

**FOOD, AGR, & FARM TO SCHOOL MEETING, 11 Dec 2008, 3:30-5:00 PM**  
**La Plata County Extension**

**ATTENDING:** Darrin Parmenter, Julie Hudak, Jenny Wrenn, Sharon Orr, Pam O'Donnell, Katy Pepinsky, Jen Wheeling, Shari Fitzgerald, Linda Herz, Marye Jackson, Kim Cotta, Diana Wilkening, Wendy Rice, Jim Dyer

**REPORTS:**

Diana introduced herself: she works with the Srn Ute Academy and runs Botanical Concepts locally.

Jenny reported that the Community Food Project Proposal from Growing Partners was recommended for funding by the USDA – we are waiting for notification of the amount funded.

Pam explained progress on the Ft Lewis College Climate Action Plan, and reported that they received a grant for a fence for the new garden area.

Darin reminded us of the Growing Farmers Course starting in January. See [http://co.laplata.co.us/fairgrounds/fair\\_ext.htm](http://co.laplata.co.us/fairgrounds/fair_ext.htm) and/or contact [ParmenterDM@co.laplata.co.us](mailto:ParmenterDM@co.laplata.co.us) for more info and to sign up.

Marye is working with Lisa Wilk on the DeNier garden project, preparing for the summer.

Shari said that Needham broke ground for the garden in Nov with 8 raised beds, one for each grade. She facilitated a visioning project for the Ft Lewis Mesa garden on Wednesday.

Katy announced that she has 11 Operation Front Line cooking classes scheduled through next Oct, some of which are at schools.

Jenn reminded us that the Holiday Farmers Market is Sat, 13 Dec, from 10-4 at the Fairgrounds.

**IGNACIO FRESH FRUIT & VEGETABLE PROGRAM:**

Kim explained the new Fresh Fruit & Veg grant they received from USDA recently for approx. \$12,000, and provided these details by e-mail:

- Program will run through June 1, 2009.
- Serving 240+ snacks per day - approximately 60 lbs. of produce.

Program goals:

- Create a healthier school environment by providing healthier food choices.
- Expand the variety of fruits and vegetables children experience.
- Increase children's fruit & vegetable consumption.
- Make a difference in children's diets to impact their present and future health.

The program does not allow:

- Dried fruit
- Jellied fruit
- Trail mix
- Nuts
- Cottage Cheese
- Fruit or Vegetable Pizza
- Smoothies

We can serve dips with vegetables on an occasional basis and cooked vegetables no more than once a week and **always** as a part of a nutrition education lesson.

With this said, I am looking for any fresh fruit or vegetable product, fresh herbs to be used in low-fat yogurt vegetable dips and vegetables that require cooking.

I am also interested in producers talking to our students and farm tours in the Spring.

It is my hope this program will continue annually. I welcome any suggestions!

Contact: Kim Cotta  
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### **HEALTHY LIFESTYLES UPDATE:**

Julie explained that the cooking demo at the Holiday Farmers Market this Saturday was not feasible this time, but is planned for summer markets.

Jenny reported that the renewal proposal for Healthy Lifestyles La Plata was just submitted for the grant cycle beginning Feb 2009.

### **9R STRATEGIC PLANNING:**

Sharon and Linda explained the strategic planning process underway at 9R, and how Farm to School could fit under several of the priorities under consideration. Sharon, Linda, and Wendy will keep us apprised of how we could provide input to this process as it unfolds.

### **FTS STRATEGIC PLANNING DISCUSSION:**

We reviewed the 6 goals set for FTS in April 2006 with an eye to what has been accomplished and what our priorities should be for next year:

**PURPOSE:** To ensure that our Pre-K through College students consume the highest quality, sustainably produced, culturally appropriate foods from local farms and ranches.

Goals:

1. Increased understanding about healthy food, sustainable food production, and local agriculture among students, their parents, and the public at large (by providing curricular materials, farm tours, producer visits to the classroom, and public education).
2. Increased acceptance of high quality, culturally appropriate, sustainably produced, local foods by students, their families, and the general public (through school gardens, cooking classes, tasting events, special event meals, and similar participatory activities).
3. Increased production of these foods in our area coupled with local value-added processing and an appropriate distribution system.
4. Increased consumption of these foods in our schools to the greatest extent possible given current state and federal policies.
5. Partnerships with other groups to change state and federal policies to allow greater inclusion of these foods in our schools.
6. Increased participation in farm to school programs on the part of students, their parents, school administrators, community leaders, and the general public through increased understanding of the importance of farm to school programs, the obstacles involved, and what can be done by community members to promote these programs.

Wendy recommended that we consider the term “nutrient dense foods” rather than healthy foods, and that nutrition-related cancers are being increasingly recognized as significant consequences of poor diets.

Jenn explained that some producers would be relieved to be able to sell to schools rather than spending so much time at the farmers market, so that is an incentive we should promote.

Kim thought that a Farmer-Food Service event would be useful.

Shari urged us to try to gather data to support what seems to be a very successful Farm to School program. She felt this could be part of a follow up to the Community Food Assessment. Suggestions included monitoring the number of meals purchased on days featuring local foods, garden participation data, more data from the Point of Sale machines on the lunch line, numbers of farm tours and producer visits, etc. We wondered what if some of this data is available through the school presently, and what could be gathered with existing or enhanced systems. It was suggested that the wellness teams could help gather some of this data, especially regarding activities.

We will continue this planning in January.

**NEXT MEETING:** The next meeting is planned for Thursday, 15 Jan, 3:30-5PM with a location yet to be determined.

Remember — all FTS minutes and other FTS and local food info is at [www.sustainableSWcolorado.org](http://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

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### Resources (newest items in bold)

- **Fresh Ideas in the Lunchroom: Denver Post, 10/1/09:**  
[http://www.denverpost.com/lifestyles/ci\\_10593581](http://www.denverpost.com/lifestyles/ci_10593581)
- Herald's 22 Aug 2008 Editorial on Durango Farm to School: [http://www.durangoherald.com/asp-bin/article\\_generation.asp?article\\_type=opin&article\\_path=/opinion/opin080822\\_1.htm](http://www.durangoherald.com/asp-bin/article_generation.asp?article_type=opin&article_path=/opinion/opin080822_1.htm)
- Herald's 21 Aug 2008 Good Earth article: [http://www.durangoherald.com/asp-bin/article\\_generation.asp?article\\_type=earth&article\\_path=/earth/08/earth080821\\_1.htm](http://www.durangoherald.com/asp-bin/article_generation.asp?article_type=earth&article_path=/earth/08/earth080821_1.htm)
- CitySpan show including FTS: <http://www.durangogov.org/cityspan10/tott/index.cfm>
- LA Times mention of Durango: <http://www.latimes.com/features/health/medicine/la-na-lunch23-2008jun23.0.3503416.story>
- Mary Barter's 9 Apr 2008 article: [http://durangoherald.com/asp-bin/article\\_generation.asp?article\\_type=edu&article\\_path=E:/sites/durangoherald.com/education/08/edu080409\\_2.htm](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](http://www.durangoherald.com/asp-bin/printable_article_generation.asp?article_path=/food/food080206_1.htm)
- 10/11/07 Telegraph article: <http://durangotelegraph.com/telegraph.php?inc=/07-10-11/coverstory.htm>
- 7/7/05 Article: <http://www.durangotelegraph.com/telegraph.php?inc=/05-07-07/coverstory.htm>
- 9R School Wellness Teams contact person: Linda Herz [lherz@durango.k12.co.us](mailto:lherz@durango.k12.co.us)
- National Farm to School Program: [www.farmtoschool.org](http://www.farmtoschool.org)
- SWMN — Southwest Marketing Network: [www.swmarketingnetwork.org](http://www.swmarketingnetwork.org)
- Mesa Verde Guide to Local Food & Fiber: [www.sustainableSWcolorado.org](http://www.sustainableSWcolorado.org)
- **ALL LOCAL FTS INFO** at Sustainability Alliance — SASCO:  
[www.sustainableSWcolorado.org](http://www.sustainableSWcolorado.org)

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