

November: Teach Arizona Modifications during the COVID-19 response



2020 Farm Fresh Challenge

The Arizona Department of Education, Health and Nutrition Services (HNS) challenges their NSLP/SFSP/SSO 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 (AITC)

Dairy Council of Arizona (DCAZ)

- ArizonaMilk.org

Arizona Beef Council

- ArizonaBeef.org

Arizona Health Zone

- 'Eat Healthy' Cooking Videos

Native American Virtual Tours

@Ndeebikiyaa on Facebook

- BBQ Pit Corn 9/18/20
- Prickly Pear Jelly 9/18/20
- Corn Harvest 9/10/20
- Wild Tea Harvest 9/11/20
- Acorn Stew 9/11/20

Indigenous Food & Ag Initiative

- Cultivating Tribal Food Sovereignty (40 min)

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 (AITC)
- 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

This institution is an equal opportunity provider.



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

Monday

- Pre-K: Storytime with Daisy's Dairy Dreams-The Udder Story video on YouTube under AZFB
- Kindergarten: Take care of animals and earn points by playing "In My Barn" game on AZFB. The game incorporates math, health, and science
- Lower Elementary: Review 'Exploring Texture in the Garden' by UofA Agricultural Literacy
- Upper Elementary: Review Serving Up MyPlate level 3 by USDA-Team Nutrition
- Middle School: Cook a healthy main dish, side dish, or snack by using a recipe from Dairy Council of Arizona
- High School: Download 'Ranchers Care About Cattle' to learn about cattle producers from AZ Beef Council

Tuesday

- Pre-K: Complete the Nutrition coloring page on Dairy Council of Arizona
- Kindergarten: Download 'Beef Coloring Book' to learn about where your food comes from – Arizona Beef Council
- Lower Elementary: Watch videos about Arizona's farmers and ranchers from Fill Your Plate. -AZFB
- Upper Elementary: Complete a student handout from Dig In! – USDA Team Nutrition
- Middle School: Review 'Chain of Food' and learn the path of food from UofA Agricultural Literacy
- High School: Watch Before the Plate 2018 documentary from UofA Agricultural Literacy

Wednesday

- PrPre-K: If available, try a fresh and locally sourced apple for a snack and discuss how it taste.
- Kindergarten: Complete lesson 1 under 'Discover MyPlate: Student Workbooks' USDA Team Nutrition
- Lower Elementary: Review 'Lesson 5: Trace the Fruit and Vegetable Trail' from The Great Garden Detective.
- Upper Elementary: Watch video series on 'Make Every Drop Count' from UA Extension .
- Middle School: Download 'Beef in a Healthy Diet' to learn about the nutrients in beef. -AZBeef Council
- High School: Review 'Carbon Hoofprints: Cows and Climate Change' from UofA Agricultural Literacy

Thursday

- Pre-K: Review 'Book 1-Blackline Masters' to learn about parts of plants on USDA Team Nutrition
- Kindergarten: Take a virtual tour and explore how honey, chocolate, or oranges are made from AZFB
- Lower Elementary: Download 'My Cheeseburger Came from the Farm' to learn about where your food comes from and the life cycle of cattle from Arizona Beef Council
- Upper Elementary: Play 'The Great Seed Search' and fly around the world collecting different seeds from AZFB.
- Middle School: Sign up for the AZ 4-H Pen Pal program to build distanced friendships and access mentoring opportunities by communicating through handwritten letters or emails to each other. –UA Extension
- High School: Watch videos from Arizona Cooperative Extension to learn about cooking, safety, and knife skills

Friday

- Pre-K: Review 'Book 3-Spinach Lane' from Grow it, Try it, Like it! – USDA Team Nutrition
- Kindergarten: Review 'Milk or Meat? Beef or Dairy?' to learn about these commodities - UofA Ag Literacy
- Lower Elementary: Request 'Take-and-Make Seed Packets' which comes with seeds, drawings and coloring pages. Go to Tucson Village Farm and email tvf.seedpackets@gmail.com
- Upper Elementary: Review 'Where Does it come from?' and learn about ag commodities from UofA Ag Literacy
- Middle School: Tune in with Friends on Arizona Farm Bureau 'Talk with a Farmer Friday' on Facebook live
- High School: Cook a healthy meal by choosing a recipe from AZ Healthzone

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