**STUDENT IMPACT: CONSUMPTION**

Food service directors are noticing that students are eating more fruits, vegetables and dried beans - especially after repeated exposures to the new foods. In a study published in the Journal of Nutrition Education and Behavior comparing plate waste the year before and year after a school implemented a farm to school program, students consumed 37% more vegetables and 11% more fruits after farm to school had been implemented (2017).

Students have enjoyed the opportunity to try new fruits and vegetables. Items like Brussels sprouts and butternut squash have been favorites at our secondary schools.  

Mark Haverick, Food Service Director  
Monroe Public Schools, Prosperity Region 9

We are noticing a lot less food waste on the days we serve local produce. We have a share table where kids can put things they don’t want. We’ll see a ton of commodity produce up there, but when we serve our local fruit, we only see one or two pieces.  

Caryn Elam, Food Service Director  
Hart Public School District, Prosperity Region 4

There is reduced food waste, with an increase in student consumption of fruits and vegetables during lunch. This is noticed not only by the lunchroom aides and cooks but by the custodial staff. They literally grab my arm, walk me to the trash, and show me how much food is not wasted anymore.  

Beth Kavanaugh, Food Service Director  
Public Schools of Petoskey, Prosperity Region 2

“We served a Morrocan carrot salad that went over well in the taste tests. It not only helps teach the kids, it helps teach us what to menu.”  
--Tom Freitas, Food Service Director, Traverse City Area Public Schools, Prosperity Region 2. Photo at Traverse Heights Elementary. Credit: Gary Howe

10 Cents a Meal for School Kids & Farms is a state pilot program that provides schools with up to 10 cents per meal in match competitive grant funding to purchase and serve Michigan-grown fruits, vegetables, and dry beans. tencentsmichigan.org

10 Cents School Districts by prosperity region 2, 4, and 9

2017/2018 LEGISLATIVE REPORT
**PURPOSE**

• Improve daily nutrition and eating habits for children through the school setting.
• Invest in Michigan agriculture and related local food business economy.

**LEARN MORE**
To learn more about this nationally recognized program, including more of its legislative history, each year’s annual report, success stories, quotes, and downloadable fact sheets, go to tencentsmichigan.org.

**FIND RESOURCES**
Find resources for schools to be strong grant applicants and grantees on the website’s Tools for Communities and Tools for Schools tabs.

**PROJECT TEAM**
Michigan Department of Education, Michigan Department of Agriculture and Rural Development, MSU Center for Regional Food Systems, Groundwork Center for Resilient Communities, Northwest Prosperity Region 2, West Michigan Prosperity Alliance (Prosperity Region 4), Greater Ann Arbor Region Prosperity Initiative (Prosperity Region 9)

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**SERVING NEW FOODS TO STUDENTS:**

<table>
<thead>
<tr>
<th>Total new foods tried because of 10 Cents by January 1, 2017</th>
<th>Total new foods tried because of 10 Cents by January 1, 2018</th>
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<tbody>
<tr>
<td>30</td>
<td>65</td>
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**New Michigan-grown vegetables tried for the first time:**
- Top new Michigan-grown vegetables on the menu: Brussels sprouts, red and green cabbage, corn, radishes, winter squash.

**New Michigan-grown fruits tried for the first time:**
- Top new Michigan-grown fruits on the menu: Apples, peaches, blueberries, sweet cherries, watermelon.

**New Michigan-grown beans tried for the first time:**
- Top new Michigan-grown beans on the menu: Black, cranberry, navy, pinto, red.

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**FOOD SERVICE DIRECTORS on helping kids consume healthy Michigan produce:**

“The quality of the products we are getting locally is leagues beyond what we were getting from our vendor. It really gives us a sense of pride to offer the kids such great food. Students are eating the Michigan-grown fruits and vegetables with minimal waste.”

“The 10 Cents Pilot is a way to reach students with new produce and get them to try produce they say they don’t like. If we can get students to eat healthier, it can change their generation and the generation to come for the better.”

“I received an email last night that one student told his mum that our program has impacted the local scout group. At their dinner last week there were fresh vegetables. He stated that they all had some because they are used to getting them now as part of a meal at school.”

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“The amount of produce we sell at South Elementary has gone up. We have two fruit and veggie bars there and can barely keep them full. The kids love the local produce, it’s really cool to see.”

—Melissa Alley, Food Service Director, Coopersville Area Public Schools, Prosperity Region 4

“A lot of elementary kids don’t know what things are. The second or third time we menu something, we serve more of it. I was amazed we went through so many Brussels sprouts!!”

—Jessica Endres, Food Service Director, Thornapple Kellogg School District, Prosperity Region 4

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Preliminary survey results of food service directors, through December of the 2017-2018 school year, MSU Center for Regional Food Systems

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Students in the Garden Club at Thornapple Kellogg School District prepare a Caprese Salad from their garden produce. Prosperity Region 4.

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—Jessica Endres, Food Service Director, Thornapple Kellogg School District, Prosperity Region 4