

Summer Edition: All About Summer Farm Fresh Challenge and Turnip the Beet!

June 17, 2025 1:30 PM - 2:00 PM



Meet Your Host



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Welcome!



upLIFT was designed specifically for child nutrition professionals like you. It offers resources to help you LEARN about nutrition, get INSPIRED on meal choices for your participants, FEED students healthy meals, and TEACH others in your community about your programs.

You can look forward to materials and monthly webinars featuring unique upLIFT content showcasing Arizona child nutrition professionals, and providing ongoing inspiration throughout the year. This will empower you to upLIFT your programs in your own unique way!



Summer 2025 Farm Fresh Challenge

2. Taste, Teach, and Connect Arizona!

3. Turnip the Beet!

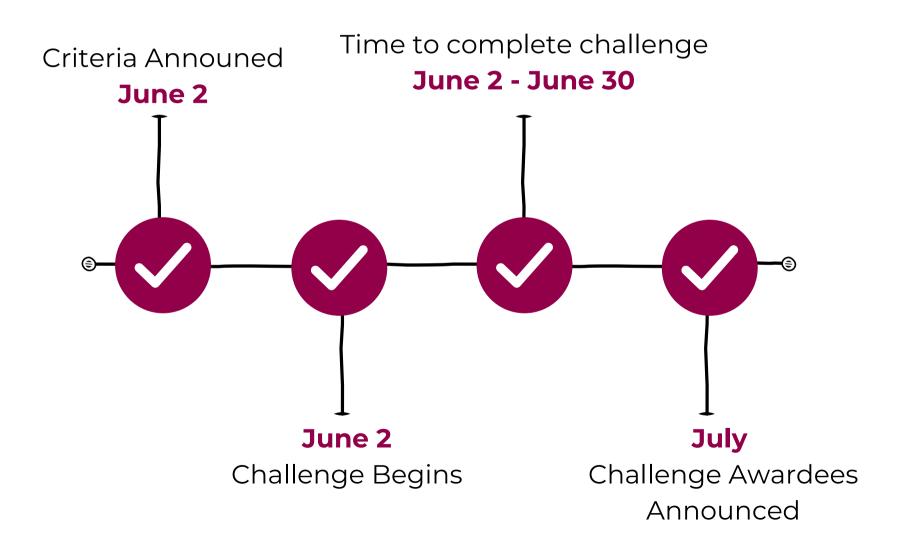
Summer 2025 Farm Fresh Challenge

Poll Question

Have you participated in HNS' Farm Fresh Challenge?

- 1. Yes, it's awesome!
- 2. No, what's that?

Important Dates



What is the Summer 2025 Farm Fresh Challenge?

The Summer Farm Fresh Challenge is an HNS initiative designed to **empower** Child Nutrition Program operators to **cultivate excitement** around fresh and locally sourced foods.

Complete a series of challenges within the month of June

Creatively promote **local food** items during meal service

Satisfy **all three** taste, teach, and

connect components

Finalize all challenge components by **June 30th**

How to participate?

Join the challenge!

- Complete challenge activities within the month of **June 2025.**
 - Follow along the road to success. Report Results to share how you completed the challenge!



What is the criteria?

Procure at least three* "easy to reach" local items (milk, fruit, or vegetable) to receive a **copper award**. Serve an additional "hard to reach" local item (whole grain or meat/meat alternate) to be awarded **silver**, and two "hard to reach" local items to be awarded **gold**!

* Fruits and vegetables can be counted more than once if more than one variety is served.



Teach, Connect, and 3 Easy to Reach: Copper Award



Copper Award + 1 Hard to Reach: Silver Award



Silver Award + 1 Hard to Reach: Gold Award

Where to start?

- What's **ALREADY** local on your menu?
 - Look at your records or ask your distributor or meal vendor for a report on items you purchase that meet your definition of local
- What **COULD** be local?
 - Conduct a menu audit. Can any menu items be easily replaced by local items?

There are many ways to procure **local foods** in Arizona. Below are examples of different agencies that provide great **insight** and **resources** to procure local foods.

- Local Farmers
- Food Service Team Members
- U of A Cooperative Extension
- County Health Services
- Health and Nutrition Services
 Specialists
- AZ Farm to School Network



Take advantage of Try it Local: Local Foods For Schools!

Try It Local is an ADE campaign intended to **promote** local Arizona products for use in School Meal Programs. The program aims to **strengthen** local and regional food supply chains and to encourage and support SFAs with creating sustainable local procurement practices by providing reimbursement for minimally processed, local or regional food purchased in School Meal Programs!

Washington School District

Gold Awardee

Sourced From:

 Microgreens from Urban Roots Farm! The Zen Garden blend is a delightful mix of Pea, Cilantro, Cabbage, Kohlrabi, and Mustard.



What is the criteria?

Teach Arizona is the educational component of all Farm Fresh Challenges. Participants must host a minimum of **two** educational activities themed around Arizona's local food and agriculture.



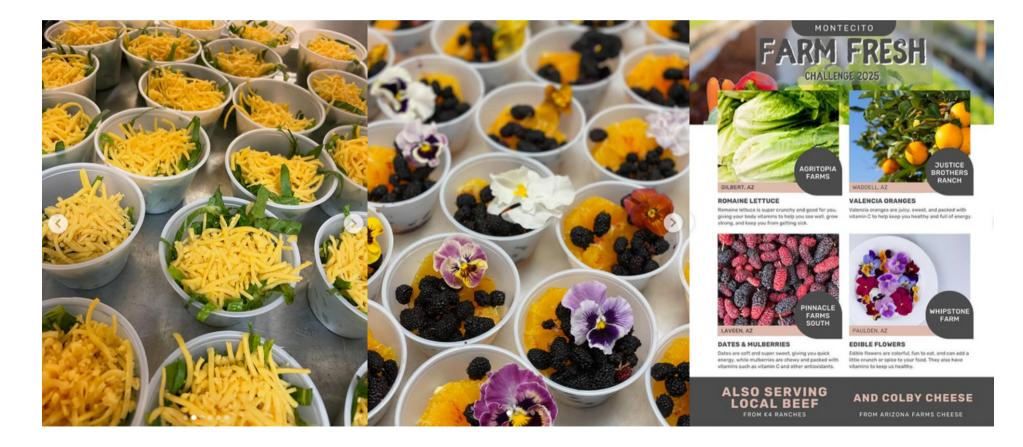
Where to start?

- Determine what kinds of activities would work best for the **population** you serve
 - Age group, group size, etc.
- Determine what activities would work best for your site
 - Volunteers, space availability, availability of on-site gardens or nearby farms, etc.

Common Examples:

- Offer **taste tests** with locally produced foods
- Provide nutrition education on local crops
- Host cooking **demonstrations** using local foods or share recipe cards
- Take a **field trip** to a farmer's market or a farm
- Invite a farmer to visit your summer meals site
- Conduct school garden activities
- Create and send **newsletters** home with recipes, farmers market tips, etc.
- Hold a Harvest of the Month educational event

Osborn Elementary School District



What is the criteria?

Connect Arizona is the promotional component of all Farm Fresh Challenges. Participants must promote the challenge activities to the community.

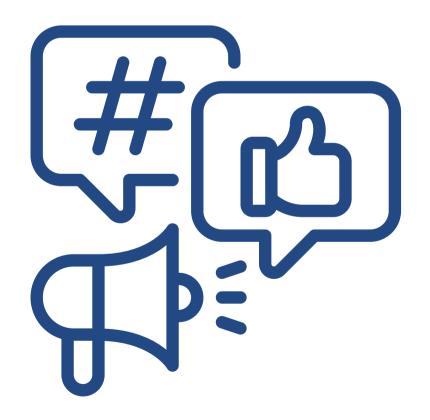


Where to start?

- Determine how you would like to promote your items:
 Social media, Newsletter, etc
- Highlight local ingredients on the menu you can use the name of the farm or farmer if you know it on the service line!
- Use the following post topics as inspiration:
 - Using local ingredients
 - Incorporating agriculture-based education activities
 - Participating in gardening activities

Common Examples:

- Social media posts
 - Facebook, Instagram, Twitter
- Community Magazine
- School
 - announcements
- Newspaper articles
- Flyers
- Handouts



Union Elementary School #62

Gold Awardee

First time Farm Fresh Challenge Participant! Union Elementary School District #62

We are excited to participate in the Arizona Department of Education #FarmFreshChallenge!

Last Friday, Hurley Ranch Elementary School students had the opportunity to try delicious, local foods made right here in Arizona — from artisan hot dog buns by Venezia Bakery, to nutrientpacked microgreens from Arizona Microgreens, and fresh, squeaky cheese curds from Arizona Cheese Company!

We loved seeing our students' excitement as they explored fresh, local flavors. Thank you to our community partners for helping us inspire hope and empower our students to make healthy, delicious choices! # #UnionInspires



Turnip the Beet!

What is Turnip the Beet?

Quick Facts



Established in 2016

Originated by the U.S. Department of Agriculture (USDA) Food and Nutrition Services (FNS)

Created to highlight outstanding Summer Meal Programs



fns.usda.gov/sfsp/turnip-the-beet

What is the Purpose?

Designed to encourage SFSP and SSO operators to 'Turnip' the *appeal* and *nutrition integrity* of summer meals.

Operators are urged to increase local foods and also increase the *variety* of fruits, vegetables, and whole grains.



The aim is to create a standout summer program in order to highlight the **benefits** of the program within the community.

Who is Eligible?

All operators of **Summer Meals Programs** are eligible for the Turnip the Beet! Award.



Summer Food Service Program (SFSP) Operators



NSLP Seamless Summer Option (SSO) Sponsors



<u>Turnip the Beet!</u> One-Page Overview - 2024

Why Participate?



Get recognized! Spotlight your summer program to the USDA, ADE, and most importantly, your community.



Three award levels are available: gold; silver; and bronze. All winners will receive a certificate and will be featured on the Turnip the Beet webpage.



Assess and improve the menu via taste tests and other feedback systems!



Provide students with lifelong skills through nutrition education activities!

The Nomination Process

Get Nominated!

Ask yourself...

Before beginning the nomination process, ask yourself the following questions.

- ->
- How are meals prepared?
- ->
- How are meals culturally appropriate?
- What methods are used to gauge child feedback?
- How are children encouraged to eat healthy foods?
- ->
- Any nutrition-based activities offered on site?

Get Nominated!

There are **two** ways to get nominated!



Is your program up for the challenge? Nominate yourself!



Is your program not ready this year?

Nominate a program you know is knocking it out of the park!

Nomination To-Do List

OMB Control Number: 0584-0658 Expiration Date: 11/30/2026

Turnip the Beet: High Quality Meals in the Summer Meal Programs 2024 Nomination Form

Instructions: Please complete the information below for consideration of the 2024 Turnip the Beet Award. Only nominations that contain all of the requested information will be considered. Submit this completed form via email to your Summer Meals State agency contact.

Submission deadlines vary by State so please contact your State agency to learn their submission deadline. Nominations must be sent by the State agency to the appropriate FNS Regional Office by September 27, 2024.

Note: USDA has the right to reproduce, publish, or otherwise use the data in the application for this award, and authorize others to reproduce, publish, or otherwise use the data in the application for this award for Federal purposes.

Section 1: General Information

Sponsor's name or Program name:	
Program name section above. Please ensure th	Award Certificate will be typed exactly as written in the Sponsor's name or at the entire name with any appropriate punctuation is clearly indicated.
Award Certificates will not be re-printed due to Select Sponsorship Type	o an incorrect or illegible Sponsor name or Program name. Contact information
Summer Food Service Program (SFSP) Sponsor	Name & Title:
Seamless Summer Option (SSO) Sponsor	Phone number: Email address:
	Mailing Address* (Street, City, State, and Zip code):
Select Meal Service Type	
Congregate	
Rural Non-Congregate	*This address will be used to mail the Award Certificate. For Gold winvers, it will also be used to identify the Sponsor on USDA's food and Wathtion Service's Capacity Builder (an online tool); therefore, P.O. Bos addresses are not acceptable.

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Nomination Form

The nomination form consists of short-answer questions that demonstrate how meals are served are "high quality"

- Answers that give details as specific as possible will score higher.
- Questions are worth up to 2 points each, bonus questions are worth up to 1 point each.

Details requested include the following:

- How are meals age and/or culturally appropriate
- How is feedback from children gathered at sites
- How are fruits, vegetables, and whole grains promoted to children at sites
- What nutrition-based activities are being offered at the sites? Are there any Team Nutrition resources being used?

Nomination To-Do List

Week 1	Monday	June 5 - J	nu (SFSP) - Breakfast une 30, 2023 t every meal and snack.	Thursday	Friday
week 1 Breakfast	Monday Rise n'Shine Parfaits: Whole grain granola Low-fat plain yogur Mixed berries (frozen) 1% and fat-free milk	Scrambled eggs Whole wheat toast Watermelon slices (fresh) 1% and fat-free milk	Wednesday Whole-wheat English muffin with peanut butter Whole grain cereal Banana (fresh) 1% and fat-free milk	Tram Nutrition Strawberry Smoothie Bowi: Low-fat Greek yogurt Local Strawberries (fresh) Whole wheat toast 1% and fat-free milk	Choice of whole grain cereal Local peaches (fresh) 1% and fat-free milk
Lunch	Zesty Soughetti Casserolo: Ground Beef (20% lean) Marinara Sauce Parmesan Cheese Mixed greens salad with local cherry tomatoes (fresh) Corn (frozen) Orange slices 1% and fat-free milk	Southwest Chicken Whole wheat Uorilla Grilled chicken Lettuce Salsa Black beans (canned) Steamed broccoli (frozen) Pineapple chunks (canned) 1% and fat-free milk	Turkny sandwich on whole grain bus (path lettuce and tomato) Roasted potato wedges (frozen) Steamed green beans (fresh) 1% and fat-free milk	Grilled cheese sandwich on enriched bread Baby carrots (fresh) Local sugar snap peas (fresh) 1% and fat-free milk	Black bean burger on whole grain bun (with lettuce and tomato) Roasted sweet potato wedges (fresh) Grapes (fresh) 1% and fat-free milk
Snack	Whole-grain crackers Fat-free chocolate milk	Low-fat yogurt Mango (frozen)	Crunchy carrot and celery sticks (fresh) Hummus	Banana (fresh) Fat-free chocolate milk	Low-fat yogurt Local mixed berries (fresh)



Menu

Your menu must be submitted for consideration for this award. They must include sufficient detail to assess them on the criteria being scored.

• You may also submit other supporting documents to further demonstrate the quality of the meals, such as ingredient lists, recipes, invoices for local food purchases, news clips about the program, photos, etc.

Menu evaluation criteria includes the following:

- Frequency of local foods served
- Variety in frequency and type of entrees
- Variety of fruits and vegetables, with an emphasis on fresh produce
- 50 percent or more of grains served are whole grain rich per week
- Serving only low-fat or fat free milk
- Water available at not cost

Nomination To-Do List

Stay Tuned for Upcoming Announcements!

HNS Communications will release important details, including deadlines and any additional critera!

Comprehension Check

True or False?

True or False. SFAs may self-nominate and/or nominate other SFAs for the Turnip the Beet! Award.

A. True

B. False



Key Takeaways

upLIFTing Your Summer Meal Programs

Take a look at your menus. Can you upLIFT any parts of your menu?

- Source Local! Increase the variety of local fruits and/or vegetables served within each subgroup.
- Don't be afraid to get creative with meal combinations for unique flavor profiles.
- Master your student preferences and base your menu on their overall 'likes'
- Use fun descriptors in the menu, making healthier choices exciting and appealing!

Poll Question

Do you plan on participating in this year's Turnip the Beet! Award Program?

A. Absolutely! B. Maybe, I want more information! C. Not this year.



Kitchen Creations

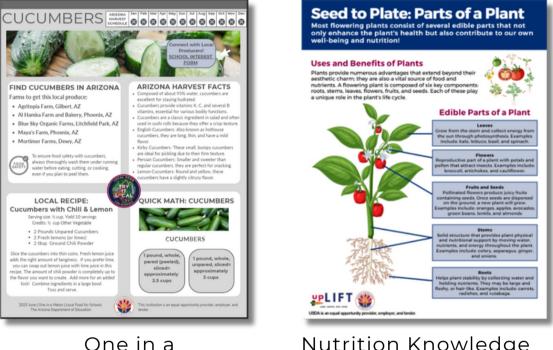
Wheat Berry Parfait

This **parfait** is a refreshing dish featuring Sonora wheat berries. It's a simple recipe made with yogurt, strawberries, blueberries. Served with a drizzle of honey.

Wheat berries are available directly from Oatman Farm, directly from Ramona Farm, or via Sun Produce.



Resources



One in a Melon Nutrition Knowledge Fact Sheet



Looking Ahead

Join us next month!

upLIFT Webinar Summer Edition: Scratch Cooking with Local Foods

July 15, 2025

1:30 pm - 2:00 pm

Join us July 15 as we provide practical tips and insights on how to create nutritious, delicious meals from scratch, enhancing both the taste and nutritional value of school lunches. We will discuss tips from the field on experiences and strategies for sourcing local produce, reducing food waste, and involving students in the cooking process. Whether you're a seasoned food service professional or new to the idea of scratch cooking, this webinar offers valuable information and inspiration to elevate your school's menu. Don't miss the opportunity to learn how to make impactful changes that support local farmers and enrich student health and learning experiences!



Thank you!

Any questions? Please type them into the Q&A now.

If you are attending the live webinar, you will receive an email once attendance has been completed. Once you have received this email, your training certificate will be available in Arizona Professional Learning Development (APLD).

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.



Congratulations!

You have completed the Summer Edition: All About Summer Farm Fresh Challenge and Turnip the Beet!

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: Summer Edition: All About Summer Farm Fresh Challenge and Turnip the Beet!
- Length: 0.5 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/upliftrecordedwebinar

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

• Training Title: Recorded Webinar: Summer Edition: All About Summer Farm Fresh Challenge and Turnip the Beet!