

# Home Grown School Lunch Week

**September 20-24, 2010**

The Northeast Iowa Food & Fitness Initiative invites your school to participate in **Home Grown School Lunch Week** and will provide your school with resources and guidance.



## What Is Home Grown School Lunch Week?

It's a week celebrating local foods! School food service directors will offer local items on the lunch menus during the week. Nutrition education information will be provided to students, and teachers will receive lessons focused on nutrition and the benefits of using Iowa grown foods.

School and student groups such as the Food & Fitness Youth Teams, FFA, and 4-H are encouraged to create and participate in Farm to School events. Students can also participate by buying local foods and packing a Home Grown Lunch.



## How can schools get involved?

Have students develop and implement school-based activities:

- Advertise and promote Iowa Home Grown School Lunch Week.
- Serve a locally grown food item one day—or every day.
- Promote a different Iowa grown food each day of the week.
- Invite parents and grandparents to eat lunch with their child.
- Taste test new foods for the school lunch menu.
- Hold a Health and Nutrition Fair or Family Fun Night.
- Have students trace the path of a favorite food from the field to plate.
- Assemble a display of books and media in libraries.
- Produce a class cookbook showcasing Iowa products.
- Make apple cider, apple butter, applesauce, or maple syrup.
- Arrange a field trip to a participating local farm.
- Invite a local farmer to come to speak with students.
- Invite a chef to do a cooking demonstration using local foods.
- Have nutritionists visit the classroom.
- Have students produce a calendar of seasonal availability of foods.



## What Is Farm to School?

In 2007, Iowa lawmakers passed Farm to School legislation to establish a program that would link elementary, secondary, public and non-public schools with Iowa farmers; provide schools with fresh and minimally processed Iowa grown food for inclusion in school meals and snacks; and to encourage children to develop healthy eating habits and provide them with hands-on learning opportunities, such as farm visits, cooking demonstrations, and school gardening and composting programs.

For more information, visit:  
Iowa Farm to School Web site  
<http://www.agriculture.state.ia.us/>

Northeast Iowa Food & Fitness Initiative  
[www.iowafoodandfitness.org](http://www.iowafoodandfitness.org)

Northeast Iowa Buy Fresh, Buy Local  
[www.iowafreshfood.com](http://www.iowafreshfood.com)

Iowa Department of Education  
Nutrition Programs  
[www.iowa.gov/educate](http://www.iowa.gov/educate)

Iowa State University Extension  
[www.extension.iastate.edu](http://www.extension.iastate.edu)

# Home Grown School Lunch Week

## Register Your School Home Grown School Lunch Week September 20-24, 2010

The Northeast Iowa Food & Fitness Initiative is providing food service equipment grants (\$300 value) to 20 schools who participate in Home Grown School Lunch Week. Here is what you need to do to receive this gift!

1. **Register Early!** Completing this form or go online at [www.iowafreshfood.com](http://www.iowafreshfood.com) and click the Farm to School tab. You will be asked to submit the lunch menu and any planned activities for the week. Schools will receive notice if they are enrolled in the program.
2. **Complete the NE IA School Food Service Survey** at [www.surveymonkey.com/s/foodservice2010](http://www.surveymonkey.com/s/foodservice2010)
3. **After the event**, submit a final report which includes audience reached, activities conducted, audience feedback of the event, and at least 3 photos. Photos and activities will be shared at the FFI Fall Conference on Oct 19.
4. **Match is required.** Submit copies of invoices for \$300 in local food purchases since August 1, 2010.

Upon successful completion of the grant requirements, food service staff will choose a piece of kitchen equipment to be delivered to their school. Below are some of equipment choices:



Fruit & Vegetable Wedger & Slicer



Salad Dryer 5 Gallon Capacity, 17\"/>



Large Size InstaCut - Complete Unit



Camwear Square Container 18 Quart Capacity

Registration and final documentation can be emailed to Teresa Wiemerslage at [wiemer@iastate.edu](mailto:wiemer@iastate.edu) or mailed to Winneshiek County Extension office, 911. S. Mill Street, Decorah, IA 52101. Applications are due September 13 and final documentation is due October 1.

Only one application per school district is allowed. Private schools are eligible to apply.

For additional information, please contact Teresa Wiemerslage at 563-794-0599.

# Home Grown School Lunch Week

Yes! Please register our school for Home Grown School Lunch Week!!

School Name: \_\_\_\_\_ School Contact: \_\_\_\_\_

Contact Email: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

Please describe your activities for Home Grown School Lunch week:

How are you using local food on the menu that week?

What school buildings and grades are you targeting?

Please list your planning team members (Teams should include youth and adult partners).

Signature: \_\_\_\_\_

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Applications may also be faxed to 563/382-2940 .