COMMUNITY FOOD SYSTEMS + FARM TO SCHOOL & EARLY CARE CONFERENCE

GROWING A CULTURE OF CELEBRATION

SATURDAY | FARM TO SCHOOL & EARLY CARE

JUNE 15 - 17, 2023

Waukee Community School District
555 SE University Ave.
Waukee, IA 50263
bit.ly/cfs-f2ec-conference
SATURDAY | JUNE 17
FARM TO SCHOOL & EARLY CARE

7:00 AM YOGA IN CENTENNIAL PARK (OPTIONAL)
MEET IN COMMONS

REGISTRATION + BREAKFAST COMMONS
OPENING REMARKS AUDITORIUM
MORNING PLENARY AUDITORIUM

OELWEIN COMMUNITY SCHOOL DISTRICT
BARB FOGARTY, FAMILY AND STUDENT SERVICES DIRECTOR, OELWEIN COMMUNITY SCHOOLS

10:15 AM BREAK + EXHIBITORS
10:30 AM MORNING BREAKOUT SESSIONS A SEE PAGE 2
11:15 AM BREAK + EXHIBITORS
11:30 AM MORNING BREAKOUT SESSIONS B SEE PAGE 4

LUNCH + EXHIBITORS COMMONS
12:15 PM AFTERNOON BREAKOUT SESSIONS SEE PAGE 4

BREAK + EXHIBITORS + AFTERNOON SNACK

BITE-SIZED SESSIONS COMMONS
3:30 PM CLOSING SESSION COMMONS

MEG BRINK, SCHOOL NUTRITION ASSOCIATION OF IOWA
IOWA FARM TO SCHOOL AND EARLY CARE COALITION

4:00 PM ADJOURN

HAVE QUESTIONS THROUGHOUT THE CONFERENCE?
Stop by the registration table in the commons or look for someone with a staff or volunteer nametag.
Barb Fogarty has been in education for over 30 years. For the last 26 years she has been a School Counselor in Oelwein, Iowa and for the 2022-2023 school year moved to the position of Student and Family Service Director in the Oelwein Community School District. Barb has also held the position of Before and After School Director for 10 years in the school district. This program is supported by the 21 Century Grant through the Iowa Department of Education. For 12 years Oelwein was graced with the FoodCorps program and Barb was the contact for that position in the district. A full-time position has been created in the district with a FoodCorps model. Barb is active in the Plentiful Pantry Food Bank in Oelwein and has served on several school committees. Barb is mom to 3 amazing daughters and raves about her 3 son-in-laws to anyone who will listen. Barb also has 2 grandsons and 1 granddaughter who refer to her as Nana!

Farm to School education can often be sporadic and only implemented by a few teachers who are passionate about gardening and agriculture. To address this gap, Waukee’s Farm to School program partnered with the elementary science curriculum review team and Next Step Adventure to create farm to school lessons that are connected to educational standards and embedded into the curriculum. This ensures that the lessons are accessible, useful, and implemented equitably across all schools in the District, creating improved and diverse experiences for all students, while supporting the professional growth of teachers. In this session, the Farm to School Coordinator and Director of Elementary Teaching and Learning will discuss this partnership and process, share curriculum and resources, and inspire and equip participants to build or strengthen their curriculum integration efforts.
BRINGING THE GROWERS OF FOOD TO GROWING STUDENTS

MICHELLE KENYON
Executive Director, Field to Family
director@fieldoffamily.org

SCOTT KOEPEKE
Farmer/Educator, Garden Bridge Outreach
gardenshealpeople@gmail.com

Connecting students to the food they eat, how it is grown and who is growing it - what could be more fun? This workshop offers ideas for how to prepare farmers and other farm to school related experts to present to a K-12 audience. We will share ideas for topics that farmers can address - from simple to complex - and provide tips as to how to engage a class of energetic young students as well as a large school assembly, complete with props and a demonstration. Ever try produce bowling? Field to Family provides ways to connect educators and their students to local farmers and food system experts by offering educators the opportunity to schedule virtual and in-person farmer classroom visits, view videos and step by step tutorials featuring farmers sharing concepts that cover required curriculum and through offering in-school field trips called Farmer Fairs. Garden Bridge Outreach is an interactive garden life skill education service that brings farm to school related content to small groups, classrooms and all school assemblies, specifically addressing math, science, literacy, social skills, mental health and other topics related to soil science, biodiversity and composting.

TAking LITeracy OUTside

VERONICA ARMS特朗G, EDUCATION COORDINATOR, LOVING ARMS KIDS CARE | ARMSTRONG_VERONICAK@GMAIL.COM

This session will discuss concrete, engaging ways to liven up your morning meeting or circle time literacy lessons by taking them outside. Educators will leave this session with real ideas they can take to their classrooms to implement immediately, as well as resources to further explore and engage with literacy learning outdoors. Early literacy in the early childhood classroom should center around creating a foundation of knowledge in phonics and letter recognition, but also should create an interest in how words, books and knowledge interacts with the child's everyday life. We will explore the importance of early literacy engagement, explore ways to take stale morning meeting times outdoors and share resources and methods with each other to help further all of the classrooms we work within.

FARM TO SCHOOL INITIATIVE IN SOUTHWEST IOWA & THE IOWA FOOD SYSTEM PLAN

10:30 AM | ROOM 408

JAN LIBBEY
Coordinator
Iowa Food System Coalition
iowafoodsystemcoalition@gmail.com

JODIE HUEGERICH
Local Food Program Manager, University of Northern Iowa, Center for Energy & Environmental Education
jodie.huegerich@uni.edu

CAIT CAUGHEY
Beginning Farmer and Market Associate, Center for Rural Affairs
caitc@cfra.org

What's new in Farm to School work in SW Iowa? How does that relate to the new Iowa Food System Plan? Join Cait Caughey, Center for Rural Affairs, for an overview of how farm to school work is taking root in SW Iowa. Against this background, Jan Libbey and Jodie Huegerich will highlight the new Iowa Food System Plan as a tool to support this and other farm to school and early care initiatives - discussing relevant priorities and opportunities for partnerships and cross connections. A small group discussion will wrap up the session, giving participants a chance to reflect on the relationship between the Plan and their work. Participants will walk away from this session with new insight into farm to school work in SW Iowa and how the Iowa Food System Plan can help support farm to school and early care work.

WE WOULD LOVE TO HEAR YOUR FEEDBACK!
Please take a moment at the end of the conference to complete our evaluation.

bit.ly/23Evaluation
In June 2022, the PA Farm to School Network (PFSN) piloted the first farm to school institute in PA. It was a small-scale one-day event that was adapted from Vermont Feed’s successful Institute. There were 20 participants from four teams in attendance who are currently working to implement farm to school action plans with ongoing coaching support. Attendees will learn the benefits of the farm to school institute, how it can support schools and ECEs in carrying out farm to school activities, and how to start one in your state!

**THE PENNSYLVANIA FARM TO SCHOOL INSTITUTE**  
**11:30 AM | ROOM 406**

**SAMANTHA HUGHES, PROGRAM COORDINATOR, THE FOOD TRUST | SHUGHES@THEFOODTRUST.ORG**

In June 2022, the PA Farm to School Network (PFSN) piloted the first farm to school institute in PA. It was a small-scale one-day event that was adapted from Vermont Feed’s successful Institute. There were 20 participants from four teams in attendance who are currently working to implement farm to school action plans with ongoing coaching support. Attendees will learn the benefits of the farm to school institute, how it can support schools and ECEs in carrying out farm to school activities, and how to start one in your state!

**SUPPORTING LEADERSHIP AND SUSTAINABILITY: THE IOWA FARM TO EARLY CARE AND EDUCATION LEARNING COLLABORATIVE**  
**11:30 AM | ROOM 407**

**KRISTA SMITH, FARM TO SCHOOL AND EARLY CARE EDUCATION COORDINATOR, IOWA STATE UNIVERSITY EXTENSION AND OUTREACH, FARM, FOOD AND ENTERPRISE DEVELOPMENT | KRISTASM@IASTATE.EDU**

The 2023 Iowa Farm to ECE Learning Collaborative is a pilot that brings together four early care providers learning farm to ECE initiatives in their communities. Tammy Alstott (Fort Dodge), Becky Kouang (Marshalltown), Angie Dobbs (Waterloo), and Lyz Schmitz and Tracey Sauke with Tri-County Child and Family Development (Waterloo) will present information about their community-based farm to ECE work, including gardening, local food procurement, and family engagement initiatives. In partnership with Cocoa Creative, these sites have developed promotional videos that will be shared during the session, highlighting their kids and passions for local food. The presenters will detail their experiences planning and implementing local food procurement and racial equity learning as essential components of their farm to ECE work.

**EGGSPLORATION: A STUDY APPROACH TO CULINARY EXPERIENCES WITH YOUNG CHILDREN**  
**1:30 PM | ROOM 408**

**ELIZABETH MINER, DIRECTOR, LITTLE TIGERS CLUBHOUSE GILBERT | GILBERT1@LITTLETIGERSLEARNING.COM**

Cooking with young children can be daunting for even experienced teachers with a passion for the culinary arts. In this session, participants will explore ways to keep small hands engaged and learning. Presenters will share how utilizing a theme of study enables children to explore different facets of everyday ingredients providing opportunities to experience different methods of cooking and flavor profiles. We will share sample lesson plans and recipes as well as how to incorporate strategies to engage learners of all ages and developmental levels.
School gardens can be educational spaces with benefits extending beyond the classroom - including expanding food access, bringing local food into the cafeteria, and a space for community gathering and celebrations. A barrier to the sustainability of these spaces is management - especially for a large garden space. One potential to decrease this barrier is engaging community members and families in volunteering in these spaces. In this session we will examine two case studies of Des Moines elementary schools currently supported by FoodCorps service members - evaluating the systems for management, considerations for these supports, and discussing areas for improvement. Attendees will leave with an understanding of different modes to engage community members in a school garden space and with a clear pathway to that engagement.

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Participants will be given tools, handouts, recipes, songs, and literature (books) to take back to their programs. This info will help them show the children where their food comes from...DIRT! Participants will learn gardening skills, and songs. The will participate in a hands on cooking activity that they can do with their children. They will learn how to garden, grow, harvest, cook, and preserve (freeze, and dehydrate) garden goodness with their kiddos. This session will also include a cooking activity and may need additional set up.

Participants will discuss learning strategies to support health and physical literacy within Farm to School and Early Care. Connections will be made to learning standards for a variety of grade levels. This session will include demonstrations and participation in activities that connect knowledge, skills, and dispositions to promote healthy behaviors within a Farm to School and Early Care context.

How do you define "Culture of Celebration?"
Virtual field trips offer the opportunity to connect students with agriculture in the comfort of their own classrooms. In this live, interactive series, students experienced the process of tomato production over three sessions: production, processing and consumption.

Nicole Volk
Graduate Research Associate, The Ohio State University
volk.97@osu.edu

Virtual field trips offer the opportunity to connect students with agriculture in the comfort of their own classrooms. In this live, interactive series, students experienced the process of tomato production over three sessions: production, processing and consumption.

Sherri Lee
Sales Manager, FarmTable Procurement & Delivery
salesfarmtabledelivery@gmail.com

FarmTable is a food hub in Harlan, IA that works with a network of over 40 local farmers and producers. We have thoroughly enjoyed working with schools to bring local food to the community. We have had to adjust many of our processes to streamline ordering and order fulfillment.

Cindy Snell
Waukee FFA Advisor, Waukee APEX
csnell@waukeeschools.org

What is more fun than playing with worms? A team of Waukee FFA students will share about their vision to teach about worm composting and make the world a better place one worm at a time!

Cait Caughey
Beginning Farmer and Market Associate, Center for Rural Affairs
caito@cfra.org

In this session we will cover various culinary and medicinal herbs that can be easily grown in a school garden, planting tips, herbal uses, recipes and seed saving tips. Herbs are a wonderful and multi-sensory component to any school garden including for young learners. Come learn ways you can utilize these in the garden and receive a booklet with recipes and projects for your students.

Sydney Hadacek
Producer Support Specialist, ChopLocal
sydney.hadacek@choplocal.com

Iowa has a robust community of livestock farmers and small meat processors who are eager to supply schools and early care facilities with high-quality, local meats. In this session, attendees will learn about resources to help them find a local farmer and the types of meat that may be available for their school or facility.
THE GOLDEN ROOT AWARDS

are a celebration of Iowa schools, early care and education providers, and residential child care institutes working to grow and share their love of local food and community. For the first time, in the spring of 2023, partners with the Iowa Farm to School and Early Care Coalition hosted an application process for four award categories: K-12 School Building Award; Center-based Early Care Award; In-home Early Care Award; and Residential Child Care Institute Award. All 2023 Award Winners are listed below and will be recognized and celebrated during the Friday evening Local Foods Reception.

2023 SMALL SCHOOL OF THE YEAR: ALBURNETT COMMUNITY SCHOOL

The Nutrition Department at Alburnett works in close partnership with the FFA program, integrates farm to school into classroom curriculum, and partners with area farmers to engage students in farm-to-school experiences. The district has a passion to not only feed children and students, but to feed them local, nutritious, delicious foods. They host “Taste-test Tuesdays,” featuring local foods, signage, and feedback from students.

2023 LARGE SCHOOL OF THE YEAR: SCHULER ELEMENTARY SCHOOL

In the Waukee CSD, Shuler’s Farm to School program was created to provide students with real life, hands-on learning opportunities to discover where their food comes from. Staff believe that when students connect with these topics early on, they will be empowered to make healthy food choices. Schuler participates in the district’s “Harvest of the Month” program, even growing lettuce to feature in the school lunch program!

2023 IN-HOME PROVIDER OF THE YEAR: NORTH SIDE KIDS DAYCARE, EMMA ELDEEN

In-home child care provider Emma Eldeen loves all things botanical and brings this focus to her in-home child care program, North Side Kids Daycare in Iowa City. Her passion for farm to ECE connects her kids to all aspects of the thriving, on-site garden, giving students exposure to planting, harvesting, and tasting. Some of Emma’s child care families have started their own gardens and help maintain the kids’ on-site garden!

2023 EARLY CARE CENTER OF THE YEAR: TRI-COUNTY HEAD START

Tri-County has been expanding their farm to ECE program for years! They developed take-home farm to ECE resources for at-home gardening and family learning during COVID. With a strong commitment to local procurement, they have developed dependable partnerships with local producers. For hands-on learning and eating, they built indoor carts for year-round gardening and celebrations of local food!

GOLDEN ROOT AWARD WINNERS

GOLD AWARD WINNERS

- Schuler Elementary School, Waukee Community School District
- North Side Kids Daycare, In-Home Early Care Education
- Tri-County Head Start, Early Care Education Center
- Alburnett, K-12th grade
- Beckman Catholic High School
- Clear Lake High School
- Diagonal School, Pre K-12th grade
- Cynthia Rivera, In-Home Early Care Education Provider
- Hawkeye Area Community Action Program Head Start/Early Head Start (HACAP), Early Care Education Center

SILVER AWARD WINNERS

- Lone Tree Community School, serving K-12th grades
- Michelle Tindell, In-Home Early Care Education Provider

BRONZE AWARD WINNERS

- Beckman Catholic High School
- Clear Lake High School
- Diagonal School, Pre K-12th grade
- Cynthia Rivera, In-Home Early Care Education Provider
- Hawkeye Area Community Action Program Head Start/Early Head Start (HACAP), Early Care Education Center

As we continue
GROWING A CULTURE OF CELEBRATION

we would like to recognize the amazing work of the following organizations and individuals for their contributions to farm to school & early care and food systems.

PARTNERS & RECOGNITION

COMMUNITY FOOD SYSTEMS + FARM TO SCHOOL & EARLY CARE CONFERENCE

2023 OUTSTANDING AWARD WINNERS

2023 GOLD AWARD WINNERS

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The Iowa Food System Coalition is a community of more than 25 food system partners who have helped develop and continue to support the Iowa Food System Plan. The Coalition focuses on convening partner collaboration to advance the priorities identified in the food system plan, provides a monthly update newsletter, and supports cross-cutting communication and policy development. Quarterly meetings provide space for updates combined with strategic and intersectional discussions about progress made, gaps identified, and appropriate next steps.

**IOWAFOODSYSTEMCOALITION@GMAIL.COM**

Agriculture is important to Iowa. We grow crops and raise livestock to feed our nation and beyond. Much of Iowa’s economy thrives on our rich agricultural heritage and ANR Extension and Outreach plays an important role in providing research-based information and resources to educate Iowa’s farmers, producers, and agribusinesses. Our programs impact all Iowans, whether they live in a rural or urban area, and have been developed to improve our quality of life.

**EXTENSION.IASTATE.EDU/AG**

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**IOWAFOODSYSTEMCOALITION@GMAIL.COM**

Our programs, processes, and people play an important role in providing research-based information and resources to sustain communities into the future.

**EXTENSION.IASTATE.EDU/COMMUNITIES**

The Women, Food and Agriculture Network (WFAN) has a mission to engage women and non-binary people in building an ecological and just food and agricultural system through individual and community power. WFAN envisions a vibrant, community-centered food and agricultural system in which women are strong leaders. WFAN’s values are rooted in an ecological relationship with the land, interconnectedness, ecofeminism, justice and storytelling. For more information about WFAN and our 3-year strategic plan, please visit us at: wfan.org/about-wfan.

**WFAN.ORG**

FoodCorps partners with schools and communities to nourish kids’ health, education, and sense of belonging. Our AmeriCorps members serve alongside educators and school nutrition leaders to provide kids with nourishing meals, food education, and culturally affirming experiences with food that celebrate and nurture the whole child. Building on our service program, FoodCorps develops leaders, grows networks, and advocates for policy change in service of every kid’s health and wellbeing.

**FOODCORPS.ORG**

The Healthiest State Initiative is a nonpartisan, nonprofit organization with the vision that every Iowan has the opportunity to live their healthiest life.

**IOWAHEALTIHESTSTATE.COM**

Through a unique blend of development, leadership, and facilitation, we help you reach the next level with an approach that’s different, mindful, fun, creative.

**NEXTSTEPADVENTURE.COM**

We appreciate the collaboration and creativity from all of our partners and presenters that bring this conference to life. The Waukee Community School District supports and innovates farm to school and early care and local food initiatives in ways that have statewide impacts. It’s a treat to bring together this event and our community on site here! The following staff at Waukee Community School District were integral to envisioning this event and supporting the logistics to make it happen.

**THANK YOU TO OUR CONFERENCE HOST:**

**Waukee Community School District!**

**KAITLYN SCHEUERMANN**
District Farm to School Coordinator & Registered Dietitian Nutritionist

**JEANNIE ALLGOOD**
Director of Nutrition Services (and the rest of the district’s food service team keeping us nourished)

**RYAN SANDER**
Community Education Facility Coordinator
The planning committee would like to thank you for attending our conference and aiding us in

Growing A Culture of Celebration

We appreciate you taking the time to join us this week and celebrate the amazing work each and every one of you do!

WE WOULD LOVE TO HEAR YOUR FEEDBACK!
Please take a moment at the end of the conference to complete our evaluation.

bit.ly/23Evaluation

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