

FARM TO SCHOOL: CONNECTING TO WHOLE GRAINS

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Cascadia Grains 2020

Local Grains in School Cafeterias:

Opportunities, Challenges, Successes in WA



Washington
State Department of
Agriculture



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WSDA Regional Markets Program



Supports the economic viability of small and direct marketing farms and increases the availability of Washington grown products in schools, institutions, and on tables throughout our state.

WSDA Regional Markets Program



Washington State
Department of Agriculture
**Small Farm
Direct Marketing**



Increasing the vitality of small farms by supporting them in business planning and direct markets

www.agr.wa.gov/farmfoodbiz



Washington State
Department of Agriculture
Regional Markets Program

Bridging the GAPS

WSDA's Bridging the GAPS project identifies and shares best practices for on-farm food safety for small, mid-sized & diversified farms to:

- Improve food safety practices, planning and implementation
- Prepare for audits under USDA Good Agricultural Practices (GAPs) and Good Handling Practices (GHPs)
- Understand and prepare for FSMA's final Produce Safety Rules



Information* available here:

www.wa.gov/inspection/GAPs

Information in Spanish



3 307-570 (N10/16)

Washington State
Department of Agriculture
Farm to School



Connecting Washington farms and schools for healthy food service and agricultural education



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Regional Markets Core Functions & Services

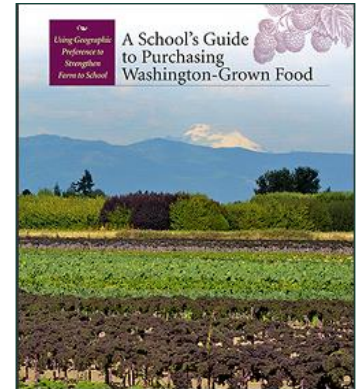


Regional Markets Resources and Services

Farm to School programming



- ❑ Taste Washington Day
- ❑ Trainings and workshops
- ❑ Technical assistance for schools and farms
- ❑ Factsheets and tools
- ❑ Research and surveys
- ❑ Special projects



WSDA Farm to School Toolkit

FOR
SCHOOLS

FOR
FARMERS

RECIPE
TOOLKIT



RESOURCES FOR SCHOOL GARDENS AND FARM EDUCATION

Food grown in school gardens can be served in the cafeteria! Learn about best practices for food safety in the school garden and ways to integrate garden produce into school meals.

[READ MORE](#)

CORE ELEMENTS OF **FARM** *to* **SCHOOL**



NATIONAL
FARM *to* SCHOOL
NETWORK

WASHINGTON

Farm to School Benefits

Students

- Eat more fresh, healthy foods
 - ▣ +0.99 to +1.3 produce servings per day
- Improves learning
- Better health and future food choices



Farm to School Benefits

School district

- Increases meal participation
 - 3-16% increase
- More learning opportunities
- Supports the local economy
- High quality, tasty food



Farm to School Benefits

Farmer

- ❑ Improves student health
- ❑ Teaches kids about agriculture
- ❑ Stable market and increase in sales



Farm to School Benefits

Community

- Boosts local economy
 - \$0.60 - \$2.16 for every \$1 spent
- Job creation
- Increase in food security and healthy families
- Fun!



School market potential & impact

School lunch & breakfast participation in WA (2018-19)

- ❑ Feeding 518,654 students
- ❑ 84,907,109 lunches and 33,254,104 breakfasts
- ❑ 8-12 oz per meal (*USDA Meal Pattern Requirements*)
- ~ **59,080,606 pounds of grain products annually**

What's an 8oz “serving” of grains?

100% whole grain or 50% whole grain + 50% enriched

- ❑ *1 slice of bread*
- ❑ *½ cup hot cereal, pasta, noodles, barley, bulger, etc.;*
- ❑ *1 roll, biscuit, muffin*
- ❑ *¾ cold cereal*

Challenges for using local grains

- Access to local products
 - ▣ “It’s frustrating...FSA/US Foods no longer carries high gluten Shepherd’s Grain flour”
- Lack of scratch-baking equipment at scale
- Lack of time and skills for scratch-baking
- Student familiarity for some items
- Price and budget for artisan grains



*Highline Public Schools (King Co)
Shepherd's Grain Flour*

School Market Opportunities

What do schools want to buy?

- ❑ Flour *is* possible for some schools
- ❑ End products (noodles, breads, granola, tortillas, bagels)
- ❑ Baking mixes (muffins, pizza dough, cornbread)
- ❑ Side dishes (barley, farro, wheat berries, bulgur)

How can you reach schools?

- ❑ Bakery & processor partnerships
- ❑ Direct to school districts
 - Nutrition or Food Services Director
- ❑ Through distributors



*Bellingham Public Schools
Bluebird Grains Farm Emmer Farro*

Virtual Tour of Grains to Cafeteria in WA



Coupeville School District

Bread from Little Red Hen Bakery



Pullman Public Schools

Cookies with barley flour from Joseph's Grainery



Highline Public Schools

Rolls with low-gluten flour from Shepherd's Grain



Methow Valley School District

Flour and emmer farro from Bluebird Grain Farms



Spokane Public Schools

Pizza dough from Rizutto Foods with Shepherd's Grain

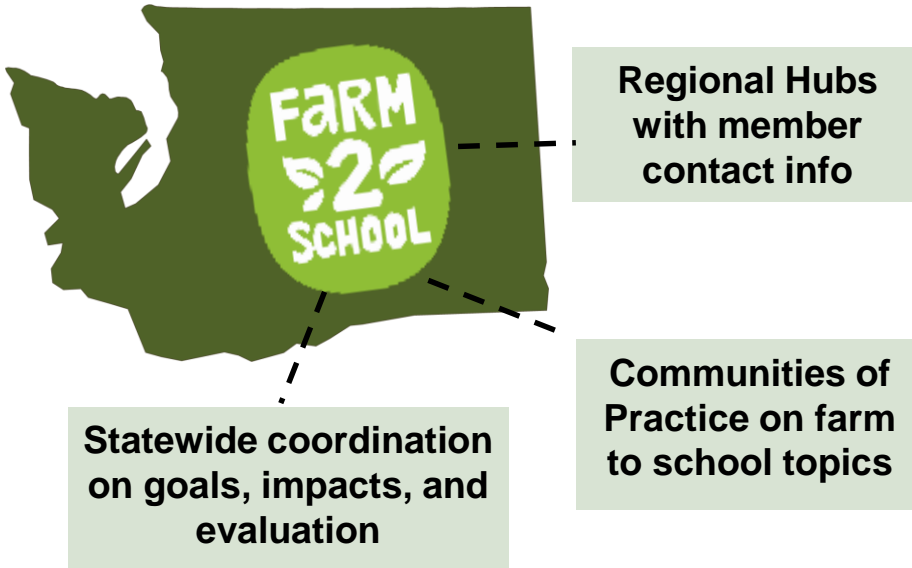


<https://youtu.be/y1UcuQ4--uw?t=79>

Washington State Farm to School Network



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For more info: waf2snetwork@gmail.com
Sign up at: www.wafarmtoschoolnetwork.org

We're here to help!



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