



June 28th - 30th, 2018
FFA Enrichment Center, Ankeny, IA
Session Descriptions

Below are the session descriptions and presenter bios for each block of breakout sessions. Sessions are placed into one of three farm to school categories: community, classroom, or cafeteria. Refer to the agenda for session times and locations.

Breakout Sessions - Block 1

A Garden is for Healing and Growing: Trauma-Informed Education in the Garden

Session Category: Community

The garden is constantly touted as a space for academic connections in schools, a place to enhance curriculum, promote physical activity, and to encourage healthy eating. Less often, we talk about the garden as a place of healing. We daily encounter students who are experiencing trauma, and the school garden can be a place where we offer a safe and healing space for students. This session will discuss trauma-informed education in the garden, and will utilize social and emotional learning competencies to create hands-on garden lessons featuring some of these strategies.

Amy Joens, amy.joens@foodcorps.org

Amy served as a FoodCorps service member for two years in Des Moines Public Schools, and now helps coordinate the FoodCorps program in Arkansas, supporting 11 service members and many schools across the state in building community around healthier schools. Knowing that food is a powerful connector and that children are incredible sources of energy, creativity and potential, she strives to see the unique opportunities that Farm to School can inspire in connecting more deeply and finding hope in our communities.

Esperanza Gilbert, esperanza.gilbert@foodcorps.org

Esperanza is a second year FoodCorps service member with Des Moines Public Schools. During her time in FoodCorps, she has coordinated the school gardens at multiple elementary schools around the city and has gardened directly with students during and after school. She has also introduced community members to the gardens and organized two expansion projects to include family plots, so that families have access to free spaces to grow their own produce.

Nathan Spalding, nathan.spalding@foodcorps.org

Nathan is finishing his third year as a FoodCorps service member and is transitioning to the FoodCorps Iowa Program Coordinator. He has worked with school staff in Willimantic, Conn. and Cedar Rapids, Iowa to integrate their gardens into curriculum as a way to encourage school ownership of the gardens. Nathan believes that school gardens aren't just an academic tool, but are also an opportunity to support the overall physical and emotional well-being of children.

School Garden Toolshed: Gathering Tools for Community Support and Academic Learning in the Garden

Session Category: Classroom

This session combines trainings from ISU Extension and Outreach's School Garden 101 & Next Step Adventure's environmental education resources.

School Garden 101: People Power to Reinvigorate Gardens - School gardens need strong school leaders and community support to survive. Iowa State University Extension and Outreach staff and Master Gardeners will present about how School Garden 101 can help. School Garden 101 is a hands-on workshop series offered by ISU Extension and Outreach to teams of school staff.

Seeds, Trowels, and & STEM: Tools for Integrating Gardening Skills and Academic Content - Next Step Adventure offers gardening lesson plans to educators and other youth development specialists. These hands-on, STEM activities can be used during school hours or with out-of-school-time programs. Leave this engaging session with ready-to-use K-5 curriculum units that integrate gardening skills with required content from the Iowa Core, including Next Generation Science Standards.

Susan DeBlieck, deblieck@iastate.edu

Susan DeBlieck is the assistant coordinator for the Iowa Master Gardener program. She co-developed School Garden 101 in 2010 and has been using it to engage school staff in garden planning in Maine, California, Minnesota, and Iowa.

Shelly Johnson, shelly@nextstepadventure.com

Shelly Johnson is Outreach & Energy Generator for Next Step Adventure. She is passionate about using environmental education and mindfulness to help teachers and youth developers to increase their effectiveness. As a former classroom teacher she knows how important it is to make relevant, ready-to-use resources easily available for indoor and outdoor classrooms. Prior to joining the Next Step team in 2014, Shelly was the Education Coordinator for the Iowa Hall of Pride. Shelly motivates students of all ages with her energetic approach to solving problems and taking the next step forward.

Sara Lockie, sara@nextstepadventure.com

Sara is the Educator & Info Manager for Next Step Adventure. She brings a strong background of science and teaching to the Next Step team. When she taught in her own classroom, Sara sought out engaging, hands-on activities to spark students' natural curiosity and sense of wonder. Today, she develops and shares these kinds of resources with educators through coaching and newsletters, while motivating students (and her own young children) to "be a scientist and get into nature!"

Michelle Sackville, sackvill@iastate.edu

Michelle is the County Extension Director in Franklin County. She facilitated School Garden 101 in Wright County this spring and is an amateur garden enthusiast.

Jenny Jorgensen, jajorgy53@gmail.com

Jenny is a retired kindergarten teacher after 29 years in the Sioux City Community School District. She co-facilitated an after-school garden club at her elementary school from 2006-2013. She is an active and passionate Master Gardener volunteer.

Demystifying Local Procurement: Farm to School in Practice!

Session Category: Cafeteria

While many Iowa schools are familiar with procurement rules and regulations, this session will give you a firm grasp on how to apply these rules and regulations to buying local food. Through hands on activities and “real life” scenarios, learn five models for buying local food and explore the procurement specifics of each model. We’ll cover some tips and hints for approaching farmers and building relationships, as well as tried and true strategies for making local procurement work on a budget. Bring your questions about local procurement and get ready to put theory into practice!

Keerti Patel, keerti.patel@iowa.gov

Keerti Patel is a consultant at the Bureau of Nutrition and Health Services at the Iowa Department of Education for the last 10 years. During this time, she has conducted administrative reviews at school districts, child care centers, and at CACFP sponsor organizations, as well as providing training and technical assistance for each of these programs. In 2015, she transitioned to conducting training, technical assistance, review, and development of resources primarily related to procurement. Additional duties include procurement of state processed end products for USDA Foods and coordinating/monitoring the Fresh Fruit and Vegetable Program.

Andrea Northup, andrea.northup@fns.usda.gov

Andrea Northup is the USDA Farm to School Regional Lead for the Mountain Plains Region based in Denver, CO. She works with schools, farms and partners to get fresh, local food to school children around the 10-state region. Prior to joining the USDA, Andrea was the Farm to School Coordinator for Minneapolis Public Schools. Her career began in Washington, DC where Andrea founded and directed the DC Farm to School Network. She has degrees in environmental engineering and community health from Tufts University in Boston, MA.

Farm to School in the Pre-K Classroom

Session Category: Classroom

Farm to school blends seamlessly with the learning styles of preschoolers. Come to the session to learn from teachers who have had first-hand experience refining activities that maximize a preschooler’s unique abilities. Hear from preschool teachers, and a FoodCorps member as they share their tips, tricks, and favorite go-to activities.

Sara Converse, sconverse@turkey-v.k12.ia.us

Sara is a preschool teacher at Turkey Valley Community School District. Originally from the Algona area, Sara attended Northeast Iowa Community College and the University of Northern Iowa, obtaining a degree in early childhood/elementary education. She also has endorsements in reading/language arts/special ed. She has taught for almost 15 years in two districts, where she has embraced farm to preschool in her classrooms. She loves teaching kids where their food comes from, how to grow it, and also how to prepare and enjoy it.

Jolene Rosonke, jo_rosonke@new-hampton.k12.ia.us

Originally from New Hampton, Jolene has 25 years of preschool teaching experience. She also has operated an in home daycare and has three sons of her own. She will be starting a new position with DMACC’s Early Childhood Education team this year. Since becoming involved with Northeast Iowa Food and Fitness four and a half years ago in the preschool classroom, she has been active with the community wellness initiatives through serving on the NEIFF Systems Leadership group and the New Hampton Wellness Group.

Kate Lower, kate.lower@foodcorps.org

Kate has been a FoodCorps Iowa service member with Northeast Iowa Early Childhood for two years. With FoodCorps and the Northeast Iowa Food & Fitness Initiative, Kate works with schools teaching hands-on nutrition and garden-based educational lessons, improving school meals to increase locally sourced foods, and creating an overall culture of health in both the schools and outside community. Her background is in health and wellness promotion.

Breakout Sessions - Block 2

Advancing Food Sovereignty through Farm to School

Session Category: Community

This session will focus on unique aspects of the Meskwaki Food Sovereignty Initiative's farm to school work. We will highlight the main farm to school events facilitated by MFSI, discuss food sovereignty as it relates to farm to school, and talk about how we promote community involvement and intergenerational learning in all of our programs. We will encourage participants to reflect on their own communities, and think about how they will take these ideas home and adapt them to their own place and for their own culture.

Donetta Wanatee, assist.econdev@meskwaki-nsn.gov

Donetta Wanatee is from the Meskwaki Tribe, located on the Meskwaki Settlement in Tama County, where she currently resides. She helped begin food sovereignty work with MFSI in 2012 as an AmeriCorps VISTA, and in 2017 returned to work for Meskwaki Food Sovereignty Initiative as a program assistant. She is excited and passionate about growing her traditional foods and spreading knowledge about the benefits of an indigenous diet.

Emma O'Polka, lfc.econdev@meskwaki-nsn.gov

Emma O'Polka is a community organizer currently working as the Local Foods Coordinator for the Meskwaki Nation in Tama, Iowa. Her work for the Tribe is part of community-based food system revitalization initiative called the Meskwaki Food Sovereignty Initiative, which she has been a part of for the past five years. She is passionate about food and seed sovereignty, and loves to talk with people about their connections to the plants and foods around us. Sometimes she likes to ride bicycles and toss milkweed seedballs into unmowed roadsides to promote monarch butterfly and other pollinator habitat. She also has a thing for old cookbooks, and especially the stories you find written in the margins or stains on the pages. Emma grew up in Grinnell, Iowa, where she currently lives.

Regan O'Hanlon, ffec.econdev@meskwaki-nsn.gov

Regan O'Hanlon is the Food and Family Engagement Coordinator for the Meskwaki Food Sovereignty Initiative. Prior to beginning at MFSI in 2017, she served for two years as a FoodCorps AmeriCorps Service Member in southern Iowa, where she gained experience gardening and working with farm to school programs. Regan is passionate about gardening, caring for the land, and cooking.

Francisco Lasley-Santos

Francisco Lasley-Santos is a garden assistant with MFSI. This is his second year working with MFSI. He is from the Meskwaki Tribe. Francisco grew up helping his family grow traditional Meskwaki foods.

Michelle Hoag

Michelle Hoag lives on the Meskwaki Settlement with her kids and works as a garden assistant at the Meskwaki Youth and Elder Gardens. Michelle chose to apply for the garden assistant position because she wants to learn to grow her own garden, she enjoys being outdoors, and being self-sufficient. She wants to teach kids how to garden, as well.

Terrell Grant

Terrell Grant was born and raised on the Meskwaki Settlement. This is his first year working as a garden assistant with MFSI. He likes to be active and can't sit at a desk, which is why he chose to be a gardener.

How to GROW Your School Garden Project through Student and Community Engagement

Session Category: Classroom

Grow your learning with this interactive session about Sioux City's vibrant school garden program as well as Gilmore City-Bradgate (GC-B) Elementary's Seed to Table Program that is producing passion and STEM learning connections for students. Learn how YOU can manage a successful garden, orchard, greenhouse, learning kitchen, Little Chefs and Gardening Club, gardening classes, fall harvest tasting parties, classroom snacks, school farmers' market, and donations to food pantries! Sioux City's gardens have GROWN with volunteers, and harvested 1,954 pounds of produce last year. Hear first-hand from a passionate GC-B student how gardening has shaped her life.

Kelsey Upah, kupah@gcb.k12.ia.us

Kelsey is the Seed to Table Manager at Gilmore City-Bradgate Community School District. She is a Registered Dietitian Nutritionist (RDN), Licensed Dietitian Nutritionist (LDN), MS.

Lily Hoover, lhoover@gcb.k12.ia.us

Lily is a student at Gilmore City-Bradgate Elementary School.

Laurie Taylor, a2zflowrz@yahoo.com

Laurie is a school garden coordinator and certified Iowa Master Gardener.

A School District's Path to Incorporating Local Produce for the School, Students, and Community

Session Category: Cafeteria

A registered dietitian/food service director and ag teacher put their heads together and looked to their community to help find ways to increase local procurement for their school district while engaging students. Attend this session to hear from Shenandoah school district staff and youth, and generate plans and goals for your district food service program.

Emily Furst MS, RD, LD, furste@shenandoah.k12.ia.us

Emily Furst is the food service director for Shenandoah Community School District. She grew up in southwest Iowa on a farm that raised vegetables and cattle. From an early age she was not only presented with good food, but food grown in her parents' garden and prepared fresh. She continued her passion to become a registered dietitian and help others find ways to encompass these amazing foods in their own lives.

Sarah. F Martin, martinfo@shenandoah.k12.ia.us

Sarah Martin has just completed her fourth year back at Shenandoah High School. She graduated from Iowa State University with a double major in agricultural business and agricultural education in 2000. She worked for Shenandoah Community Schools for three years before staying home with her four children and returning to teaching. She is the advisor of the Davis-Rodgers FFA Chapter. She is active in her community as a 4-H leader and a member of St. Patrick's Church in Imogene, Iowa. Tom and Sarah have four children (Sam, George, Abby, and Nora) and enjoy farming with a cow-calf operation, sweetcorn, and row crop operation in southwest Iowa.

Sam Martin

Sam Martin is a freshman at Shenandoah High School. He is a member of the Davis-Rodgers FFA Chapter where he will serve as chapter reporter. He participates in 4-H, cross country, basketball, student council, and St. Patrick's Church in Imogene, Iowa. He has been raising beef in 4-H and FFA and hopes to go to school for beef genetics.

Payton Stephens

Payton Stephens is a sophomore at Shenandoah High School. Currently, he is the treasurer for the Davis-Rodgers FFA Chapter. He participates in the following activities: 4-H, football, bowling, tennis, and student council. He currently helps with the chapter test plot, fantasy farming challenge, and his SAE project is Twin Oaks Lawn and Landscaping, Inc.

Greg Carmichael

Greg Carmichael is sophomore at Shenandoah High School. He is a member of Davis-Rodgers FFA Chapter where he will serve as chapter representative. He participates in football and FFA. This year he will be helping with the school garden and farm to fork projects.

Breakout Sessions - Block 3

S. O. S. - Seeds of Success: Cultivating Future Food Leaders, Community Support, and Local Food Projects

Session Focus: Community

Gardens galore... aquaponics, hydroponics, raised beds, school gardens! You can increase the use of local foods in your school lunch program with a few simple projects, students' involvement, and community support. Explore the options for your school as representatives from Central Decatur Community Schools share their Seeds of Success.

Joy Evertsen, joy.evertsen@centraldecatur.org

Joy is the School Nutrition Director at Central Decatur Community School. She grew up on a family-owned dairy farm and holds a degree in horticulture science.

Rosa Sondag, rosa.sondag@centraldecatur.org

Rosa is the Agriculture Instructor and FFA Advisor at Central Decatur Community School.

Addison Parmer, 20aparmer@centraldecatur.org

Addison is an agricultural student at Central Decatur Community School and the greenhouse operator in her family greenhouse. She will be the future Central Decatur Greenhouse Student Manager.

Garden to Table: Building Strong Partnerships for Hands-On Learning

Session Focus: Classroom

Partnerships with the school and community are key to a successful school garden. Join two districts in Iowa as they share about their community partnerships. Learn how to leverage partnerships to maintain the garden (including during the summer), provide garden lessons that meet Iowa Core Curriculum standards, and teach garden or nutrition/cooking lessons that incorporate interactive, hands-on learning opportunities.

Jen Lamos, jenlamos@iastate.edu

Jen works as a local food coordinator in Wapello County, where she manages three education gardens, runs a local food delivery program, and empowers kids to try new foods. Prior to working with ISU Extension and Outreach, Jen served as a permaculture educator with the United States Peace Corps in South Africa.

Kara Poppe, kara.poppe@foodcorps.org

Kara serves as the FoodCorps Iowa service member at ISU Extension and Outreach - Wapello County, where she teaches hands-on nutrition and cooking lessons in three elementary schools, spends time in the cafeteria with students, and assists with after school and summer garden programming. Prior to FoodCorps, Kara substitute taught for Davenport Community Schools and was a Princeton in Africa Fellow at Nyumbani Village in rural Kenya.

Jodie Huegerich, RD, jodie.huegerich@uni.edu

Jodie is the Local Food Program Manager at the University of Northern Iowa, working in Black Hawk and surrounding counties. She works to increase local foods and gardens in the Waterloo Community School District through the Iowa Nutrition Network School Grant Program. Other projects include coordinating the Local Food & Film Festival, annual Farm Crawl, and the Community Producers refugee garden and classes. She is a member of the Regional Food System Working Group, Healthy Cedar Valley Coalition, and Cedar Valley Regional Food & Farm Network. Prior to working at UNI, Jodie's other work has included the Cedar Valley Blue Zones Project, and she has been employed as a certified diabetes educator and registered dietitian.

Sarah Steinmeyer, ssteinmeyer@co.black-hawk.ia.us

Sarah Steinmeyer has been the primary nutrition educator for nine years at Black Hawk County Health Department for Pick a Better Snack. Sarah works closely with Waterloo Elementary Schools on wellness policy, garden education and expansion, farm to school, and nutrition education. Sarah has a bachelor of arts degree from the University of Northern Iowa in psychology, with a minor in health promotion. She is a member of the Healthy Cedar Valley Coalition and the Employee Wellness Committee (Live Well) of the Black Hawk County Health Department, as well as the Cedar Valley Regional Food & Farm Network.

Kathryn Gilbery, kathryn.gilbery@foodcorps.org

Kathryn is in her second year as a FoodCorps service member in Waterloo. She teaches nutrition and cooking lessons with students at two schools during the school day and with after-school programs. Collaborating with teachers to take students into the garden is her favorite part of serving with FoodCorps. Before her FoodCorps service, Kathryn graduated from Drake University with a degree in clinical and applied health sciences, and served as an AmeriCorps VISTA in Waterloo.

“Quick Firing” Student Taste Buds via Local Ingredients and Nutrition Education: Tips for Incorporating Local Products for All Age Groups

Session Focus: Cafeteria

Come experience creative concepts with local ingredients in kid-friendly recipes. Showcase your skills against Chef Chad as a possible “Quick Fire” contestant using all Iowa products. Learn about teaching nutrition education exercises and what works and what doesn’t when incorporating local products into the lessons. Share your own experiences using local products and help us start a recipe sharing community.

Chad Taylor, chad.taylor@dmschools.org

Chad Taylor is a lifelong Des Moines resident. He holds a bachelor’s degree from ISU in hotel, restaurant and institution management, five years of experience in the country club industry, and over 20 years of experience in the school food service industry. Chad displays a passion for food safety and creativity in the food industry, along with promotion of locally sourced products in schools. Chad represents DMPS Food Service and has received awards from the American Commodity Distribution Association, The Center of Excellence for Food Safety Research in Child Nutrition Programs, and School Food Focus. He and his wife Darby and their two dogs enjoy traveling and consider themselves “foodies”. Chad enjoys sports and anything auto-related, he wishes that he raised backyard chickens, and his favorite foods are BBQ ribs and fried chicken.

Anita Turczynski, anita.turczynski@dmschools.org

Anita Turczynski attended Iowa State University earning a bachelor’s of science in dietetics. She started in university food service as an assistant manager for ISU Dining. She worked with all ages at the Ankeny YMCA teaching fitness, nutrition, and child activities. Her last six years have been at Des Moines Public Schools as a nutrition educator with Pick a Better Snack and food service dietitian. She loves school lunch and finds success when she gets one more student to try a new fruit or vegetable! Her favorite foods are blackberries and chocolate peanut butter bars. She has three awesome kids, Luke, Max, and Ruth.