

School Garden Webinar Series:

Success Stories with Concordia Charter School

Webinar Series

March 17, 2021 3:30pm

Professional Standards Learning Code: 1230



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)** and the school garden leaders and teachers that support them.

Professional Standards

Information to include when documenting this training for Professional Standards:

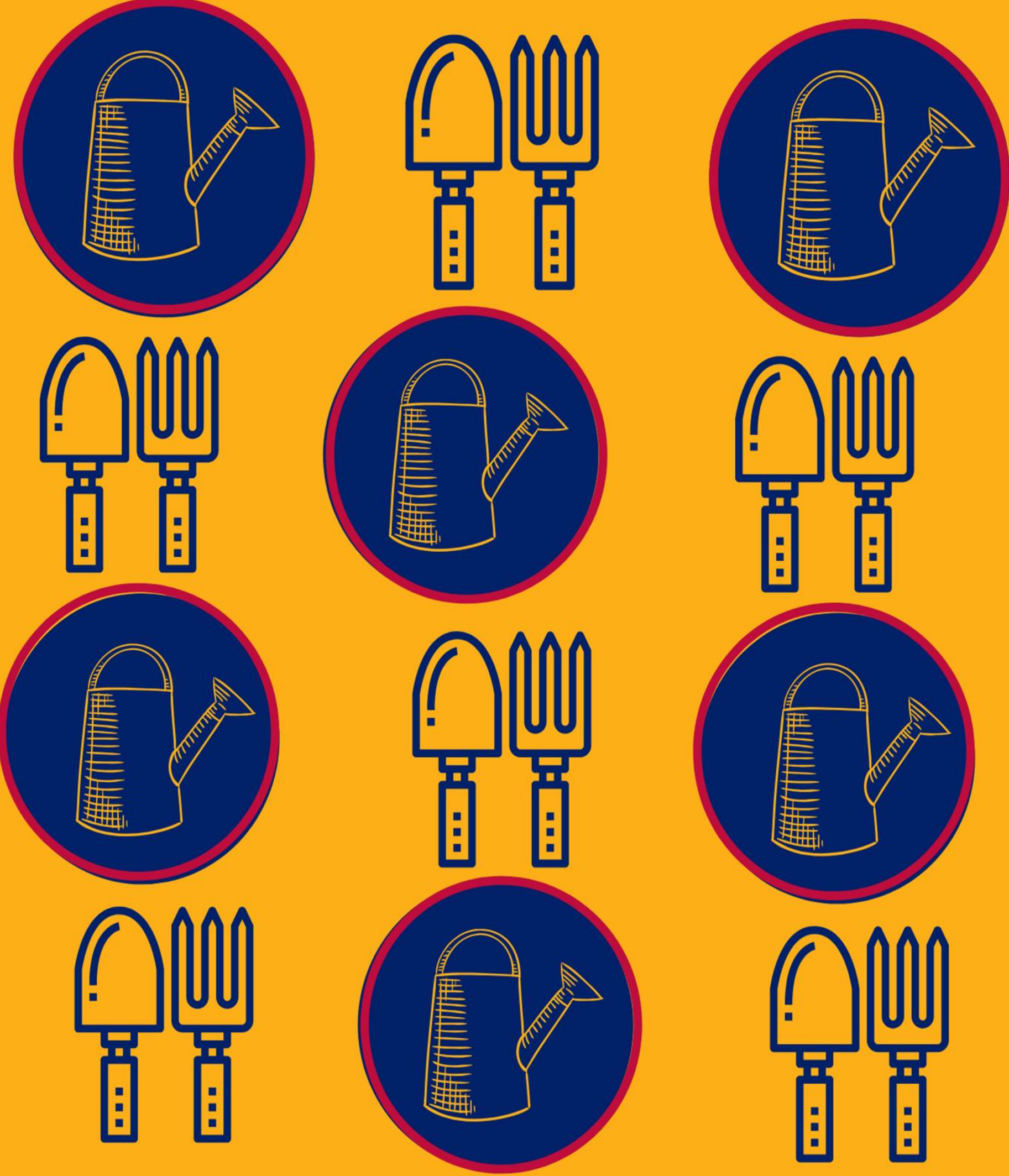
Training Title: School Garden Webinar Series: Success Stories with Concordia Charter School

Key Area: 1000- Nutrition

Learning Codes: 1230

Length: 1 hour





40%

In February 2020 past attendees of the Arizona School Garden Sustainability series of 2019, responded wanting to learn more about success stories from school garden programs in Arizona.



Rachel Gomez-Acosta

Wellness Coordinator
Concordia Charter School

Thank you for joining me today!

Bio:

- 11 years at Concordia Charter School
- 7 years administration of School Nutrition Programs (NSLP, SBP, SFSP, FFVP)
- 3rd year as Wellness Coordinator
- Responsible for LWP implementation, grant writing, communications, and oversight of School Nutrition Programs
- Farm to School & Garden Education a key component

Overview

Our Garden's Journey

School Nutrition

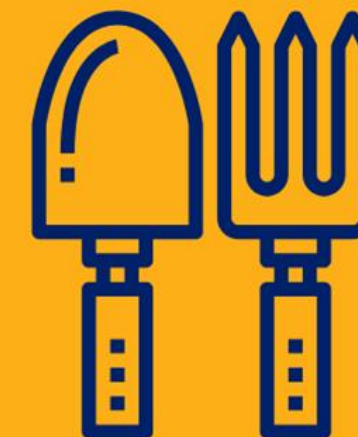
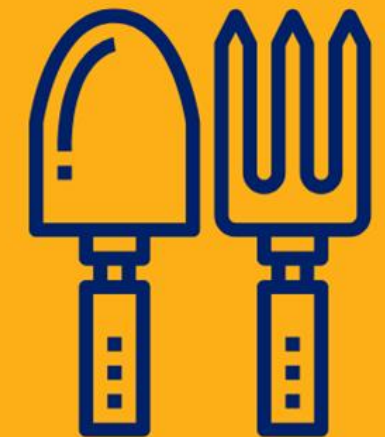
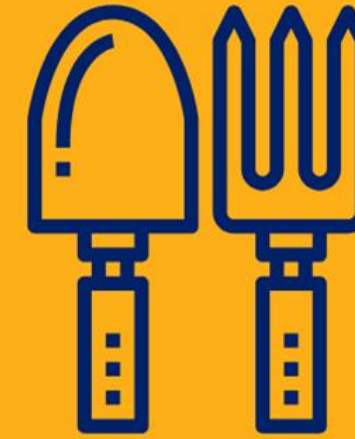
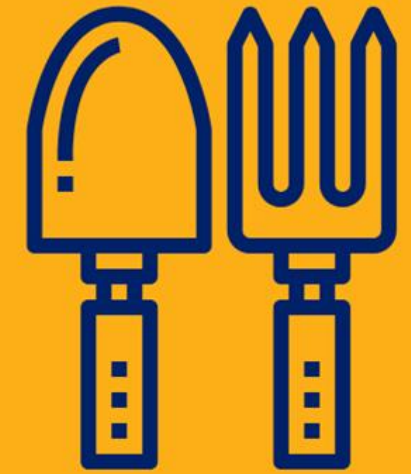
- Local Wellness Policy
- Farm to School – School Meals
- Family/Community Outreach

COVID-19 Adjustments

- Virtual School Garden Videos
- Curbside Meals (SFSP)
- Blue Watermelon Project Take-Home Kits

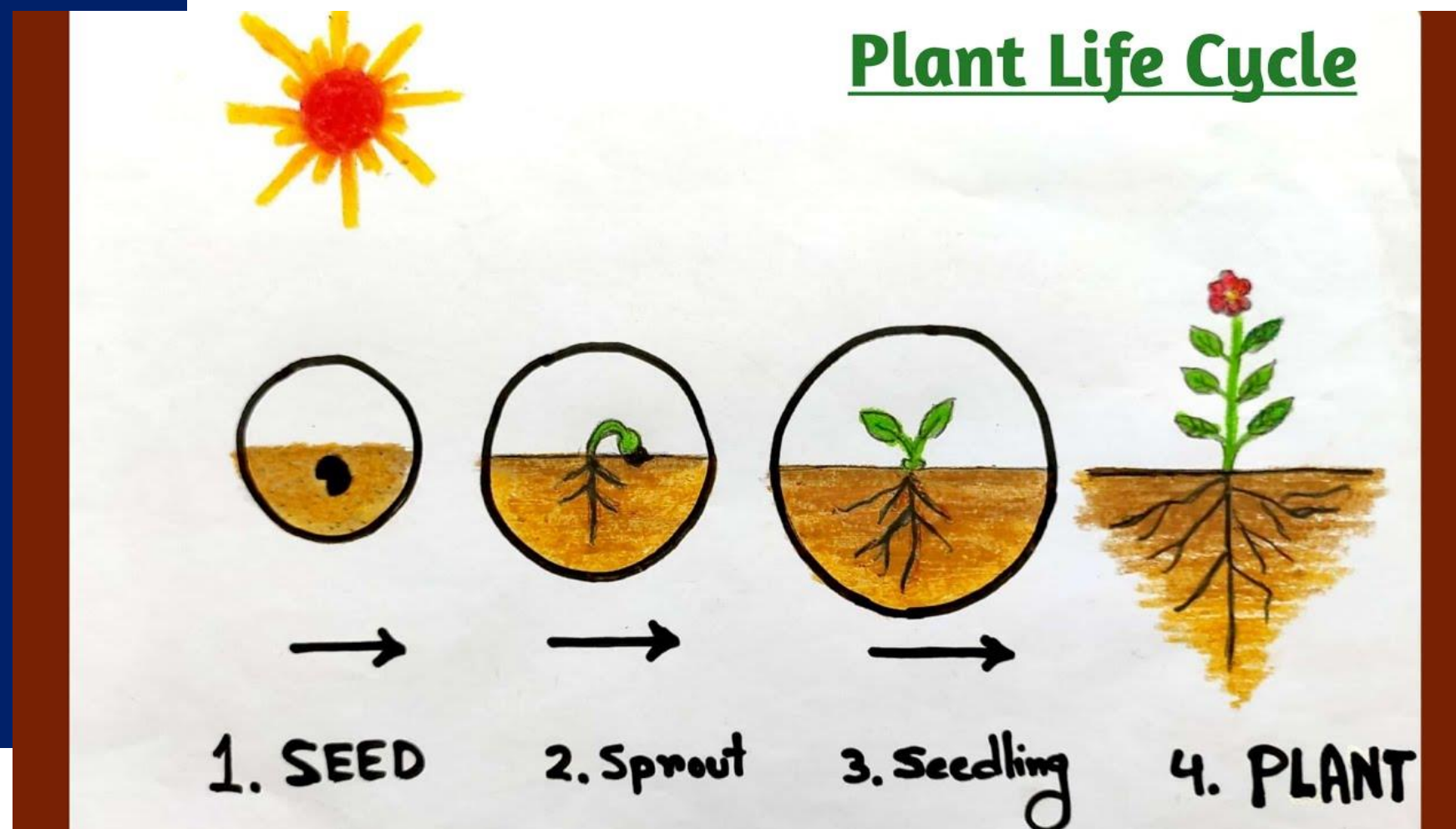
Community & Resources

- U of A Cooperative Extension/AZ Health Zone
- Local Farmers/Co-operatives
- Garden groups/Master Gardeners
- AZ Department of Public Health
- Funding (ADE, Whole Kids, Farmraiser, Wellness Grant_)



Our Garden's Life Journey

- Seeds of Change: It all started with a salad
- Curious Seedlings: Fresh Fruit & Veggie Program shift
- Rooting Hope: Making new friends & Fresh opportunities
- First Fruits: We're really doing this!



It all started with a salad

**Starting with a “seed”
of interest**

Who are your champions?

Start small, Dream BIG



Curious Seedlings

A simple shift leads to new growth



Rooting Hope

New Connections & Opportunities



First Fruits

We're really doing this!



School Nutrition



Local Wellness Policy (LWPP)

Farm to School interwoven, the “framework” of our interventions

F2S Action Plan

- Local procurement
- Promotion of AZ Ag
- Sustainable Garden Program
- Farmraiser Program



2019 Wellness Policy Report Concordia Charter School, Inc.



Our Wellness Goals



We have met these goals:

- ✓ We encourage participation in meal programs (SBP, NSLP, FFVP), and promote to families
- ✓ Meal program menus are posted on website & distributed to each student monthly
- ✓ Local products are incorporated in to the meal programs and are promoted/highlighted in special events
- ✓ White milk is offered in all beverage coolers
- ✓ Recess is provided before lunch, and at least 20 minutes of physical activity is provided daily
- ✓ Students have opportunity to be active before school
- ✓ Students receive standards-based PE instruction
- ✓ Teachers provide short “brain breaks” during class at least 3x/week
- ✓ We host an annual wellness fair (Farm-to-School Night)
- ✓ Families are informed/invited to participate in school-sponsored wellness activities, using both electronic and non-electronic means of communication

We are still working on these:



By the end of SY2020:

- ✱ Nutrition information will be listed for meal program menus
- ✱ We are currently building an active school garden program
- ✱ A self-serve “flavor station” will be available during lunch
- ✱ Standards-based nutrition education is offered, and includes food demos, taste tests, and school garden/farm-to-school
- ✱ Accurate inventory of physical activity supplies is being built, and will be shared with teachers
- ✱ Teachers will receive resources/tools and training on classroom activity breaks
- ✱ PE teachers will receive annual professional development
- ✱ Handwashing station will be installed on playground
- ✱ Healthy eating/physical activity will be promoted to families and community
- ✱ Programs encouraging staff wellness are being reviewed and developed

District Wellness Committee

Actively recruiting! Contact Ms. Acosta, Wellness Coordinator



Current members include: *parents, teachers, administrators, food services representatives*
Meets 3x/year year about school health & safety * Led by Ms. Acosta, Wellness Coordinator
Designates a district official to ensure that wellness policy is being implemented

Our District Wellness Policies

- ✱ We participate in NSLP and SBP, and menus meet meal pattern requirements
- ✱ Students are served at a reasonable time, and have 20 minutes of seated time for lunch
- ✱ Meals are appealing and attractive to students, served in a clean and pleasant setting
- ✱ Fresh fruits & veggies are served at least 4x/week
- ✱ Only low fat and nonfat plain milk is offered
- ✱ Nutrition professionals administer meals
- ✱ Free, clean, safe water is available during meals
- ✱ Competitive foods/beverages are NOT sold
- ✱ Non-food classroom celebrations/rewards are used with ideas/resources provided to staff
- ✱ Healthy fundraising is encouraged in place of exempt fundraisers
- ✱ All foods/beverages marketed at school meet or exceed USDA Smart Snacks in School guidelines
- ✱ Our school wellness committee meets to review LWP and implementation
- ✱ Concordia has a designated Wellness Coordinator

- ✱ We are committed to maintaining a LWP that is accurate, comprehensive, and effective in shaping healthy attitudes and habits
- ✱ We use tools from ADE, The Alliance for a Healthier Generation, and The School Health Index to assess our LWP- these resources inform our implementation plans
- ✱ We review our LWP every three years for compliance with state and federal guidelines
- ✱ Our Wellness Coordinator oversees LWP review, assessment, and implementation
- ✱ We share our LWP on our website, concordiacharter.org, and distribute it to families annually
- ✱ We notify families and the public about our Wellness Committee meetings on our website, concordiacharter.org, and will also announce meetings by social media and posters at school
- ✱ This report informs families and the public about how we are doing in carrying out our LWP, and will be updated annually.

Planning, Tracking, & Sharing



Farm to School & School Meals

- 1 Farm Fresh Fridays**
Weekly featuring of local foods
- 2 Taste Tests & Recipe Development**
A great way to build excitement for your menu!
- 3 Special Promotions**
Farm Fresh Challenge/Farm to School Month (October)
Arizona Statehood Celebration (February)
- 4 Cafeteria Messaging**
Posters, Bulletin Boards, Table Signs

Farm-Fresh Fridays



Working with local farms, we can feature produce that is growing in our school garden!



Taste Test & Recipe Development

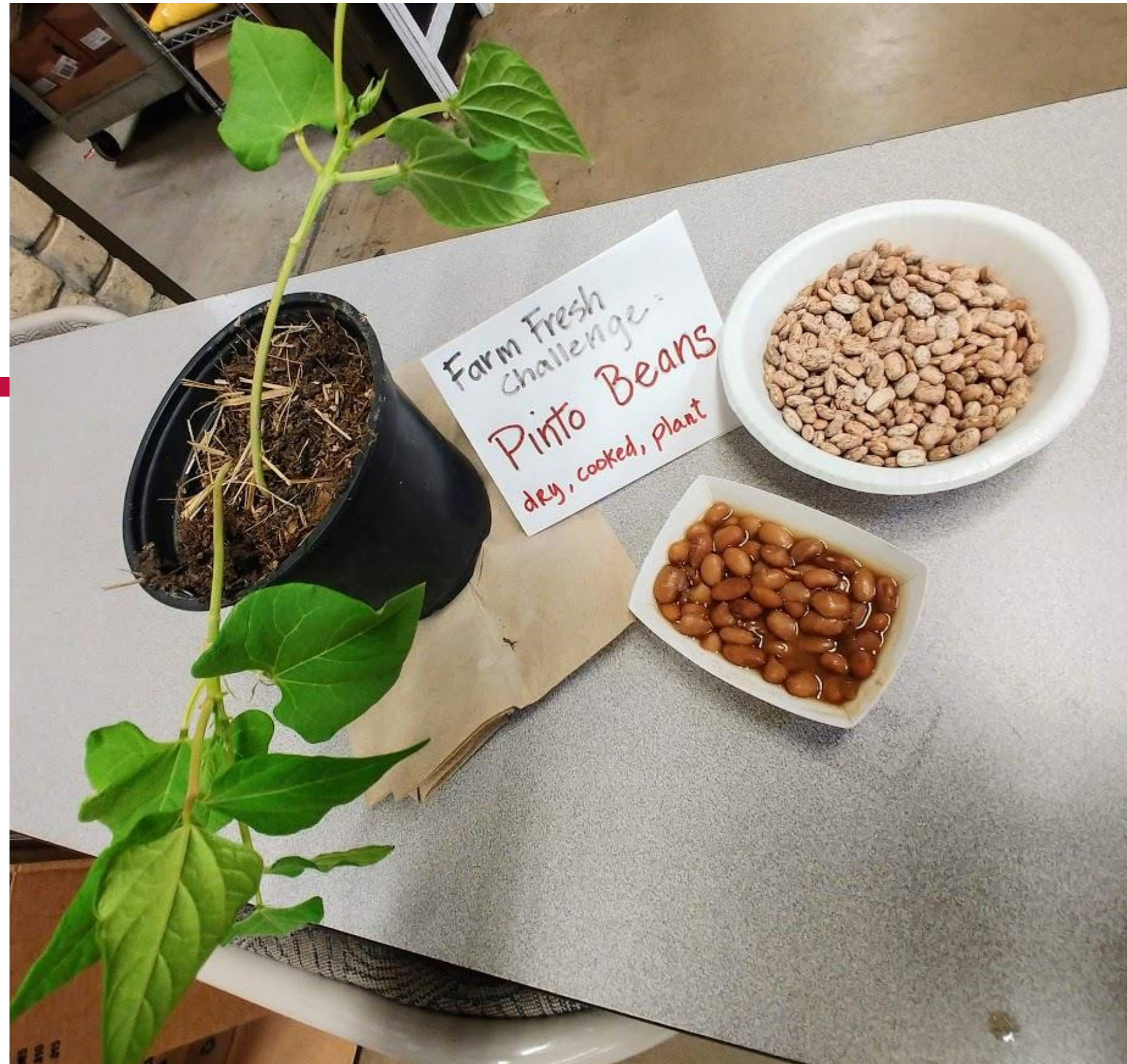


Beet
harvested
from school
garden for
students to
see roots &
leaves!



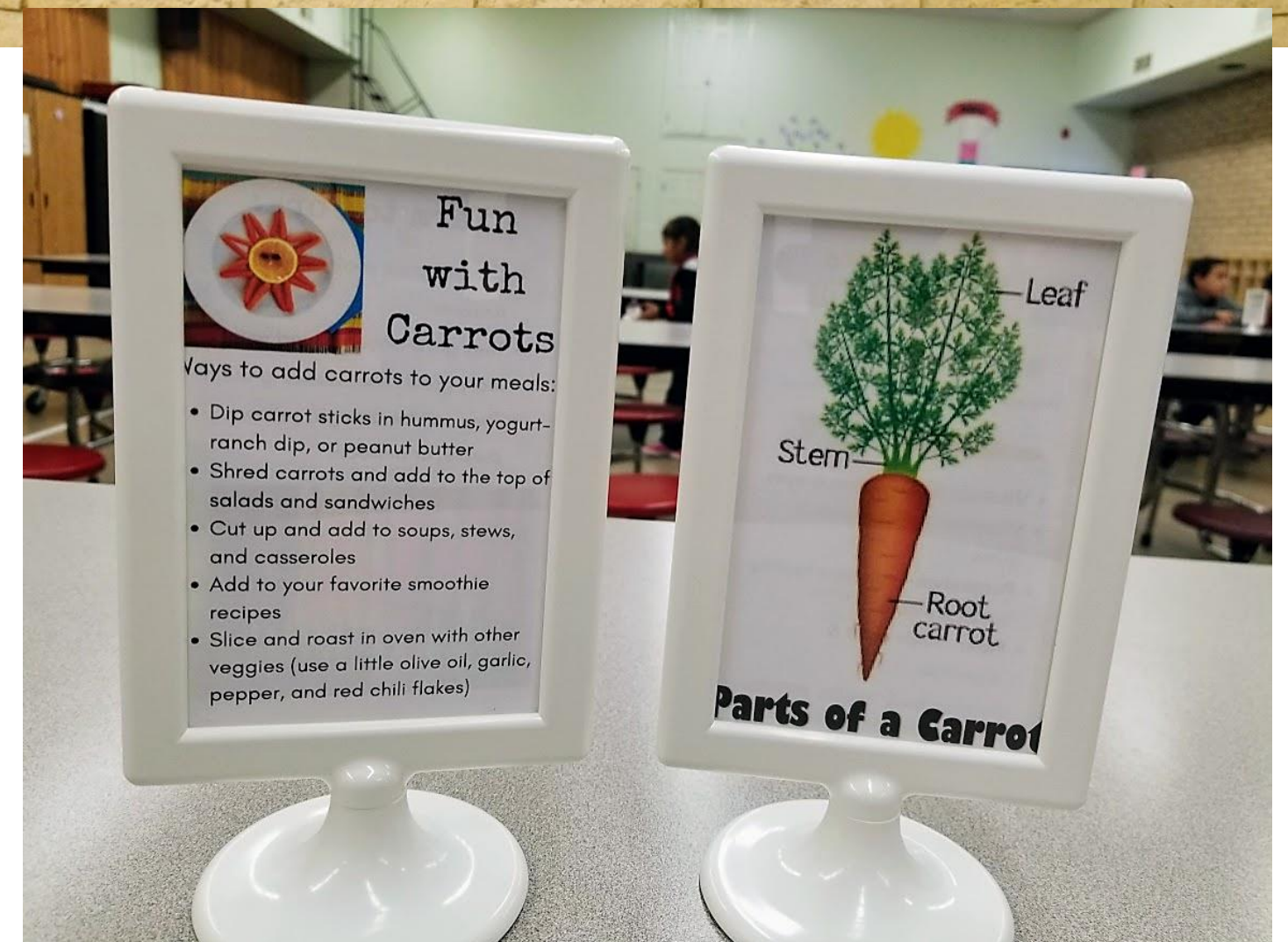
Special Promotions

- Farm Fresh Challenge & Farm to School Month (October)
 - Weekly featured item
 - Works with all programs (SBP, NSLP, FFVP)
- Arizona Statehood Celebration (February)
- Easy way to start small & celebrate success
- Perfect timing with garden planting!



Cafeteria Messaging

- Farm Fresh Challenge & Farm to School Month (October)
 - Weekly featured item (bulletin boards, table-top signs, placemats)
- Arizona Statehood Celebration (February)
- Connect with what's growing in the garden & state



Family & Community Outreach

1 **Family Nights**

Farm to School Wellness Night (October)

2 **Gardening Classes/Clinics**

Seed to Supper Class & Worm Compost Clinic

3 **Farmraiser – Healthy Fundraiser**

Increasing awareness of local produce

Providing equitable access to local food (SNAP EBT/DUB)

Hands-on skill building for students

Supports sustainability (\$\$)

Family Nights

Annual October Farm to School Wellness Night

- Different farmer invited each year
- Garden planting activities
- Resource booths & Community partners
- Food demos & Taste Tests
- Games & "Get Active" station



Gardening Classes & Clinics

Partnerships with U of A Cooperative Extension & AZ Department of Public Health

- Fall Garden Class series (Seed to Supper)
- Winter Worm Compost Clinic (1 hour)
- MyPlate Nutrition Classes (in Spanish)
- Garden Classes (in Spanish)



Farmraiser

Partnerships with Sun Produce Cooperative

- Bi-weekly CSA bags
- Packed by 6th grade students
- Healthy Fundraiser
- Open to community
- SNAP EBT eligible
- Double Up Bucks program
- New in 2021- Plant Starts!



ARIZONA-GROWN FARM BAGS
AVAILABLE FOR PRE-ORDER*

SUNPRODUCECOOP.ORG

PICK UP ON THURSDAYS 4:00-5:30 PM
JULY 30, AUG. 6 & 13
SNAP EBT ACCEPTED!
***ORDER BY FRIDAY 7/24**



COVID-19 Adjustments



concordiacharterschoolmesa
Concordia Charter School



1/6



COVID-19 Adjustments

Using Social Media & Video to keep kids & community engaged in the garden


Facebook Live is super easy!

Harvested tomatoes & carrots sent home in Curbside Meals


Blue Watermelon Project
Take-Home kits



**Partners &
Resources**



TEAM WORK
makes the
DREAM WORK





Partners & Resources

- AZ Health Zone / U of A Cooperative Extension
 - azhealthzone.org
- Sun Produce Cooperative
 - Sunproducecoop.org
- Blue Watermelon Project
 - <https://www.slowfoodphoenix.org/blue-watermelon-project>
- Grants
 - Shared Spaces grant from Dept. of Public Health
 - ADE Beginning Garden Grant
 - Whole Kids Foundation (due 3/31)
 - USDA Farm to School Grants
- Garden groups & Master Gardeners

Thank you!

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480-461-0555

Connect with us!

concordiacharter.org



@concordiacharterschool



@concordiacharterschoolmesa



We are all in this together!



Upcoming Opportunities:

- **Respond** to the Arizona School Garden Survey - coming week of 3.22.21!
- **April 21st** – Success Stories with Joseph City USD
- **May 20th** – Success Stories with Alhambra School District

Register: <https://bit.ly/AZSchoolGardens>

Congratulations!

You have completed the **Recorded Webinar: School Garden Webinar Series - Success Stories with Concordia Charter School**

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:** Recorded Webinar: School Garden Webinar Series - Success Stories with Concordia Charter School
- **Learning Codes:** 1230
- **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:** Recorded Webinar: School Garden Webinar Series
- Success Stories with Concordia Charter School
- **Professional Standards Learning Codes:** 1230

