagstaff, AZ 86004  
Phone: 928-607-2487  
Hours: May - Oct, Sundays 8am-12pm  
www.flagstaffmarket.com

#### PAGE FARMERS' MARKET

699 S. Navajo Dr.  
Page, AZ 86040  
Phone: 928-645-2741  
Hours: May - Sept, Saturdays 8-11am

### SUNNYSIDE MARKET

2532 E. 7th Ave.  
Flagstaff, AZ 86004  
Phone: 928-600-6835  
Hours: End of May - Mid-Sept, Wednesdays 2:30-6:30pm  
www.sunnysidemarket.org

### GILA COUNTY

#### GLOBE-MIAMI FARMERS' MARKET

Gila County Historical Museum  
Globe, AZ 85501  
Phone: 928-701-3097  
Hours: June - Sept, Saturdays 8am-11am

#### PAYSON FARMERS' MARKET

816 S. Beeline Highway  
Payson, AZ 85541  
Phone: 928-468-0961  
Hours: End of May - Mid-Sept, Saturdays 8am-12pm  
www.paysonfarmersmarket.com

### GREENLEE COUNTY

#### CLIFTON FARMERS' MARKET

100 N. Coronado Blvd.  
Clifton, AZ 85533  
Phone: 928-865-2806  
Hours: Year-Round, Wednesdays 10am-4pm

### MARICOPA COUNTY

#### 6TH STREET MARKET

24 E. 6th St.  
Tempe, AZ 85281  
Phone: 520-261-6982  
Hours: Mid Oct - Mid April, Sundays 10am-3pm  
www.foodinroot.com

## FARMERS' MARKETS BY COUNTY

### AHWATUKEE FARMERS' MARKET

4700 E. Warner Rd.  
Phoenix, AZ 85044  
Phone: 623-848-1234  
Hours: Oct - May, Sundays 9am-1pm,  
June - Sept, Sundays 8-11am  
www.arizonacommunityfarmersmarkets.com

### ANTHEM FARMERS' MARKET

41703 N. Gavilan Peak Pkwy.  
Anthem, AZ 85086  
Phone: 623-848-1234  
Hours: Oct - May, Sundays 9am-1pm,  
June - July, Sundays 8-11am  
www.arizonacommunityfarmersmarkets.com

### BUCKEYE FARMERS' MARKET

22865 W. Lower Buckeye Rd.  
Buckeye, AZ 85326  
Phone: 623-349-6330  
Hours: Nov - April, Saturdays 9am-1pm  
www.buckeyeaz.gov

### CAPITOL FARMERS' MARKET

1700 W. Adams St.  
Phoenix, AZ 85007  
Phone: 623-848-1234  
Hours: Nov - April, Thursdays 10:30am-1:30pm  
www.arizonacommunityfarmersmarkets.com

### CARE 1ST FARMERS' MARKET

328 W. Western  
Avondale, AZ 85037  
Phone: 623-848-1234  
Hours: July - Oct, Tuesdays 8am-12pm  
www.azcommunityfarmersmarket.com

### CAREFREE FARMERS' MARKET

1 Sundial Circle  
Carefree, AZ 85377  
Phone: 623-848-1234  
Hours: Oct - May, Fridays 9am-1pm,  
June - Sept, Fridays 8-11am  
www.arizonacommunityfarmersmarkets.com

### CHANDLER FARMERS' MARKET

Dr. A.J. Chandler Park West  
3 S. Arizona Ave.  
Chandler, AZ 85225  
Phone: 480-855-3539  
Hours: Oct - May, Tuesdays 9am-1pm,  
Nov - May, Saturdays 8:30am-12:30pm  
www.downtownchandler.org

### CLARK PARK FARMERS' MARKET

1730 S. Roosevelt St.  
Tempe, AZ 85281  
Phone: 480-350-5893  
Hours: Oct - April, Tuesdays 5-8pm  
www.clarkparkfarmersmarket.com

### CORTE BELLA FARMERS' MARKET

22135 N. Mission Dr.  
Sun City West, AZ 85375  
Phone: 623-848-1234  
Hours: Oct - May, 2nd Wednesday of month  
10am-1pm  
www.azfarmersmarkets.us

### DESERT PALMS PRESBYTERIAN CHURCH MARKET

13459 W. Stardust Blvd.  
Sun City West, AZ 85375  
Phone: 480-585-8639  
Hours: Oct - April, 4th Tuesday of month 10am-1pm  
www.azfarmersmarkets.us

### DOWNTOWN PHOENIX PUBLIC MARKET

721 N. Central Ave.  
Phoenix, AZ 85004  
Phone: 602-625-6736  
Hours: Oct - April, Saturdays 8am-1pm,  
May - Sept, Saturdays 8am-12pm  
www.phxpublicmarket.com

### ESTRELLA MARKET AT SALES CENTER

10336 S. Estrella Pkwy.  
Goodyear, AZ 85338  
Phone: 480-585-8639  
Hours: Oct - April, 3rd Saturday of month  
10am-2pm  
www.azfarmersmarkets.us

### FARMERS' MARKET NORTH SCOTTSDALE

8744 E. Pinnacle Peak Rd.  
Scottsdale, AZ 85255  
Phone: 480-389-5117  
Hours: Oct - April, Saturdays 9am-1pm  
www.farmersmarketnorthscottsdale.com

### FOUNTAIN HILLS FARMERS' MARKET

16858 Ave. of the Fountains  
Fountain Hills, AZ 85268  
Phone: 602-888-6758  
Hours: Oct - April, Thursdays 11am-5pm  
www.fhfarmersmarket.com

### FREEMAN CORN PATCH

945 N. Center St.  
Mesa, AZ 85203  
Phone: 602-799-7092  
Hours: May - July, Monday - Saturday 7am-6pm

### GILBERT FARMERS' MARKET

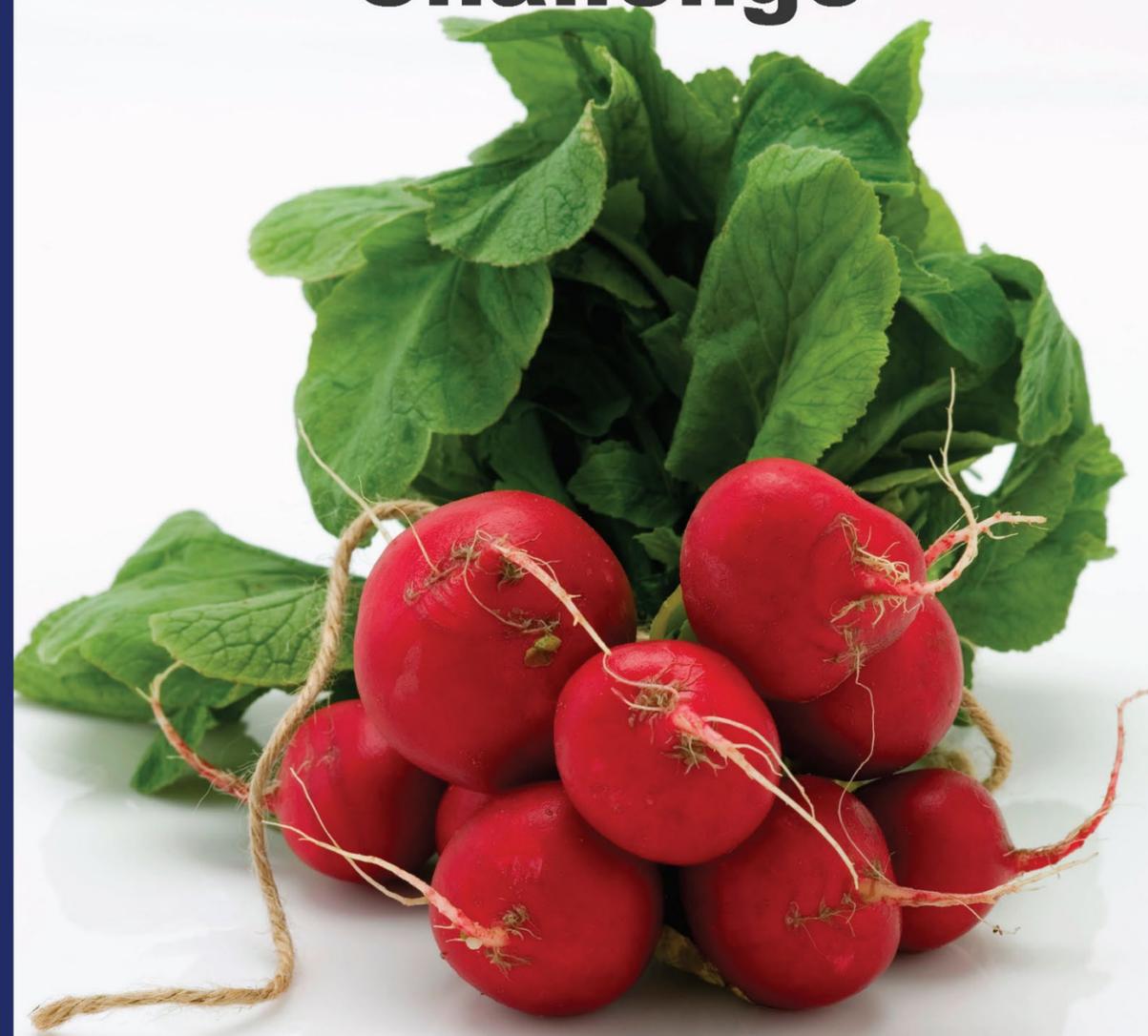
222 N. Ash Dr.  
Gilbert, AZ 85234  
Hours: Oct - March, Saturdays 8am-12pm,  
April - Sept, Saturdays 7-11am  
www.gilbertmarket.com

**TIPS:** When buying from a Farmers' market ask about where the farm is located, what food safety practices exist and what price break you might have if you purchased product-after market or when buying in bulk direct from the farm.

Resource: [Arizona's Specialty Crop Block Guide - Farmers Markets By County](#)

# Toolkit

## 2020 Farm Fresh Challenge

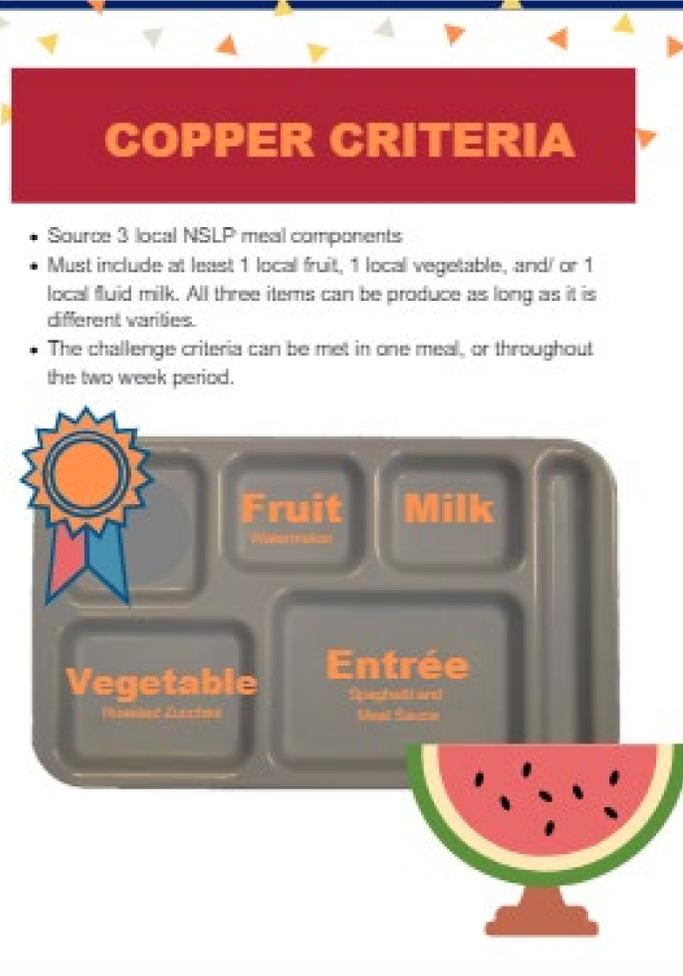


TASTE ARIZONA | TEACH ARIZONA | CONNECT ARIZONA



# Toolkit Contents

## TASTE



**COPPER CRITERIA**

- Source 3 local NSLP 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 two week period.

**Fruit**  
Watermelon

**Milk**

**Vegetable**  
Roasted Zucchini

**Entrée**  
Spaghetti and Meat Sauce

## TEACH



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

### TEACH Arizona

Education activities that support the 2020 Farm Fresh Challenge 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>

## CONNECT



Photo courtesy of Yuma Elementary School District

### Sample Social Media Statements

Help us engage with diverse audiences by keeping hunger at bay with farm fresh and healthy agriculture products available over the summer months! Simply plug these posts into your social media platforms to help spread the word about the challenge. You also are encouraged to help incorporate the articles into newsletters, blogs and listservs to help celebrate Farm to Summer!

- Taste, Teach, and Connect Arizona. Celebrating Arizona agriculture during June 15th-21st, Farm to Summer! #SummerFreshAZ
- Arizona's agriculture is a 23.3-billion-dollar industry! Let's celebrate Arizona's bounty June 15th-21st for Farm to Summer! #SummerFreshAZ
- Arizona's summer harvest includes: melons, sweet corn, tomatoes, peppers and cucumbers. Summer never tasted so good. #SummerFreshAZ
- \_\_\_\_\_ is participating in the Farm to Summer Challenge to show that fresh and healthy food is important to children across the state. #SummerFreshAZ
- Help us celebrate Farm to Summer through gardening, an important practice that teaches children where their food comes from! #SummerFreshAZ

# TASTE Arizona Challenge Tiers



## 2020 Farm Fresh Challenge Criteria

### Taste Arizona

Source and serve three local meal components.

### Teach Arizona

Offer two educational enrichment 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 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 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 ingredient or item.

### Gold Standard

This incorporates more scratch cooked items. Two of the three 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.

# Harvest of the Season Program **NEW**

Cafeteria & Classroom Posters

Educational Newsletters

**Eat More Arizona Grown Apples**

**Nutrients Found in Apples**

**Fiber:** Helps with digestion and keeps the heart healthy.

**Vitamin C:** Maintains a healthy immune system and reduces stress.

**Potassium:** Maintains fluid balance and blood pressure and plays a role in bone health.

**Phosphorus:** A needed nutrient during metabolism and helps build strong bones and teeth.

**APPLES**

**HARVEST OF THE SEASON**  
Make it your year's vegetable choice!

According to the 2017 Agriculture Census, the bearing age acres of apples was reported as 490 across 10g farms.

Choose a fresh, shiny, firm, smooth-skinned apple that has a sheen.

Arizona grows vegetables and fruits like (and not just) when purchased in season.

**Apples**  
Harvest of the Season

**Eat More Arizona Grown Apples**

Fruits are nature's power food! Eating a variety of fruits provides different vitamins and minerals to help keep your heart, teeth, gums, eyes, and skin healthy. Eat them every day at meals and snacks. Buy fresh fruits like Apples in season when flavor and price are best!

According to the 2017 Agriculture Census, the bearing age acres of apples was reported as 490 across 10g farms.

**Why Eat More Apples?**

Apples are full of nutrients. Here's how the nutrients in Apples keeps you and your family healthy:

Nutrients Found in Apples	
<b>Fiber</b>	Apples are rich in fiber which helps with digestion and keeps the heart healthy.
<b>Calcium</b>	Helps build strong bones and teeth.
<b>Vitamin C</b>	Maintains a healthy immune system and reduces stress.
<b>Potassium</b>	Maintains fluid balance and blood pressure and plays a role in bone health.
<b>Phosphorus</b>	Phosphorus is a needed nutrient during metabolism and helps build strong bones and teeth.

**What are the Different Types of Apples?**

Try different types of Apples to find your family's favorite. These are a few types of Apples grown in Arizona:

- Galas
- Fuji
- Cameo
- Granny Smith
- Ambrosia
- Pink Lady
- Sundowner

**Plant and Grow Apples**

- When choosing an apple tree, make sure to pick a bare root, one-year old, dormant tree.
- Choose a location where the tree will collect the most sunlight.
- When planting an apple tree, dig a hole, spread the roots, and establish in soil.
- The bearing age of apples is 3-8 years and they have a life expectancy of 20-30 years. Pruned apple trees can reach a height of 20ft and a spread of 30-40ft.

Visit <https://apnursery.com/blog/growing-apple-trees-in-phoenix/> for harvest and planting information.

**Apple Broccoli Salad**

**Ingredients:**

- 3 apples
- 3 cups fresh broccoli, cut up
- 1/4 cup chopped pecans
- 1 tablespoon chopped red onion
- 1/3 cup raisins
- 1/2 cup nonfat, vanilla flavored Lettuce (optional)

**Directions:**

- Wash hands with warm water and soap. Wash fresh fruits and vegetables before preparing.
- Cut the apple and take out the seeds. Chop the apple.
- Mix all ingredients together.
- Serve on lettuce.

Makes 6 servings

**Nutrition Facts**  
per serving

Calories	185
Carbohydrate	35 g
Protein	3 g
Total fat	4 g
Saturated fat	0 g
Total fiber	9 g
Cholesterol	0 mg
Fiber	4 g
Total sugar	18 g
Sodium	27 mg
Calcium	68 mg
Potassium	36 mg
Iron	1 mg

For more apple recipes visit [https://www.azhealthzone.org/recipes?keywords=apples&category\\_id=6](https://www.azhealthzone.org/recipes?keywords=apples&category_id=6)

**Choose Local Grown Vegetable and Fruits**

- Arizona Grown vegetables and fruits taste best and cost less when purchased in season.
- Vegetables and fruits grown in Arizona spend less time being transported. This causes less damage to the vegetables and fruits.
- When farmers sell directly to consumers, they cut out the middleman and receive full value for their product. This allows farmers to continue to farm and provide service to the community.
- Let your kids be produce pickers. Help them pick vegetables at a grocery store, your local farmers' markets, or at a u-pick farm near you! Go to [arizonagrown.org](http://arizonagrown.org) for more information.

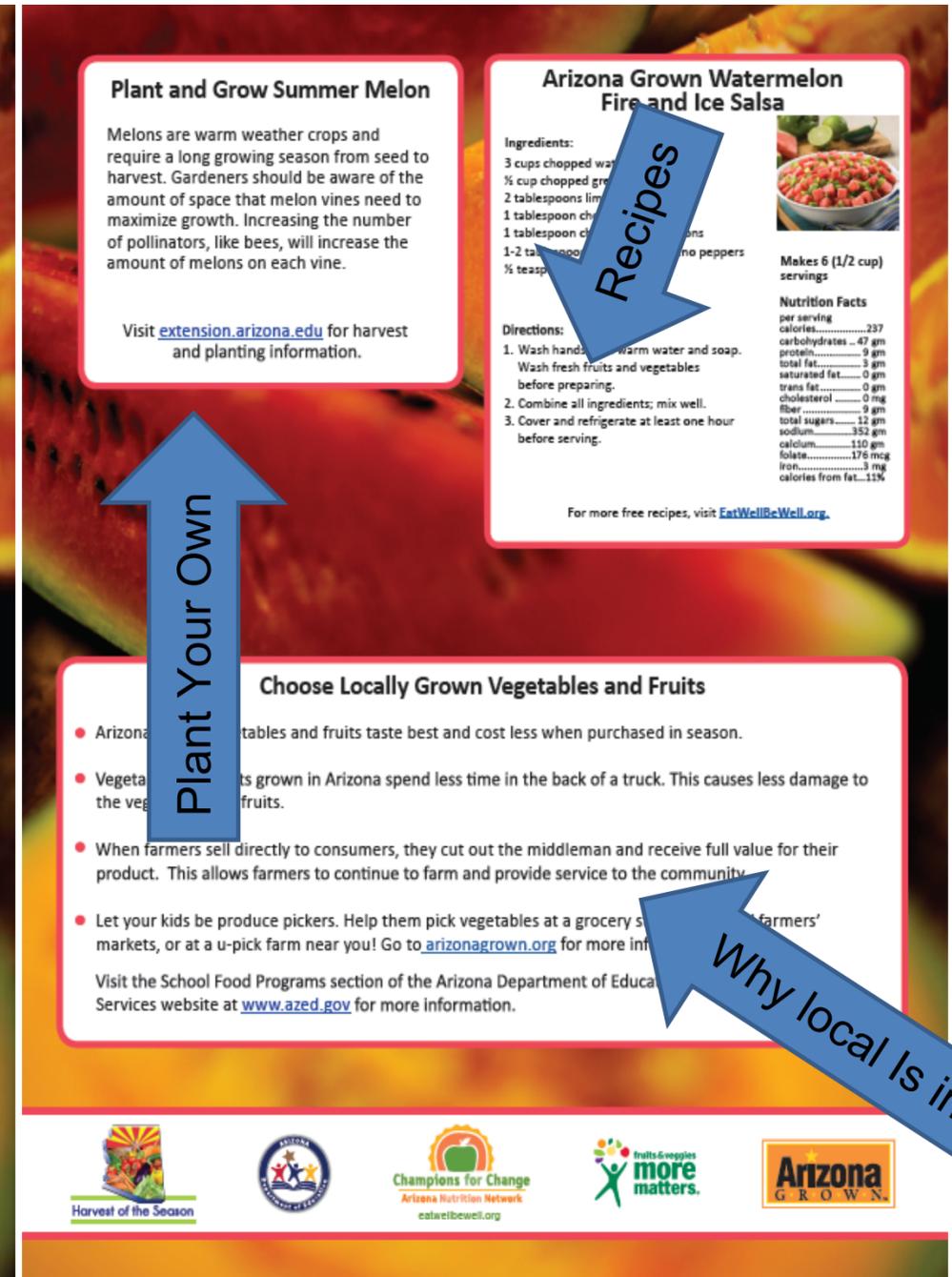
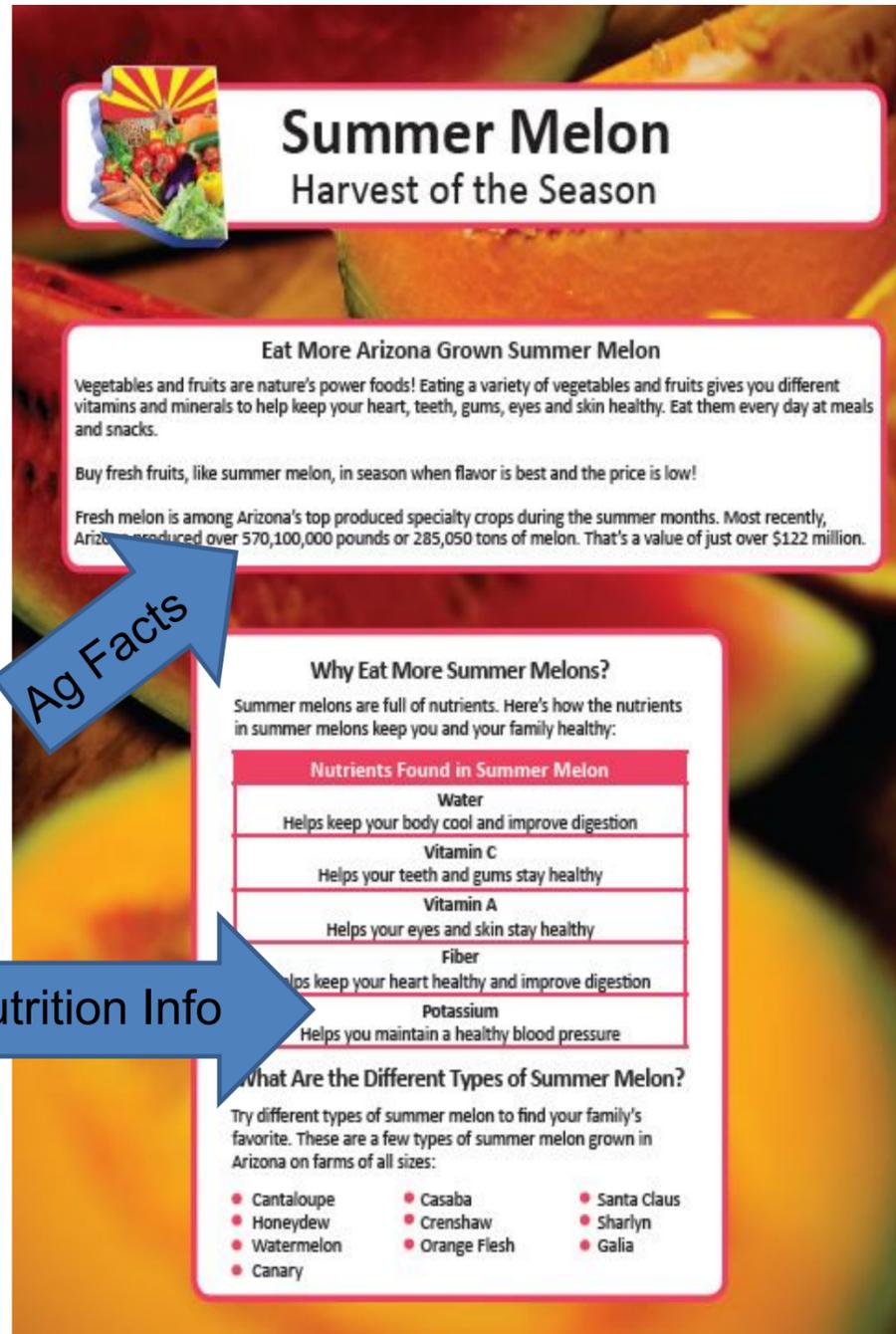
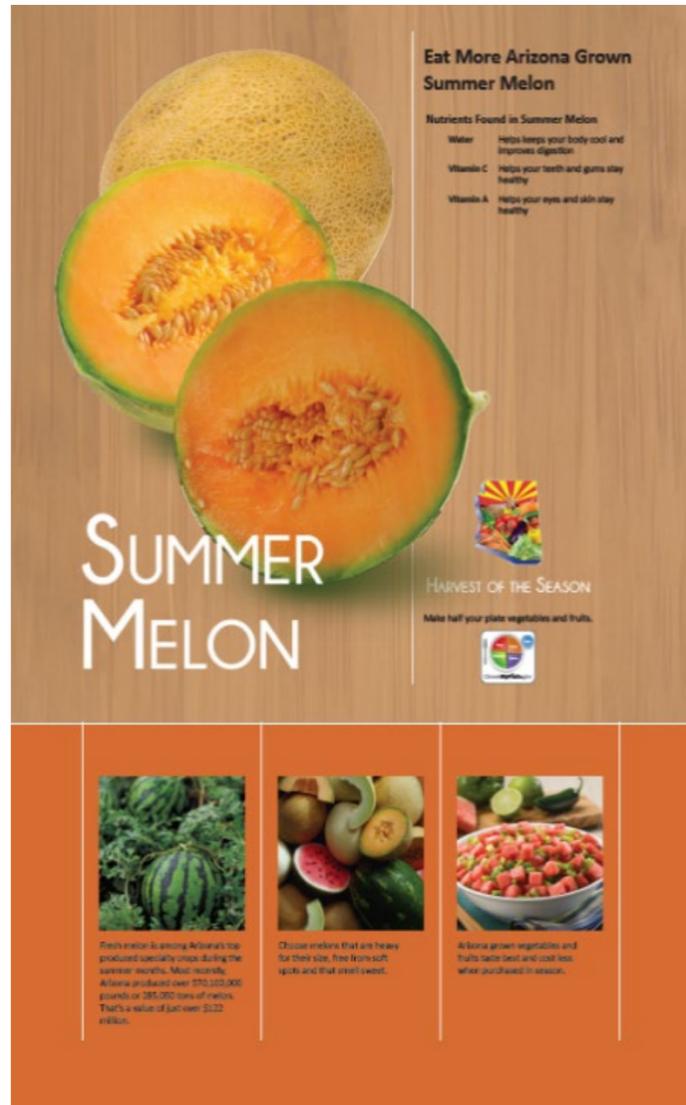
Visit the School Food Programs section of the Arizona Department of Education Health and Nutrition Services website at [www.azed.gov](http://www.azed.gov) for more information.



# Harvest of the Season Program Materials

Cafeteria & Classroom Posters

Educational Newsletters



Harvest of the Season Café posters are intended to be used when serving any of the product modules on the service line. This helps students, waiting in line, identify a special item provided at meal service and may help students select this item when available.

FREE to download: [azed.gov/hns/f2s](http://azed.gov/hns/f2s)

# TASTE Arizona

## List of Local Items

### TASTE Arizona Idea Gallery



October 2020

The Arizona Department of Education, Health and Nutrition Services (HNS) challenges their National School Lunch Program (NSLP) sponsors to participate in a state-wide opportunity to connect their community with locally produced foods in meal service. This Challenge works to support student awareness and consumption of fresh and healthy foods. Each component of the Farm Fresh Challenge inspires communities to **TASTE Arizona** foods, **TEACH Arizona** agriculture and **CONNECT Arizona** communities together. The purpose of this Challenge remains important even in the adjustments observed during the COVID-19 pandemic. We understand that NSLP School Food Authorities may need to modify the types of local food items that they plan to serve for the TASTE Arizona requirement of the challenge in order to serve them in a grab-n-go style.

#### Common Items that can be sourced from Arizona Producers and served in Grab-n-Go Style Meals:

##### Fruits & Vegetables

###### October Fruits

- Honey Dew
- Cantaloupe
- Watermelon
- Peaches
- Apricots (short season)
- Plums (short season)
- Apples (early)

###### October Vegetables

- Cucumbers
- Crookneck squash
- Mexican Grey squash
- Zucchini
- Tomatoes
- Radishes
- Sweet Corn

##### Dairy Items

###### Local Fluid Milk

- Fat Free White
- 1% White Milk
- 2% White Milk
- Fat Free Flavored Milk

###### Local Yogurt

- Greek Yogurt
- Fat Free Yogurt

###### Local Cheese

- Cheese Curds
- Cheddar Cheese
- Colby Cheese

##### Grains

###### Local Grains

- Wheat Berries
- Wheat Flour
- Corn Meal (white, yellow, blue)
- Other grains (farro, barley, oats etc)

##### Meat/ Meat Alt.

###### Local Meat

- Ground beef
- Ground pork
- Chicken drum sticks

###### Local Meat Alternatives

- Beans
- Eggs

**Disclaimer:** For the purposes of this Challenge, all items sourced for the USDA National School Lunch Program, should comply with 2 CFR 200.317-326. For food procurement questions email [SFPReviews@azed.gov](mailto:SFPReviews@azed.gov).

This institution is an equal opportunity provider.

## Ideas for Meal Service

### Taste Arizona Grab-n-Go Idea Gallery



Pickled Squash or Cucumbers



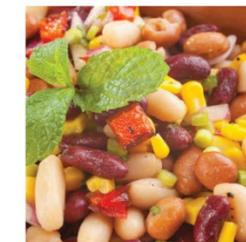
Fresh Apple



Cupped Grape Tomatoes



To-Go Salads



Cupped Bean Salad



Butternut Squash Soup



Grain Bowl



House-Made Wheat Roll Sandwiches



Hard Boiled Egg

This institution is an equal opportunity provider.

# TEACH Arizona

## List of Food Education Resources

## Ideas for Remote Food Education

### Leaning in: Teach Arizona Modifications during the COVID-19 response



#### 2020 Farm Fresh Challenge

The Arizona Department of Education, Health and Nutrition Services (HNS) challenges their National School Lunch Program (NSLP) sponsors to participate in a state-wide opportunity to connect their community with locally produced farm fresh foods each year. This Challenge works to support student awareness and consumption of fresh and healthy foods. Each component of the Farm Fresh Challenge inspires communities to Taste Arizona foods, Teach Arizona agriculture and Connect Arizona communities together. The purpose of this Challenge remains important even in the adjustments observed during the COVID-19 pandemic. In light of the COVID-19 response to emergency feeding, HNS encourages families to learn Arizona's agricultural landscape through the online tools provided by partners of Arizona's farm and ranch families.

#### Teach Arizona #FarmFreshAZ

#### Online Opportunities to Engage

##### Online Videos

- U of A Cooperative Extension
    - Native Nations Institute
  - Arizona Farm Bureau (AZFB)
    - Fill Your Plate
    - Agriculture In the Classroom (AIRC)
  - Dairy Council of Arizona (DCAZ)
    - ArizonaMilk.org
  - Arizona Beef Council
    - ArizonaBeef.org
  - Arizona Health Zone
    - 'Eat Healthy' Videos
- ##### Podcasts
- Arizona Department of Agriculture
    - Short Division Videos via website
  - Friends of Arizona Farm Bureau
    - Talk to a Farmers Friday via Facebook Live

##### Online Lessons

- Arizona Department of Agriculture
  - Guide to Agriculture
  - Specialty Crop Guide
- U of A Cooperative Extension
  - Master Gardener Program
  - Agricultural Literacy Program (see matrix)
- Arizona Farm Bureau
  - Agriculture in the Classroom (AIRC)
  - The Voice of Arizona Agriculture blog
- Arizona Health Zone
  - Recipes
- Slow Food Chapters
  - Slow Food Prescott
  - Slow Food Phoenix
  - Slow Food Southern Arizona
- Arizona Department of Education
  - Harvest of the Season
  - upLIFT
- Mollen Foundation
  - Harvest of the Month
- USDA Team Nutrition Materials

##### Social Media

- U of A Cooperative Extension
  - @UniversityofArizonaCooperativeExtension
- Arizona Department of Agriculture
  - @ArizonaDepartmentofAgriculture
- Arizona Farm Bureau
  - @AZFB AITC Facebook
  - @Fill Your Plate
  - @AZfarmbureau
- Dairy Council of Arizona
  - @AZ MilkProducers
- Arizona Beef Council
  - @ArizonaBeef
- Local First Arizona
  - @GoodFoodAZ
- Slow Food Chapters
  - @SlowFoodPrescott Facebook
  - @SlowFoodPhoenix
  - @SlowFoodSouthernArizona

### Pick Two & Post Two on Social Media #FarmFreshAZ + tag your Feeding Site



#### Monday

- Pre-K: Review Booklet 5 in USDA Team Nutrition's Grow It, Try It, Like it Lessons - See Coloring Page
- Kindergarten: Review the daily read aloud story on the AZFB AITC Facebook Page
- Lower Elementary: Review A Garden Plot: A Tale of Peter Rabbit lesson from UofA Agricultural Literacy
- Upper Elementary: Review A Day Without Dairy from UofA Agricultural Literacy
- Middle School: Review Mollen Foundation's Harvest of the Season Materials
- High School: Review Arizona Department of Agriculture's 'Guide to Agriculture' and compare to the 2017 Census of Agriculture Summary for Arizona

#### Tuesday

- Pre-K: If available, try fresh and locally sourced cantaloupe for snack and discuss how it tastes
- Kindergarten: For ages 3 and up -- play "Scoop on Soil Game" from AZFB AITC
- Lower Elementary: Attend a virtual dairy farm field trip through DCAZ's website at arizonamilk.org
- Upper Elementary: Review DCAZ's Daisey's Dairy Dreams Flip Book or Video under "Ag Literacy"
- Middle School: Cook something healthy using a recipe from AZHealthZone's Recipe Collection
- High School: A Tale of Two Burgers: Beef and Plant-based Protein Lesson from UofA Agricultural Literacy Matrix

#### Wednesday

- Pre-K: Review Booklet 5 in USDA Team Nutrition's Grow It, Try It, Like it Lessons - See Reading Activity
- Kindergarten: Review AZFB AITC's 'Tops and Bottoms' lessons under "teacher resources"
- Lower Elementary: Review AZFB AITC's 'Parts of A Plant' flashcard game under "teacher resources"
- Upper Elementary: Review the 'Remarkable Ruminant' lesson on Arizona Beef Council's lessons page
- Middle School: Request AZFB's 'Hatch at Home' kit to hatch baby chicks at home email: airc@azfb.org
- High School: Cook something healthy using a recipe from AZHealthZone's Recipe Collection

#### Thursday

- Pre-K: Review Booklet 5 in USDA Team Nutrition's Grow It, Try It, Like it Lessons - see Cantaloupe Friends
- Kindergarten: Try one of the AZFB AITC's kits through their 'Lending Library'
- Lower Elementary: Growing Beans Without Soil Plant Lessons with Videos from AZFB AITC under "teacher resources"
- Upper Elementary: Prepare a simple and healthy snack using a recipe from AZHealthZone's Recipe Collection
- Middle School: Review an "Ag Issues Webinars" under AZFB AITC under "Ag Issues"
- High School: Review Arizona Beef Council's lesson on "Ranchers Care About Cattle" under resources.

#### Friday

- Pre-K: Review Booklet 5 in USDA Team Nutrition's Grow It, Try It, Like it Lessons - Old MacDonald Song
- Kindergarten: Try one of UofA Agriculture Literacy's Specialty Crop Lessons like under "lessons"
- 1st-3rd Grade: Review "Food Production on Earth and Beyond" lesson from UofA Agricultural Literacy
- 4th-6th Grade: Try one of AZFB AITC's Farm Friday Fun with Arizona Agriculture contest activities
- 7th-8th Grade: Visit one of the Virtual Tours found on AZFB AITC under "teacher resources" web page
- High School: Tune into Friends of Arizona Farm Bureau "Talk with a Farmer Friday" Facebook Live Session

This institution is an equal opportunity provider.

This institution is an equal opportunity provider.

# November's Farm Fresh Challenge Checklist

---

- ✓ Register by October 31st
- ✓ Execute Challenge November 1<sup>st</sup>-30<sup>th</sup>
  - ✓ Serve 3 NSLP/ SSO/ SFSP Reimbursable Meal Components
  - ✓ Offer 2 (online or in-person) Educational Experiences
  - ✓ Share 1 picture about your challenge on preferred media outlet
- ✓ Complete closing survey by **December 1st**
- ✓ Submit recipes/ production record/ menu to Ashley Schimke by **December 1st**

Registration:

<https://www.surveymonkey.com/r/WYR2T63>



Contact Ashley Schimke:

[Ashley.Schimke@azed.gov](mailto:Ashley.Schimke@azed.gov)

(602) 364-2282

# Recorded & Upcoming Opportunities in October 2020

---

- ✓ **October 20<sup>th</sup>** Stay uplifted Webinar Series [Register Here!](#)
- ✓ **October 21<sup>st</sup>** Sustainable Funding Streams for School Gardens with Susan Silverman [Register Here!](#)
- ✓ **September 16<sup>th</sup>** Aligning School Garden Curriculum with Academic Standards with Gigette Webb (**Recorded**)
- ✓ **September 30<sup>th</sup>** Virtual Food Education with Paige Mollen (**Recorded**)

## Recordings :

<https://www.azed.gov/hns/nslp/training>



Contact Ashley Schimke :

[Ashley.Schimke@azed.gov](mailto:Ashley.Schimke@azed.gov)

(602) 364-2282

# Q&A



# Congratulations!

---

You have completed the *Farm Fresh Challenge (NSLP) November Prep Webinar*.

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: *Farm Fresh Challenge (NSLP) November Prep Webinar*
- Learning Codes: 1130, 1170, 1230, 3230
- Key Area: Nutrition
- Length: 1 hour

**Please Note:** Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.



# Congratulations!

---

## Requesting a training certificate

Please click on the link below to complete a brief survey about this webinar. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey. *\*This will not appear in your Event Management System (EMS) Account.*

<https://www.surveymonkey.com/r/RecordedWebinarOnlineSurvey>

The information below is for your reference when completing the survey:

- **Training Title: Farm Fresh Challenge (NSLP) November Prep Webinar**
- **Professional Standards Learning Codes: 1130, 1170, 1230, 3230**

