



# Eating for Local Food Literacy: Tips for Schools

## TipSheet #2 in the 2017 Local Food Literacy in Ontario Schools Series

### Steps to Support Local Food Literacy in the Cafeteria:

1. **Get excited** about local food and working with your community; figure out who works with local food (including local growers!)
2. **Build relationships** with chefs, teachers, administrators, cafeteria staff, unions, community partners and farmers.

Learn how to talk different languages with these different groups:

- a. Kids: Have them taste the food, experience flavours and textures, and get them involved in food preparation.
  - b. Administrators: Talk about how good food helps with health and education outcomes.
  - c. Cafeteria operators: Consider workload and revenues.
3. **Find funds** – look for outside funding sources, inside funding partners and community partners
  4. **Get students involved.** Involve students in planning and food preparation. Students will be more likely to buy into eating good food and promoting it to others if they are involved.
  5. **Train cafeteria staff**, e.g. bring in a chef to cook food with the cafeteria staff. Have everyone taste the food and do taste tests. This helps to get buy-in while building important skills.
  6. **Start small** and build momentum.



### CHECK IT OUT!



**Get Fresh Café:** A collaboration between cafeteria staff, foods teachers, students, local producers and distributors in Thunder Bay.

Mission: To position Get Fresh Café as hub for school food activities; To offer innovative meal and snack options; To ensure healthy choices are the first choice; to always explore local and Ontario options first; To provide collaborative opportunities for student learning; To market and sell food with the end goal of being a self-sustaining business.

<http://www.rootstoharvest.org/education.html>

## Ideas to Connect Cafeteria and Classroom: Use Food!

### Foundations for a Healthy School



The Ontario Ministry of Education's Foundations for a Healthy School (2014) offers a framework to implement healthy school initiatives in a comprehensive way. Here are some ideas to address the pieces of the pie:

#### Curriculum, Teaching & Learning:

- Involve the students in gardening and planning the garden (talk about what the students like to eat; learn about what grows in the area and what can be grown at the school; plan out the garden).
- Use movie nights to introduce students to food system concepts.

#### School & Classroom Leadership:

- Have students promote the new food offerings and ask students for reviews. Share the reviews using a website or social media.

#### Student Engagement:

- Teach about the cycle of food. Involve the students in vermicomposting. The students can feed their organic waste to the worms; the compost can get used in the garden; this will help grow the food; the food can be used in cooking programs; then the kids get to eat the food.
- Give out free samples of what will be served – “Taste the Menu” event. Communicate that the food will be local. Ask for feedback.



#### Social & Physical Environments:

- Grow food in class and use it in a lunch (e.g. sprouts on a pizza). Students become local food “experts” and can share their knowledge with family and friends.

#### Home, School & Community Partnerships:

- Buy food from a local farmer. Invite them to the school to tell the students about where and how the food was grown.
- Bring in other community partners (e.g. a gardener, beekeeper, or chef) to engage the students in cooking, growing, tasting, and learning about their local food system.
- Offer a free self-serve salad bar at Meet the Teacher night that features local foods and the student harvest.



Oakwood Public School: “Our goal is that by the time students are enjoying the salad bar in April they will have a full understanding of how and where their food comes from, how it impacts their health, their family’s health, and the health of the environment.”

Cardinal Leger Secondary Schools’ images and videos are available at <https://www.smores.com/z9hnr-approaching-local-food-education>



### **CHECK IT OUT! FoodShare's Great Big Crunch:**

<http://foodshare.net/program/crunch/>

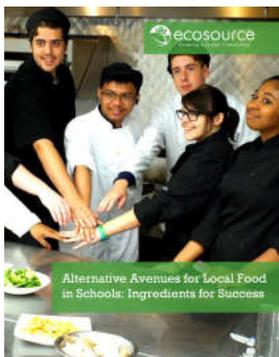
- Annual event. Over 280,000 people celebrated healthy snacking and locally grown produce on March 9<sup>th</sup> 2017 (at 2:30pm EST). Others choose to run the Great Big Crunch in October.
- FoodShare's curriculum-linked resources are available at: <http://foodshare.net/program/student/>

### **Potential Funding Opportunities for Your Project:**

- Your local School Board
- Ontario Greenbelt Fund: <http://www.greenbeltfund.ca/grants>
- Whole Kids Foundation grants: <https://www.wholekidsfoundation.org/schools/programs/6747>
- Metro Green Apple Grant <http://www.greenapple.metro.ca/home.en.html>
- Taste Your Future Student Bursary Contest: <http://www.foodandfarming.ca/taste-your-future-contest/>
- Local Healthy Kids Community Challenge <http://www.health.gov.on.ca/en/public/programs/healthykids/hkcc.aspx>
- Service clubs, SNP funding, Ministry of Education, OMHLTC (Ministry of Health)

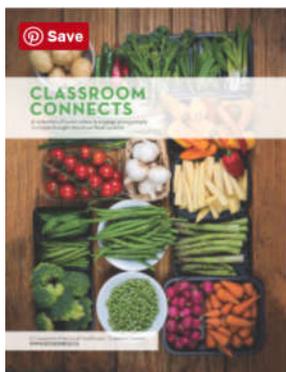


## Spotlight: A Selection of Local Food Literacy Resources



### Alternative Avenues for Local Food in Schools: Ingredients for Success (Ecosource and Roots to Harvest): <http://ecosource.ca/about-us/publications/>

- This project developed and tested strategies to bring local food procurement into secondary school food programs, while engaging students in food literacy.
- The report provides project ideas and learnings from 7 pilot projects that took place in Durham, Peel and Thunder Bay regions: CSA; Local Food Month; Focus on Garlic; Farm to School; Farm to Caf; Friday Fry Day; School Gardens; Field to Fork.
- A great resources for preparing your own project or grant application if you're looking to make the case for local food literacy in schools.



### Classroom Connects (Ecosource): <http://ecosource.ca/about-us/publications/>

- Curriculum guide offers **15 lesson plans** (written by Durham District School Board (DDSB) secondary school teachers).
- Intended to open meaningful conversations with **secondary students** about our local food system, and the complexities of our food choices.
- Lesson plans address the **Science, Geography, Family Studies, Hospitality and Business** curriculum expectations and contain step by step instructions for lesson preparation and delivery, and various assessment opportunities and corresponding student worksheets. Include cooking lessons and ideas.



### Sustain Ontario's Food Initiatives Greenhouse:

<http://sustainontario.com/greenhouse/>

- Houses food lesson plans and resources for teachers (including the other tipsheets in this series).
- Click on the "Food Literacy" initiative to search for hands-on teaching resources by subject, grade, and other search fields.

This Local Food Literacy Tipsheet has been prepared thanks to:



Possibility grows here.