

FOOD, AGR, & FARM TO SCHOOL MEETING, 13 May 2008, 3:30-5:00 PM
Fort Lewis Mesa School

ATTENDING: Linda Herz, Beth LaShell, Shari Fitzgerald, Amanda Sauer, Pam Marshall, Janine Collins, Sallie Kautter, Kimi Hanson, Karen Hickerson, Jim Dyer

FORT LEWIS MESA FTS OVERVIEW: Kimi and Sallie, from the Wellness Team, gave an overview of the variety of nutrition and physical activity accomplishments at FLM, including:

- We had a captive audience each morning from 7:30 – 7:45 to present health education to the student body at Sunshine Club. Each Tuesday, a member of the wellness team presented a specific topic, such as Brain Gym, Donating Blood, Pennies for Patients, Sun Safety, etc., to the student body for 15 minutes.
- The 5th grade students and our kitchen manager were eager to participate in promoting locally grown produce and locally raised beef in school lunches.
- We accomplished providing a salad bar in the cafeteria, due to high student demand,
- Each classroom teacher taught students about our 50/50 policy pertaining to party foods in the classroom. In addition, they also encouraged healthy snacks for the morning recess. We noticed that students began choosing healthy incentives when offered a choice for celebration foods, students brought healthier snacks regularly, and we saw an increase in students choosing salad lunches.
- The CSH team and building teachers are motivated to continue our work next year.
- Students express feelings of empowerment by the healthier choices they are making.
- Based on the data from our checklist, 95% of teachers increased health education in the classroom by 15 minutes during the week.

- We had 100% of the staff and students participate in the Turkey Trot (.5-1 mi. walk/run) in addition to many community members participating as well
- The CSH team hosted a healthy cookie exchange for the staff before winter break with 95% participation. Staff members were pleasantly surprised by the deliciously healthy cookie choices.
- We had 100% staff participation in the Science/Health Enrichment fair. The Science/Health Fair was a huge success with 100% of student participation. We can't wait for next year!!

It was suggested in discussion that in rural schools such as this, the students tend to be more familiar with agriculture, and that having local foods in school meals tends to affirm the agricultural roots of the area.

Needs include more speakers, including producers, for classes or even assembly programs as well as at the Science Fair.

GARDEN & GREENHOUSE TOUR: Shari gave us a tour of the garden which is under construction and has a wide variety of sections featuring different themes chosen by the children. A few of these theme areas include a cowboy garden, sensory garden, a peanut shaped bed to be

planted in berries (peanut butter & jelly of course), and several areas representing different climate zones. Many people from the school and wider community have contributed. The garden is surrounded on three sides by the school, so children can see it from classrooms. The greenhouse came from Miller and is the scene for a variety of popular student activities.

FOOD SERVICE OVERVIEW & CAFETERIA TOUR: Amanda explained the local foods included in the breakfasts and lunches and showed us the salad bar – new last Fall – which features greens from RAS and Turtle Lake. It was pointed out that as much prior notice as possible of local foods in upcoming meals would help parents plan to have their children eat the school lunch on those days in particular. We saw the cafeteria and food service area – complete with an oven for baking. Amanda clearly is committed to doing as much real cooking as possible.

NEXT MEETING: The next meeting will be announced soon as we work on a school site suitable for a summer meeting.

Remember — all FTS minutes and other FTS and local food info is at www.sustainableSWcolorado.org

We are also appending below the **Resources List** from the bottom of our meeting agenda. This list is updated on each new agenda with new resources as they become available.

Thanks to you all

Jim Dyer

Resources (newest items in bold)

- **Mary Barter's 9 Apr article:** http://durangoherald.com/asp-bin/article_generation.asp?article_type=edu&article_path=E:/sites/durangoherald.com/education/08/edu080409_2.htm
- Children's House article, 6 Feb 2008: http://www.durangoherald.com/asp-bin/printable_article_generation.asp?article_path=/food/food080206_1.htm
- EWG "Pesticides in Produce" guide: <http://www.foodnews.org/walletguide.php>
- Mesa Verde Guide to Local Food Initiatives: www.sustainableSWcolorado.org/mvinitiatives.htm
- 10/11/07 Telegraph article: <http://durangotelegraph.com/telegraph.php?inc=/07-10-11/coverstory.htm>
- Procurement Information Package on CFSC at <http://www.foodsecurity.org/procurement.html>
- Sustainability Alliance — SASCO: www.sustainableSWcolorado.org
- 9R School Wellness Teams contact person: Linda Herz lherz@durango.k12.co.us
- National Farm to School Program: www.farmtoschool.org
- Center for Ecoliteracy: www.ecoliteracy.org
- National Farm to College website: www.farmtocollege.org
- 7/7/05 Article: <http://www.durangotelegraph.com/telegraph.php?inc=/05-07-07/coverstory.htm>
- Colorado Policy Working Group: <http://www.coopext.colostate.edu/boulder/AG/FAP.shtml>

- Community Food Security Coalition: www.foodsecurity.org
- SWMN — Southwest Marketing Network: www.swmarketingnetwork.org
- ATTRA — Appropriate Technology Transfer for Rural Areas: www.attra.ncat.org
- Mesa Verde Guide to Local Food & Fiber: www.sustainableSWcolorado.org