



June 21st – 22nd, 2019
Central College in Pella, Iowa
Session Descriptions and Bios

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

Taste the Impact of Partnering Culinary Arts and Local Food in the Classroom and Beyond

Topic Areas: Community-Building Partnerships, Youth Leadership, Culinary Skills

****Youth Presenters***

Let's explore the unbelievable impact of partnerships between the Hampton-Dumont Pro-Start Culinary Arts Program, Healthy Harvest of North Iowa, and Main Street Hampton that has resulted in classroom activities, field trips to local area food businesses, farm-to-fork dinners for the community, school garden conversations, and more! We will highlight the how ProStart students use local products in the classroom and competition time, including a live demonstration and tasting activity, and host group discussion on what local culinary programming and partnerships could look like in other districts.

Marie Boyd, marie@healthyharvestni.com

Marie is the Executive Director of Healthy Harvest of North Iowa, a small nonprofit that works to connect and educate in support of the local food system. She is passionate about making local food available to North Iowans, and loves to partner with other organizations to bring new programming to the area - including Farm to School! She believes in the power of a good field trip, community-based project, and school garden to ignite the fire within students to care where their food comes from, and she's excited to share that message with others at the conference.

Jane Hoegh, jhoegh@hdcsd.org

Jane is the Culinary Instructor at Hampton-Dumont High School in Hampton, IA and has 28 years of experience as a Family & Consumer Sciences Instructor and Coach. She believes that teaching food, farm and nutrition in the classroom prepares students for life! Jane's team has collaborated with local food partners to enhance the traditional culinary arts curriculum to engage students in making decisions that can impact them for a lifetime.

Emma Sackville

Emma is a 2019 Graduate of Hampton-Dumont High School. She currently serves as an Iowa AmeriCorps 4-H Outreach member with Iowa State University Extension and Outreach, Franklin County. Emma will be attending the University of Iowa this fall of 2019.

CAL Go Green Learning Garden and Children's Acre for Learning

Topic Areas: Community-Building Partnerships, Youth Leadership, Fundraising, School Gardens

**Youth Presenters*

This session is designed to show students how to raise their food and where that food comes from. This session will demonstrate how other communities in Iowa and the Midwest can duplicate creating school gardens and miniature farms to actively involve students in hands-on learning. Presenters will show participants how to involve community members in assisting in numerous ways as you begin this project.

Steve Lane, lanes@cal.k12.ia.us

District Administrator Steve Lane is a former farm kid and was a dairy farmer for 14 years before getting into education. Mr. Lane cares about Farm to School because he believes that elementary students should learn about agriculture and where their food comes from. He believes students should be involved in creating that food.

Cathy Carlson, cathyscookies@hotmail.com

School Board Member and Christmas Tree Farmer, Cathy Carlson has animals on her farm! She believes that elementary students have the ability to create a school garden and build shelters for animals that will be living on their school farm. She believes that students need to learn where their food comes from and was instrumental in supporting the idea that CAL CSD could form a Farm to School initiative.

Liliana McNutt

Liliana is a 5th grade student. She is currently in the after school garden club and she is very interested in how to tackle a school garden. Her interests are gardening and she has also been part of CAL's farm building group.

Jenna Koons

Jenna is a 6th grade student. She is very interested in garden produce, but more importantly, the animals and building shelters to house them. She has learned much about how to work with tools, measurement, and to get tasks completed as quick as possible with quality workmanship. She cares about Farm to School because she loves animals and want to see what the end result of these projects will be.

Kaila Heiserman

Kaila is a 5th grade student. Kaila likes animals and getting dirty. She likes to stay occupied. She says sometimes you learn skills from hitting your thumb with the hammer and getting slivers from handling the wood when working. She cares about Farm to School because of the types of things you learn to do.

Dylan Gulick

Dylan is a 3rd grade student. Hammering nails and operating an impact driver with ease, he is great at construction and had learned these skills from his dad. Dylan is an extremely hard worker and loves heights (thanks from Mr. Lane). He will tell you that he really enjoys After School time and likes that challenge of taking on difficult tasks.

Giliana Jimenez

Giliana is a 3rd grade student. She is a very confident student who jumps right in to attempt to tackle just about anything. She is a quick learner who also likes animals and wants to see the farm take shape here this summer.

Incorporating Diversity into Menus and Recipes using Locally Sourced Ingredients

Topic Areas: Cafeteria Support, Local Food Procurement, Culturally Responsive Meals

Are the demographics of your district changing? Is it a challenge to serve meals that all students enjoy? What resources do you have in Iowa to serve a diversity of foods? This session will guide you in planning and preparing diverse meals and at the same time use locally sourced ingredients. This “Iowa Grown” concept will show how our own tastes have changed and evolved from the traditional offerings of the Midwest.

Chad Taylor, chad.taylor@dmschools.org

A lifelong Iowa resident, Chad is the Executive Chef with Des Moines Public Schools. He holds a Bachelor’s degree from ISU in Hotel, Restaurant and Institution Management, has 5 years experience in the country club industry, and over 20 years of experience in the school food service industry. He brings a passion for food safety, creativity, and the promotion of locally sourced products to the school food world at Des Moines Public Schools. Chad 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 serves on the Polk County Chapter and Iowa School Nutrition Associations Boards. Chad and his wife Darby have two dogs. The perfect day for Chad would be playing golf in the early morning, riding his motorcycle with his wife to an ISU football game, and finishing the day with a wonderful dinner and a glass of red wine.

Growing the Seeds of Early Literacy

Topic Areas: Early Childhood Education, Literacy Skill Development

This session is for parents, caregivers and educators that work with children ages 3 to 5 years old. During this interactive session participants will learn about early literacy skills and strategies. They will also gain knowledge about how children’s picture books and non-fiction can be used to help children increase their early literacy skills and knowledge of farm to school. Participants will apply what they know and what they learn to cooperatively plan activities across multiple content areas using children’s literature related to farm to school.

Lisa Stocksleger, Lisa@iowaaeyc.org

Lisa Stocksleger has been a literacy consultant, working with United Way’s Women United supported early learning centers for 13 years. She has a B.S. in Early Childhood Education from Iowa State University. Prior to her current position, Lisa has worked as a substitute teacher in various school districts, a parent educator for Jefferson City Public Schools in their Parents as Teachers program, and a home childcare provider. In her role as literacy consultant, Lisa works with children, teachers and directors to help children develop early literacy skills.

Elizabeth Vitiritto, evitiritto@iowaaeyc.org

Elizabeth Vitiritto worked in Early Childhood classrooms for over twenty years before becoming a T.E.A.C.H. Counseling Specialist for the Iowa Association for the Education of Young Children. She has experience in non-profit and private ECE programs, as well as the public school system. Elizabeth has also worked as a Behavioral Health Intervention Specialist with children of all ages. She holds a B.S. in Human Services with an Early Childhood Emphasis from Upper Iowa University and is currently pursuing her Master’s in Consumer and Family Sciences. She is passionate about providing rich literacy environments to young children and helping them develop a foundational love of learning through these experiences.

Teaching Nutrition in an Empowering Way - Body Positivity, Intuitive Eating, and Managing for Inclusivity

Topic Areas: Food Justice, Social-Emotional Learning, Classroom Education

How do we create an environment that decreases the fear and restriction of foods? Learn to embrace nutrition through intuitive and mindful eating practices that promotes a positive body image. Identify and dismantle society's diet culture norms and distorted view of health. Practice creating inclusive, mindful, and neutral eating environments to foster a healthy relationship with food!

Allison Lansman, allisonlansman@gmail.com

Allison is an RDN, LD is a Fort Dodge, IA native and alumna of the Iowa State University Dietetics and Dietetic Internship programs. She is a current second year FoodCorps AmeriCorps service member at Des Moines Public Schools.

Claire Anderson, claire.anderson@foodcorps.org

Claire is a second year FoodCorps AmeriCorps service-member at Postville Community Schools in Northeast IA. She moved to Iowa from Ohio two years ago after completing her B.S. in Anthropology at Miami University of Ohio. Claire was introduced to the importance of resilient local food systems through her work at a local co-op market and the Miami University vegetable farm.

Tessa Ladsten, tessa.ladsten@foodcorps.org

Tessa is an RDN working as a FoodCorps service-member in Waterloo, IA where she teaches hands-on gardening and nutrition lessons in elementary schools. Although a Minnesotan at heart, she graduated from the University of Wisconsin-Stout with a B.S. in Dietetics. She is pursuing a M.A. in Family and Consumer Sciences.

Breakout Sessions - Block 2

Our Garden, Our History

Topic Areas: Community Connections, Cultural Understanding, Food History

This interactive session will explore the connections between personal history and the foods we eat. Participants will find out where various vegetables originate. Participants will reflect on their family's origins and food cultures.

Susan DeBlieck, deblieck@iastate.edu

Susan DeBlieck coordinates the state-wide Master Gardener program for ISU Extension and Outreach. Her farm to school experience includes working with 40 schools in Maine to incorporate local foods, creating the School Garden 101 workshop series, and engaging youth in hands-on garden activities.

Grow it, Cook it, Taste it, Oh Kale Yes!

Topic Areas: Hands-On Learning, Culinary Skills, Early Childhood Education, Curriculum Connections

***Youth Presenter**

Growing produce in the classroom? Cooking with students in the classroom? Getting students to ACTUALLY taste it? Oh kale YES!! In this session, presenters will provide helpful information on different ways you can grow veggies outside and in the classroom. Learn how diversity, math and science lessons can be taught through gardening. Participants will have a chance to cook kid friendly recipes to share with students, and learn how to encourage students to try these new flavors! Brownies with kale? YES!!!

Anita Schuckert, aschuckert@mchsi.com

Anita attended college at Hawaii Loa College, graduated from North Idaho College, and then decided to pursue a degree in Music Ed at the University of Iowa. She participated in the F2ECE pilot program in 2017 and has been gardening with her kids ever since. She has an afterschool program and summer program for school age kids as well as an in-home daycare for the past 23 years. She enjoys sharing her love for music, cooking, and gardening with her kids and their families. “My goal is to have the kids learn that they can grow their own food, and it can be fixed in different ways. If kids taste foods cooked differently they might end up actually liking it. Cooking is a creative outlet where kids can experiment with different herbs and flavors and come up with one they like.” Let’s grow healthy kids one seed at a time!

Quinn Brende

Quinn is a student from Lemme Elementary in Iowa City. She is involved in basketball, softball, K-Kids club, and ORFF club. She has been in Anita’s program since birth. She was bit by the garden bug two years ago and helps with the logistics and garden planning for her summer program. She has developed an interest in Hydroponic and Aquaponic gardening. She also has a natural talent for tweaking recipes to make them her own.

Gladys Moval, tendercare@mchsi.com

Gladys is a graduate of the University of Iowa, a Master Gardener through Iowa State University, and has done childcare for over 13 years. Gladys loves to sing, dance, garden, and learn new things along with watching the children grow with understanding as they move through her early child care program. Gladys lives in Mount Pleasant, Iowa. Along with her education, she is ChildNet certified, and QRS level 4. She currently works with infants, toddlers, preschoolers, and school age children. She also works with the local school. Gladys currently serves as the Chapter Rep and Vice-President for the Southeast Chapter of Iowa AEYC. Gladys believes that teaching positive problem-solving helps children see challenges in a positive way and helps parents and children understand the importance of working with others.

Food Hubs and Farm to School in Iowa

Topic Areas: Cafeteria Support, Local Food Procurement, Farmer Partnerships

Food hub partnerships help school and district leaders solve infrastructure and procurement challenges around delivery, communication, wholesale pricing and meeting quantity demands for district orders. In this session, Food Hub Managers from across the state will share some of the ways food hubs support local procurement specialists as part of Iowa’s Farm to School efforts. We will brainstorm best practices for sourcing with attendees of this session, demystify procurement, myth bust some of the worries around buying local and share success stories from different regions of the state. We will also demo a crowd-pleasing black bean recipe!! People will walk away from this session with tangible ideas about how to continue to grow the Farm to School movement through relationships with food hubs and our local farmers.

Giselle Bruskewitz, Giselle@FieldtoFamily.org

Giselle Bruskewitz is focused on growing a more sustainable local food system in Iowa and currently serves as the Food Hub Manager at Field to Family in Iowa City where she partners with small-scale farmers to connect institutional leaders to more local foods through marketing, aggregating and distributing local food. She has a

history of leading community-based work and earned a degree from University of Iowa focused in Sustainable Community Development.

Ellen Walsh-Rosmann, farhtabledelivery@gmail.com

Ellen Walsh-Rosmann is owner-operator of FarmTable Procurement and Delivery, a food hub based out of Harlan, Iowa. She helps small farms all over Iowa and Eastern Nebraska to market, aggregate and deliver their products to wholesale markets. In addition to managing a Food Hub, Ellen and her husband Daniel also run a farm and own a farm to table restaurant in Harlan called Milk & Honey that serves meat and eggs from their farm as well as area producers' vegetables and dairy. Ellen is a graduate of Iowa State University.

Jason Grimm, jason@ivr.cd.org

Jason Grimm wears many hats in the local food system as Deputy Director at Iowa Valley RC&D and farmer at Grimm Family Farm. Jason spearheads farm to school initiatives around the state and coordinates and convenes regional Food Hub Managers from across Iowa quarterly to come up with creative solutions to build the market for local foods in the region.

A Recipe for Embedding Farm-to-ECE in Current Classroom Practices

Topic Areas: Early Childhood Education, Curriculum Connections, Hands-On Learning

By integrating Farm-to-ECE (F2ECE) learning experiences into your classroom, you're providing children with important opportunities to explore healthy eating, food, and farming. The value of F2ECE extends beyond content knowledge children gain from these experiences. F2ECE learning opportunities embody principles of effective teaching such as integrating learning across domains, social-emotional, cognitive, promoting hands-on exploration and discovery. One of the most widely used curricula for F2ECE is The Creative Curriculum® for Preschool. This comprehensive, research-based curriculum is designed to help teachers plan experiences that promote learning through play, exploration, and discovery—a natural fit for Farm-to-ECE learning. Learn how you can use The Creative Curriculum® strategies and activities in this session!

Haleisa Johnson, johnsonha@nicc.edu

Haleisa Johnson is the Early Childhood Coordinator for the Northeast Iowa Food & Fitness Initiative (NEIFFI). Haleisa has over 35 years of experience in healthcare and healthy lifestyle education. She led the NEIFFI Community Health Workgroup from 2007-2012. In 2012 her role changed to Early Childhood Coordinator. Haleisa partners with Northeast Iowa Community College to focus reaching the youngest children, their parents and providers with F2ECE. The integration of healthy local food and active play within their EC Teacher Preparation curricula; then implementation of 'Together We Grow Healthy Kids' curricula with children attending NICC's Child Development Center Lab School and Northeast Iowa Community Action's Head Start Programs. In 2016, Luther College partnered with F2ECE and works towards scaling the NE IA's F2ECE model in the state of Iowa. Haleisa holds degrees from Winona State University, Winona, MN in Communications and Sociology. She lives on a farm, gardens, preserves food and has a passion for children. Haleisa is proud to be grandmother of 2 young boys.

Vicki Starks, vstarksffifayettecounty@gmail.com

Fayette County Farm to Early Care and Education Associate

Vicki Starks is the Farm to Early Care and Education Associate with Fayette County Farm. Vicki also joined the NEIFFI as the Fayette County Educational Associate in January 2018. She supports 17 preschool classrooms and 2 in-home daycares with F2ECE implementation. She follows the "Together We Grow Healthy Kids" curriculum with children ages 3-5. She has a passion for children, healthy eating, and finds this work to be a perfect balance for her. Vicki has a BS degree in Business Administration from the University of Dubuque, Dubuque, IA. After

spending time at home with her children when they were young, she previously worked 17 years as an Administrative Assistant in manufacturing and 8 years in health care. She was raised in Fayette County, and returned to raise her family in the small-town rural environment she loves. She enjoys camping, hiking, fresh foods and exploring the beauty of nature. She enjoys spending time with her two young grandchildren and is very excited to have a third one due in August.

Making the Connection: School Gardens and Trauma-Sensitive Practices

Topic Areas: School Gardens, Social-Emotional Learning, Outdoor Education

School gardens provide flexible, alternative classroom environments that meet students' mental, physical, and emotional needs, making them naturally trauma-sensitive, highly valuable spaces for all students, especially those who experience challenges in a traditional classroom setting. In this session, participants will engage in discussion and hands-on activities focused on the successes and challenges of school gardens, and ways to incorporate trauma-awareness, mindfulness, and social-emotional learning in lesson plans and activities in the garden. Barb Schmitz, Elementary School Counselor, and Emma Dubay, FoodCorps AmeriCorps Service Member, will facilitate the session, drawing from their experiences at Wings Park Elementary School in Oelwein, IA.

Barb Schmitz, bschmitz@oelwein.k12.ia.us

Barb Schmitz will begin 22 years as an Elementary School Counselor at Oelwein Community School next year. Before this, Barb taught elementary grades 2nd and 4th. Barb is the site supervisor for FoodCorps in the Oelwein District and Director of the 21st Century Grant, Before and After School.

Emma Dubay, emma.dubay@foodcorps.org

Emma Dubay is a FoodCorps AmeriCorps Service Member in Oelwein, IA. Emma is originally from Huntington, VT, and graduated with a degree in Social Work from St. Olaf College in May of 2018. Her love of gardening has been steadfast since her own childhood, and she now loves to share the joy of growing and eating food with students!

Breakout Sessions - Block 3

Growing Farm to Education and Early Care Programs, Policies, Practices, and Places

Topic Areas: K-12 Education, Early Childhood Education, Farm to School Teams, Wellness Policies

This session will explore the difference between programming and systems (PSE) work related to K-12 farm to school and farm to early care sites. Participants will explore opportunities to implement farm to school at multiple levels of their school or site and practice creating goals and action plans that can help build farm to school success.

Lyn Jenkins, lyn@jenkinsgardenmarket.com; ljenkins@everstep.org

Lyn is the Community Health 5-2-1-0 Coordinator for central Iowa focusing on wellness strategies for early care and education settings. She is a Certified Health Education Specialist and has a Master's in Public Health. Lyn worked for Des Moines Public Schools for eleven years managing nutrition, student health, and Farm to School grants from local, state, and national partners, including a Farm to School Planning Grant. Lyn participates in the Well Kids Coalition of Central Iowa, Iowa's 5-2-1-0 Leadership Team, Action for Healthy Kids Iowa Team, and Iowa Farm to School Coalition.

Imagine the Possibilities: Create your own Seed to Table Program

Topic Areas: School Gardens, Farm to School Events, Curriculum Connections, Youth Leadership
***Youth Presenter**

Want to learn more about the “how to” of building a successful gardening program? We will share tips about how to plan your garden using companion planting through an interactive lesson, what equipment you will need, how and where to order supplies, and even what grants to look for. A standout student will share how to raise monarch butterflies. Other students will share their Ag Innovation Showcase projects. We’ll share with you how to plan a Harvest Supper using your garden plan, and allow you to dream BIG by collaborating with others on ideas to bring home to your community.

Kelsey Wigans, kwigans@gcb.k12.ia.us

Kelsey is a Registered Dietitian Nutritionist that serves as the Seed to Table Manager at Gilmore City-Bradgate Elementary School (GC-B). She has been employed with GC-B since the fall of 2016, where she has been in charge of planning the construction of the school’s greenhouse, orchard, handicap-accessible path and raised garden beds, implemented new competitions in the school, and more. Kelsey, and her husband Lucas live on an acreage with their dog, Ellie, and are expecting their first child this October! Connecting agriculture to nutrition has always been important to Kelsey, and through her work as Seed to Table Manager, she is able to do just that! Farm to School is an important aspect of helping people learn about where their food comes from, how that food is grown, and how to prepare that food.

Lily Hoover

Lily just completed fourth grade at GC-B! She is a two-time recipient of the “Garden’s Hardest Worker Award,” and is known as Kelsey’s Assistant Manager. She works hard, follows directions, and isn’t afraid of many things (maybe snakes, and the occasional BIG bug!). Lily enjoys 4-H, playing soccer, softball, basketball, and coloring in her free time.

Chloe Dickey

Chloe is going to be a sixth grade student leader at GC-B. She is one member of the winning team from the Ag Innovation Showcase competition. Chloe is passionate about pigs and has been showing them in 4-H for two years. In her free time Chloe is involved in dance, soccer, 4-H, and likes to hunt and fish in her free time.

Connecting the Local Food System with Early Childhood Education and Healthy Communities

Topic Areas: Early Childhood Education, Farmer Partnerships, Policy Initiatives

The Iowa Farmers Union is conducting a two-year project to explore policies and practices to connect Iowa farmers, early childhood education systems, and healthy communities. This project is part of a long-term initiative that aims to increase access to healthy, local food for Iowans by promoting healthy eating in education and childcare institutions and by creating better systems to connect local growers to these markets. The project will focus on building relationships, convening stakeholders, and researching relevant existing policy. The outcome of this stage of the project is twofold: to create a set of policy recommendations for action at the local, state, and federal level. Participants will learn about the project and then have the opportunity to share ideas on how local foods, early childhood education centers, and healthy communities can work together.

Aaron Heley Lehman, alehman@iowafarmersunion.org

Aaron Heley Lehman is a fifth-generation family farmer from rural Polk County, IA. He and his family raise corn, soybeans, oats, and hay. About 200 acres of the farm are certified organic. Aaron is a graduate of North Polk High School and St. Olaf College. Aaron previously served as executive director and legislative director of the Iowa Farmers Union. He currently is the President of the Iowa Farmers Union. He is a member of the Advisory Board of the Leopold Center for Sustainable Agriculture at Iowa State University. In addition, he is a member of Practical Farmers of Iowa and Iowa NFO. Aaron and his wife, Nicole Heley Lehman, have two children, Jordan and Benjamin.

John Norris, jnorris@sppg.com

After graduating from Simpson College in 1981, Norris started a career in agriculture and policy development. He led the Iowa Family Farm Coalition and organized farmers and activists for FarmAid. He was later Governor Tom Vilsack's chief of staff and later the U.S. Department of Agriculture departmental chief of staff. In 2010, he became a commissioner on the Federal Energy Regulatory Commission. Norris left Washington again in 2014 when he was named as minister-counselor for agriculture at the U.S. mission to the U.N. in Rome. In 2016, Norris was hired by policy development firm Slater Public Policy Group as a partner.

Beyond Just Taste Tests: School-Wide Celebrations of Local Foods

Topic Areas: Cafeteria Support, Farm to School Teams, Community Organizing

Cafeteria taste tests are a great way to get kids excited about trying local foods, but why stop there? Why not increase your impact by transforming a single cafeteria taste into a school-wide celebration of local foods? In this session, we'll start with the basics of conducting a successful cafeteria taste test. From there, we'll work on building out your school-wide celebration by identifying stakeholders and resources in your school community and developing a menu of local food activities to engage those stakeholders.

Lola Bloom, mslolabloom@gmail.com

Lola Bloom has dedicated her career to providing the space, time, and resources for children and families to creatively experience the world through art, food and nature. Growing up in the Washington, DC area, she began gardening with children through a community-based organization in 1998. This experience, in conjunction with her undergraduate degree in Art Education from Virginia Commonwealth University, led her to co-found City Blossoms, a nationally-recognized garden-based organization that works to build healthier communities through creative, kid-driven green spaces. Using her knowledge from teaching art to K-12 over 9 years, she helped design culinary and gardening programming that was hands-on and standards-aligned. While leading City Blossoms as a Co-Executive Director, she completed her Master's degree in Public Administration at the University of Maryland in 2013. In 2016, Lola transitioned to Director of Food and Wellness at DC Bilingual Public Charter School, where she conceptualized and built a Community Kitchen - a fully operational scratch cooking program that serves 445 students daily while serving as an educational space for families, staff and neighbors. She continues to work on building bilingual programming for the Community Kitchen, with the dream that more schools can see their kitchens as valuable spaces to gather, uplift, and create necessary change.

Nathan Spalding, nathan.spalding@foodcorps.org

Nathan got his start in farm to school as a FoodCorps service member, connecting kids to healthy food in schools. Through his three years of service, he worked in classrooms, cafeterias, school gardens, and communities to foster support farm to school education and local food procurement. While the separate work in each of these focus areas was making a difference in schools, Nathan soon realized that farm to school efforts most impactful

when these areas are woven together into an interconnected, systematic approach. Now as the Iowa Program Coordinator for FoodCorps, Nathan supports the work of Iowa's 10 FoodCorps service members as they support communities to celebrate healthy foods in school. Outside of work you can catch Nathan making pottery, collecting plant clippings from public spaces, or climbing trees.

Day 1 – Other Activities

Extra, extra, read all about it, “Iowa Makes Farm to School Headlines!”

As community stakeholders within the Iowa Farm to School Network, we are all part of a growing state and national movement in support of farm to school. In this session, we'll hear a national perspective- how staff with the USDA Office of Community Food Systems and the National Farm to School Network are creating and sharing resources and opportunities to advance farm to school across the country. We'll consider the work of the Iowa Farm to School Coalition and our growing state network. As we build relationships and set goals, we're writing the stories, successes and headlines making Iowa Farm to School news!

Andrea Alma, ndrea.northup@usda.gov

Andrea Alma (formerly 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 schoolchildren around the 10-state region (which includes Iowa). Prior to joining the USDA, Andrea was the Farm to School Coordinator for Minneapolis Public Schools. And prior to that, Andrea founded and directed the DC Farm to School Network. She loves biking, cooking and hearing from farm to school enthusiasts like you!

Anna Mullen, anna@farmtoschool.org

Anna Mullen is Communications Manager of the National Farm to School Network, where she is responsible for coordinating outreach strategy and media engagement to grow awareness and support for the U.S. farm to school movement. You can connect with the National Farm to School Network (and Anna, behind the accounts!) on all social media at @FarmtoSchool and at www.farmtoschool.org. When she's not Tweeting, writing blogs or designing new farm to school resources, Anna enjoys tending to her vegetable garden, volunteering with the Polk County Master Gardeners and listening to NPR podcasts. National Farm to School Network staff are located across the country, and Anna is based in Des Moines, IA.

Chelsea Krist, cekrist@iastate.edu

Chelsea is Farm to School Program Coordinator with ISU Extension Farm, and Enterprise Development. She serves as the state partner representative for FoodCorps Iowa and leads evaluation efforts around farm to school programs and events. Chelsea grew up in the Quad Cities near the Mississippi River and then earned a BS in geography from the University of Iowa. Before working for Extension, she served with FoodCorps Iowa for 5 years- as a service member in Des Moines Public Schools and then as the state fellow. Equitable food systems grow through farm to school, and Chelsea is committed to centering this in her work and partnerships.

Day 2 - Intensive Courses

Teaching Outdoors: Enhancing Student Learning with the Farm to School Program

Extend classroom instruction beyond the school walls! In the course, teachers will engage in fun, outdoor activities they can use with students in their schoolyard or garden. Participants will become comfortable planning and teaching outdoors, grow in their understanding of local foods and Farm to School programs, and leave with many ready-to-use teaching resources. License renewal credit is available.

Course Objectives:

By the end of this course, participants will be able to:

1. Plan outdoor lessons aligned to the Iowa Core.
2. Demonstrate the use of the outdoors as an extension of the classroom.
3. Articulate outdoor classroom management strategies necessary for maximizing learning.
4. Feel comfortable and confident taking students outdoors for learning.

Sara Lockie, sara@nextstepadventure.com

Sara, Next Step's Educator & Info Manager is passionate and innovative in her approach to involving learners in inquiry- and process-based education. She uses her degrees in general and science education to motivate teachers and students, and to provide engaging, hands-on activities that spark children's natural curiosity and sense of wonder. Sara earned her Bachelor of Arts degree from the University of Northern Iowa and a Master of Science from Drake University. In and out of the classroom, Sara seeks out engaging, hands-on activities to spark students' natural curiosity and sense of wonder.

Shelly Johnson, shelly@nextstepadventure.com

Shelly, motivates students of all ages, and is well connected with Iowa communities and schools. She is energetic, organized and responsible. As Next Step Outreach & Energy Generator, she teaches in formal and non-formal settings. She coordinates projects and makes sure programs are welcoming to schools, organizations and businesses. Before joining Next Step, Shelly taught middle school and worked as Education Coordinator at the Iowa Hall of Pride where she managed logistics for field trips, events and workshops for schools and corporate audiences.

Martha McCormick, martha@nextstepadventure.com

Martha, Founder and Convener has more than 40 years of experience in creating and implementing education for young people and adults. Adventure and experiential education have provided the foundation for helping groups and individuals become happier, healthier and more productive people. Martha provides key leadership at Next Step for networking, outreach, teambuilding, development and sustainability.

Cafeteria Magic: Partnerships, Fresh Food Prep, and Youth Leadership in your School Cafeteria

Cafeterias can be spaces of transformative food experiences that benefit the whole school and community- students, educators, farmers, families, and food service. The magic is in the visioning! In this session, attendees will practice hands-on culinary skills with Forward Food trainers, generate opportunities for student leadership and peer-to-peer learning with 4-H Healthy Living, and plan for 2019 Iowa Local Food Day and October Farm to School Month with Iowa Department of Agriculture and Land Stewardship (IDALS).

Michelle Hensley, mhensley@humanesociety.org

Michelle Hensley is the Midwest Coordinator for Forward Food, a program of The Humane Society of the United States. She has a background in food service and educational outreach. Michelle partners with food service

institutions programs in the Midwest region to successfully implement plant-based programs and menu options. Michelle completed the plant-based nutrition certification through ECornell. She lives in Chicago, Illinois with her husband where they enjoy taking their three dogs on hikes.

Karla Dumas, kdumas@humanesociety.org

Karla Dumas is a registered and licensed dietitian nutritionist with a background in school foodservice management and child nutrition. Dumas is the Director of Food & Nutrition with Forward Food, a branch of The Humane Society of the United States. Forward Food partners with institutional dining operations to cultivate a more sustainable food system by increasing plant-based menu options. Karla works directly with programs by developing menu cycles, recipes, and hosting hands-on culinary and nutrition workshops. Dumas received her plant-based culinary certification through Rouxbe cooking school. She lives in Arcadia, Florida with her husband and stepdaughter where they operate a small farm animal sanctuary.

Laura Liechty, lliechty@iastate.edu

Laura is the Healthy Living Specialist with Iowa State University Extension and Outreach, 4-H Youth Development. In her role she gets to work with Extension staff, volunteers and youth from across the state to bring programming, trainings, and meaningful experiences in all areas of wellness to youth audiences. As a dietitian, she strives to connect wellness in her work to benefit others, but she is most passionate about sharing these experiences with youth to empower them to use their voice and ideas to create healthier selves, schools and communities.

Tammy Stotts, tammy.stotts@iowaagriculture.gov

Tammy Stotts is employed by the Iowa Department of Agriculture & Land Stewardship, where she has worked for over 24 years. As a marketing specialist for the Agricultural Diversification & Market Development Bureau, she has witnessed many changes in Iowa agriculture. Her experience includes roles within the Soil and Water Conservation District, Farmers Market Nutrition Program, and IDALS Organic Certification Program. Tammy currently serves as the Specialty Crop Block Grant Program Administrator and the Farm to School Coordinator for the state of Iowa.