



Farm to School: ***Setting the Table for Wellness***



Monday, March 15, 2010

Grand Traverse Resort & Spa
Acme, Michigan

A REGIONAL CONFERENCE
FOR SCHOOLS, CAMPS, PARENTS,
STUDENTS, AND FARMS

*Learn how to bring healthy, locally grown foods into
cafeterias, learning gardens, classrooms, and wellness policies.*



For conference info visit localdifference.org/farmtoschool

Farm to School: *Setting the Table for Wellness* is a place for schools, camps, students, farms, parents and others interested in local economy and children's health to network, learn new tools to bring fresh local foods into cafeterias and curriculum, and weave local food and farms into wellness policies.

The daylong gathering provides plenty of time for learning from each other, and a special exhibit area for farmers who offer interesting educational opportunities and products perfect for cafeteria meals, snacks, and fundraisers.

Setting the Table for Wellness will present:

- Real-life Examples ■ Tools for Success ■ Networking Opportunities
- Wellness Policy Assistance ■ Fabulous Local Food

Setting the Table for Wellness will focus on ways schools and camps can merge farm-to-school ideas with wellness policies to build broad support, and make sure they continue even if an inspired food service director or teacher leaves a particular school.

What's a wellness policy? School systems that accept federal lunch dollars must have such policies, from eliminating junk food in vending machines to setting goals for purchasing local food and building learning gardens.

But any camp or school can create a wellness policy, regardless of federal funds. The policy brings diverse people together to brainstorm about ways to promote wellness, and to review progress each year.

After a morning packed with presentations, participants will brainstorm and share experiences with their regional colleagues. Wellness Champions from each school or camp will discuss best ideas they can take home to shape policy and take action.

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CONFERENCE AT A GLANCE

8:00 a.m. Registration and Exhibits

8:30 a.m. Welcome

8:45 a.m. Keynote Address by Anthony Geraci
"Making Good, Wholesome Nutrition Come Alive in Every School Building."

10:00 a.m. Stretch Break

10:15 a.m. Panel: New Tools for Farm-to-School

Learn about:

- A hot-off-the press K-12 garden curriculum tied to Michigan teaching standards
- A new Michigan manual that helps farms sell to schools
- A new, national, on-line toolbox for food service directors
- New state and federal policies that help schools purchase or serve locally grown foods
- An online, regional directory of farms with products for school and camp cafeterias, fundraisers, and educational opportunities

11:15 a.m. Panel: Farm-to-School Successes in Northwest Michigan

Learn about:

- Ideas for early childhood education, such as Head Start
- Sourcing local foods through a distributor
- Fresh food preparation and marketing strategies
- Food and farm classroom ideas
- Student involvement

Noon Network and Lunch: Eat fabulous food and meet local food exhibitors!

1:15 p.m. Wellness Policies

Integrating farm-to-school goals, fresh food, and nutrition into wellness policies

1:30 p.m. Structured Networking

Brainstorm and share with colleagues from the region: Teachers with teachers, parents with parents, students with students, food service directors with food service directors, etc.

Concurrent session for farmers: New farm-to-school manual, in-depth

2:30 p.m. Planning for Wellness

Team brainstorming by Wellness Champions on shaping policy back home—and taking action

Concurrent session for farmers: Brainstorming on making more farm-to-school business connections

3:30 p.m. Closing remarks

WHO SHOULD ATTEND?

- Food Service Directors
- School and Camp Cooks
- School Board Members
- Teachers
- Administrators
- Parents
- PTO Members
- Fundraiser Groups
- Students
- School Nurses
- School Health and Wellness Policy Teams
- After-school Coordinators
- Health Advocates
- Food Businesses
- Farmers
- Garden Resource Organizations
- Funders

FINANCIAL ASSISTANCE: SEND A TEAM! *Traverse Bay Area Intermediate School District's Coordinated School Health Education Program will help teams of school Wellness Champions attend Setting the Table for Wellness. It offers scholarships for public and private school systems that send teams. Assistance is available for systems in Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, and Wexford Counties.*

The scholarships pay for:

■ Registration fees for one student and six additional team members, if the system's team includes a student, teacher, principal, food service director, cook, school board member, and parent. Ideally, teams will include several teachers—such as science, social studies, health, and culinary arts—plus superintendents or other district-wide administrators; after-school coordinators; and school nurses and social workers. Consider representing multiple school buildings; different buildings may have unique opportunities, such as greenhouse space. Invite someone from a supportive organization or agency, too! Send a big team that will return home ready to work smart for children's health!

■ Reimbursement for substitute teachers and substitute cooks when teams send at least one teacher and one cook. Contact Laurie Bassett of TBA-ISD for reimbursements at lbassett@tbaisd.k12.mi.us.

CONTINUING EDUCATION CREDITS: SB-CEUS for teachers, food service directors, and social workers available pending approval.

CONFERENCE HIGHLIGHTS

Keynote Speaker

Anthony Geraci is Director of Food and Nutrition for Baltimore City Public Schools. His pioneering school lunch program features locally grown fruits and vegetables and an agri-science program in which students grow food for schools and restaurants. Students help design Tony's school menus, which teaches them about good nutrition and their community. His innovative, award-winning food service program attracts national attention, including a visit from assistant White House chef Sam Kass and the deputy chief of staff at the U.S. Department of Education, plus coverage by ABC Nightly News, The Washington Post, Gourmet Magazine, and The Atlantic.

Create a regional Farm-to-School Cookbook!

Attention food service directors, cooks, dietitians, and other good food lovers! *Help create a Setting the Table for Wellness Farm-to-School Cookbook.*

- Share healthy recipes that feature locally grown food, and that work well in a cafeteria setting
- Think entrees, soups, side dishes, salads, and snacks
- Provide timesaving tips for preparing and serving fresh food in the cafeteria
- Reveal how you entice students to try new menu items or get more involved

Please submit these recipes and ideas by **March 1, 2010** to Diane Conners at diane@mlui.org

PLANNING PARTNERS

- Benzie County Central Schools
- Benzie-Leelanau District Health Department
- Elk Rapids Public Schools
- Frankfort-Elberta Area Schools
- Glen Lake Community Schools
- Grand Traverse Area Catholic Schools
- Grand Traverse County Health Department

- Grand Vision
- Head Start of Northwest Michigan Community Action Agency
- Health and Youth Working Group, Food and Farm Network
- Michigan Land Use Institute
- Michigan State University
- MSU Extension

- Munson Healthcare
- Northern Michigan Diabetes Initiative
- Northport Public Schools
- Northwest Michigan Food and Farming Network
- Suttons Bay Public Schools
- Traverse City Area Public Schools
- Traverse Bay Area Intermediate School District

Registration Fees:

\$25 per person

Includes a conference notebook, morning and afternoon snacks, and a local foods lunch.

Registration after Feb. 15: Add \$15 per person.

Register online at localdifference.org/farmtoschool or return this form by mail or fax to:

Setting the Table for Wellness

Michigan Land Use Institute
148 East Front St., Suite 301
Traverse City, MI 49684
Fax: 231-929-0937

Financial Assistance: Our registration fees encourage camps and schools to send teams from their staff to *Setting the Table for Wellness*. Please see "Who Should Attend" for more information.

Sponsorships and Exhibits: We offer many sponsorship opportunities. Exhibit space costs \$75; we welcome farms and companies with locally grown products or learning opportunities. Please visit localdifference.org/farmtoschool, or contact Diane Conners (diane@mlui.org or 231-941-6584 ext. 16) for more information. Sponsorships and exhibit space are on a first-come, first-served basis. The deadline is Feb. 1, 2010.

Need a place to stay? The Grand Traverse Resort & Spa offers hotel rooms starting at \$99 per night (plus tax and resort fee) for participants who stay between Friday 3/12 and Thursday 3/18. Call 800-968-3752 and mention the Farm to School conference, or go on line to grandtraverseresort.com, scroll down and enter the group code F2S2010.

For more information: Visit the conference pages of our Web site at localdifference.org/farmtoschool. Or contact the Michigan Land Use Institute at 231-941-6584. Judy Cunningham (judy@mlui.org or ext. 10) has registration information; Diane Conners (diane@mlui.org or ext. 16) has sponsor, exhibit, and other conference information.

Cancellation Policy: Please contact us by Feb. 15 to receive a full refund, less a \$10 processing fee. Send a written request to judy@mlui.org or a fax to 231-929-0937. Full payment required if you don't cancel by Feb. 15.

REGISTRATION AND INFORMATION FORM

I am registering for the conference.

Special food needs:

Vegetarian Other _____

This is a group registration.

Please photocopy this form, complete for each team member, bundle, and send with a single payment. Or register online at localdifference.org/farmtoschool.

We are sending a team that qualifies for scholarship registrations:

A student, food service director, cook, school board member parent, teacher, and principal. (See "Financial Assistance")
NOTE: You still must register all team members on bundled photocopies or online. Fee is \$25 for each member beyond seven, plus \$15 each after the Feb. 15 early deadline.

Name

Organization/Business

Address

City State Zip

Telephone Fax

E-mail

Please check here if you are the primary contact for your team.

I have enclosed a check payable to Michigan Land Use Institute.

Charge my credit card: VISA MasterCard Discover

Card # Exp. Date:

Signature

Title: Please Check One

- Student
- Food Service Director
- Kitchen Cook
- Board member
- Parent
- Educator (describe/name of school or camp)

Principal (name of school)

Superintendent
 Other administrator (describe)

Camp Director
 Camp staff (describe)

Nurse

- Social Worker
- Farmer
- Other Food Service Business
- Community Resource (describe)

Other (describe)