

Session 15: Connecting Kids to Healthy Food in School

Panelists: Monica DeGarma, Brook Jurday, Jeff Martin, and LaBria Lane

All Panelists are Food Corp members

Jeff: CRIM Foundation

LeBria: CRIM Foundation

Monica: Detroit Public Schools (DPS)

Brook: Detroit Public Schools (DPS)

Food Corps

- Farm to school program
- Pilot from MSU center of school systems (6 years now)
- Receipts of Food Corps
 - o 1. Classroom
 - o 2. Garden 20% of lunch food is grown locally for
DPS
 - o 3. Cafeteria
- 4 different cities
- 6 service sites
- Flint received national award to add 4 additional food Corp members increasing their food Corp works to 6.

Detroit Public Schools (Monica)

Successes: Do not serve chocolate milk, has meatless Mondays, no deep fat fryers in any of their cafeterias

-Local procurement

- Education

- Food production at schools serves 100,000 meals each day

DSGC est. 2011

- Has 3 components

1. School gardens

2. Farm to school

3. Education

- 78 school gardens (87 DPS schools, 127 charter/private schools) all served through DSGC

- Each site has 6 raised cedar garden beds

- o They are all filled with soil

- Bi-annual transplants
- One annual compost topping
- Partnership with office of science pays for extra teaching time for teachers

Farm to school: Drew farm

- 2.5 acres
- 20,000 lbs of food produced last year, 50% went to DPS
- 6 high tunnels
 - Grown food goes to DPS
 - Grows lettuce, spinach, zucchini, squash, and watermelon to name a few

Drew Transition Center

- 18-26 year olds with cognitive learning disabilities work on the farm
- Learn washing skills
- Learn gardening and Harvesting skills

Drew Family Farm Days

- Parent and community outreach programs
- Farm stand
- Accepts SNAP and Double up food bucks

STEM Field trips

- Monthly professional development for teachers and educators

Catherin Ferguson Farm

- Use to be a High school for mothers
- 2.5-3 arches
- Has orchards
- High tunnels
- Produces corn and pumpkins

Healthy hunger-free kids act of 2010 helped get the farms started

Brook:

- Works with all DPS farm programing
- Takes all to schools
- Connects kids to healthy foods

Farm at Mackenzie

- Potatoes, black eyed peas
- 150 pumpkins
- 40-50# of potatoes

- 210# acorn squash

2016 Junior Master Gardeners Program

- Though the local 4-H MSU extension
 - 4th grade classes (4 groups)
 - Mackenzie walking field trips
 - o Eat the rainbow activity
 - o Make a recipe
 - o Pick hummus not ranch
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CRIM Foundation in Flint, MI

Jeff: **had us do an energize activity**

LaBria: CRIM

- Know the culture and community
- Know your partners and the areas community environment

Knowing your students

- Connect with your students
- Food Corp Flint expanded to 6 members
- Ask the schools what the students are engaging in

Ways to integrate

- Books on gardening
- Connect with language arts portion
- Culture relevance
- Life science

Green house

- Produces tomato plants
- Hosts cooking classes
- Club “try something” (new approach to get people engaged)
- November to December is taste testing in schools
- January to March is learning about hydroponics and meet/greets with farmers
- Apple wood
- Geometry shaped garden beds can be a math lesson

Jeff: CRIM

- Talks about the Flint Water Crisis
 - o Started in 2014 to 2016 (main exposure)

- Because of the water crisis, funding sources are depleting partners
- Focus has moved into teaching about lead mitigating foods
- Edible Flint has been testing soil for years and has data back to 6 years. The data show no increase in lead in the soil

MSU extension

- Has lead nutrition materials
- Make sure you are washing fruits and veggies

Reactions from schools and students

- Schools covered all the drinking fountains
- There is bottled water in every class room and is being stored in any available extra space
- Students are scared of the water and ask several questions about the water being used to water the plants
- Students don't want to touch or eat the fruits and veggies because they are scared to get lead poisoning.

What we did

- Conducted a lead vs. filtered water experiment
- Use bottled water
- Used a filter on all hoses
- Talked about food that mitigates lead exposures
- Filters donated by Edible Flint
- Set up rain collection systems
- Yearly soil testing
- Growing lead mitigating produce
 - o Edible Flint increased the number of lead mitigating plants in plant seeds
- Produced used was donated

Questions and Answers

Q: What kind of training does it take to be in Food Corps?

Brook: Service terms are one year long but can be extended to 2 years

- National training annually – one week long
- Training on site
- State and regional trainings
- Given curriculums but not set in stone.

Q: What led you to Food Corps? May you continue to do something in food industry?

Jeff: I grew up in a family where food was not a priority and taken for granted. It wasn't until I moved out on my own that I realized how important it was to have healthy foods

- Found Food Corps through a conference that I attended

LaBria: Started in urban agriculture in Flint

- Love the kids
- Healthy foods is important

Monica: is not a food Corp member but works for DPS

Brook: Studied Dietetics in college

- Didn't want to do an internship so did Food Corps instead
- Food Corps is a one year paid public service

Q: How is DPS connection of farm to school data?

Monica: Can't really do the research because not everyone is doing the same thing

Q: How do you tie in nutrition?

Monica: DPS pulls from standards and science.

Q: Who is building the lesson plans?

- 75% of teacher support
- Need more work to build on more lessons

Q: Is this service limited to DPS?

- This service can be provided to any school food services.

End Session