

The 3 C's of Farm to School

CAFETERIA

Local foods are taste tested, purchased, promoted, and served in the cafeteria

Rombout students participate in seasonal entree taste tests, determining which new scratch-made, plant forward entrees make it onto the menu mix!

Elementary students participate in a monthly Vegetable of the Month taste test, featuring seasonal vegetables!

Two Professional Development trainings are provided each year for food service staff to develop culinary skills, team-building skills, and participate in recipe development.

Beacon buys local! We purchase produce from Common Ground and Dagele Farms, and pastured beef from Slope Farms. We plan to reach 30% local by 2020-2021!

Food Services is working to make the cafeteria green! Three schools are transitioning to renewable trays and the other schools are now using recycled cardboard instead of foam.

COMMUNITY

Engaging the full school community and ensuring that everyone has access to nutritious food is key to success

Common Ground provides a weekly Backpack program, ensuring that all students have access to nutritious food, including a Thanksgiving Farm Share that includes potatoes, sweet potatoes, kale, fresh greens, onions, and garlic. The school PTSO and PTA contribute gift cards!

Beacon Farm to School is part of the district's Wellness initiatives, and participates in wellness events, including the annual Family Fitness Fun Night!



CLASSROOM

Students participate in education activities related to agriculture, food, health and nutrition

Elementary students participate in Garden Time with Hudson Valley Seed, integrating nutrition education and experiential learning by bringing Beacon students to school gardens each week to read and write, learn math and science, taste new vegetables, and learn about health and wellness.

Common Ground Farm programs reach Beacon students from Pre-K through 5th grade and include a workshop series for preschoolers, Chef in the Classroom and field trips to the farm for K through 2nd graders, Cooking Around the World series for 3rd graders, Bee Project with Cornell Cooperative extension for 4th graders, and the 5th Grade Farm to School Mural project.

Rombout is building a school garden that will be the site for interdisciplinary Farm to School curriculum. Teachers will also participate in Professional Development to integrate garden based learning and Farm to School into their curricula! Farm to School extracurricular programming is growing at Rombout! Students can participate in Environmental Club that will focus on gardening and recycling, Home and Careers Club and will learn how to cook with the seasons, or Art Club that will include time in the garden and Farm to School contests.



Beacon City School District

WHAT IS BEACON FARM TO SCHOOL?

Farm to School is a nationwide movement bringing local fresh food to school cafeterias and generating excitement for eating well in our schools. Farm to School enriches our community connection to healthy and local food by changing food purchasing and education practices in our schools. Farm to School empowers children and their families to make informed food choices while strengthening the local economy and contributing to our vibrant community.





Beacon Farm to School

FARM TO SCHOOL SUCCESSES

Elementary students participate in a monthly Vegetable of the Month Taste Test. Participation is high--we have recorded almost 3000 tastings from September through December this year, and overall 73% of the students who try the dish like it! This year's tastings have included fresh salsa with peppers, cheesy kale bake, roasted root vegetable hash, and butternut barley.

So far, Rombout students have taste-tested seven different scratch-made, plant forward entrees, including veggie frittata, Asian noodle bowl, taco bowl, pasta primavera, kale and carrot fried rice, Caribbean chicken bowl, and taco lasagna.

Beacon's Food Service staff participate in two professional development sessions each year to develop culinary and team-building skills

Rombout has launched Environmental Club, a weekly after school program focused on gardening and reducing waste.

In 2019, Rombout held a Farm to School logo design logo contest. The winning design was printed on market bags that will support Environmental Club programming.

A school garden at Rombout is underway! Equipment and supplies have been purchased and the garden will be built in spring of 2020!

Several Rombout teachers participated in Farm to School Professional development programming over the summer, and more training will be offered this spring.

THANK YOU

Farm to School is a community effort! For more information and to support Farm to School connect with our school partners:

Common Ground Farm
commongroundfarm.org

Hudson Valley Seed
hudsonvalleyseed.org

Green Teen Beacon
ccedutchess.org/youth-4-h/green-teen-community-gardening

Beacon Rec Center
cityofbeacon.org

Wellness committee
beaconk12.org/Page/1272

Beacon Nutrition Advisory Committee

GET INVOLVED

Participate in Beacon's school lunch program! Every meal is a vote for Farm to School!

Volunteer! Contact nicole@hudsonvalleyseed.org to help with Vegetable of the Month tastings, Catherine Biordi at biordi.c@beaconk12.org to help with the school garden at Rombout, and reach out to your school secretary to chaperone a trip to Common Ground!

Join the Beacon Wellness Committee!

Visit the Food Services web page on the beaconk12.org website for updates, recipes, and to sign up for myschoolbucks!

