



10 CENTS A MEAL FOR SCHOOL KIDS & FARMS

2017/2018 LEGISLATIVE REPORT

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



"The pop-up market [at school] gets kids excited to go to their local Farmers Market." - Neha Shah, teacher
Photo credit: Neha Shah. Burns Park Elementary, Ann Arbor Public Schools, Prosperity Region 9.

STUDENT IMPACT: KNOWLEDGE

10 Cents grantees are doing hands-on learning activities that get students excited about eating farm fresh foods. Activities include school gardens, farmers markets, cooking in the classroom, nutrition education, taste tests, and

special all-Michigan meals. A study by Columbia University's Center for Food, Education and Policy measuring student consumption of produce during two lunch sessions at 20 schools showed that at schools doing 10+ farm to school lessons per year, students ate an average of .73 cups of produce - double the consumption of students at schools doing no hands-on educational activities (2017).

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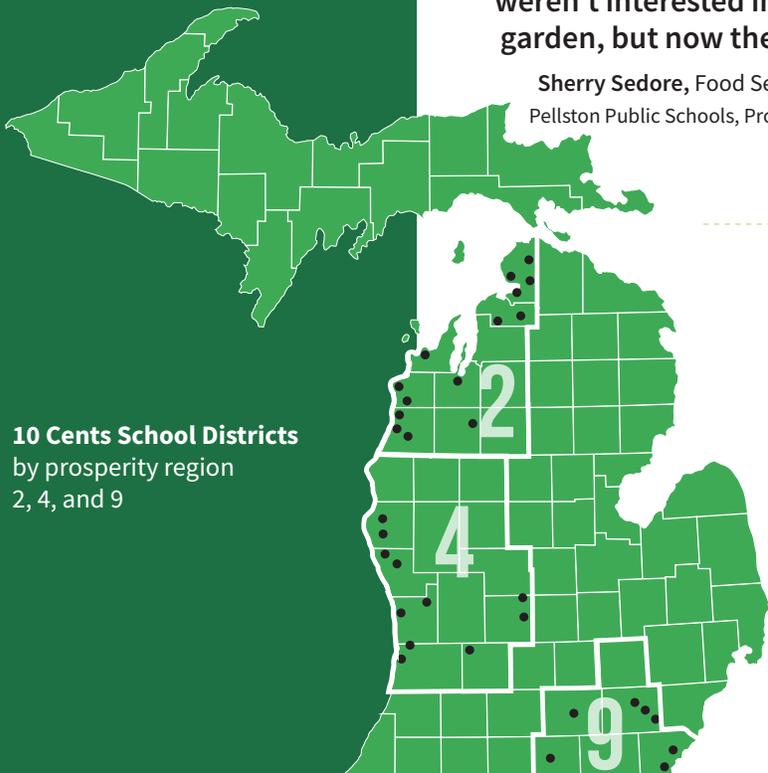
I'm looking into building a garden now, to grow peas and green beans - little things students would want to try because they grew them. Before we had 10 Cents, students weren't interested in the idea of a garden, but now there's interest.

Sherry Sedore, Food Service Director
Pellston Public Schools, Prosperity Region 2

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Students are more confident to go near fresh food now that they've touched it, worked with it, eaten it. I was in the high school yesterday and the young adults, who are typically quite blasé, were excited about the salad bar.

Mary Vanas, Food Service Director
Shelby Public Schools, Prosperity Region 4,
regarding the Cooking with Teens program



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

“

Kids like hands-on activities and the [school-based farmers] market is a hit! I tell them, you're shopping for your family. If you're not sure you like green beans, try them at home with mom, dad, grandma. You're providing for them today.

Brenda Muter, Assistant Food Service Director
Ypsilanti Community Schools, Prosperity Region 9

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)



A few students tried the kohlrabi sticks on the salad bar and were asking what it was. Even if the students didn't care for it at least they were engaging and learning about produce grown in our area.

Jenna Noffsinger
Food Service Director
Frankfort-Elberta Area School District,
Prosperity Region 2

LEARNING BY DOING

Research hours of Muskegon Area Career Tech Center culinary students



Muskegon Area Career Tech Center culinary student Adrianna Dowdell and Whitehall District Schools student Hamza Afridi consider student taste test results as they refine recipe ideas for food service staff at 10 Cents schools Montague Area Public Schools and Whitehall District Schools.



4 HRS

Learning about each Cultivate Michigan featured food



6-8 HRS

Researching cooking methods, flavor profiles, recipes



12-15 HRS

Preparing recipes for tasting



5-7 HRS

Organizing tasting event



9 HRS

Conducting tastings at 10 Cents schools

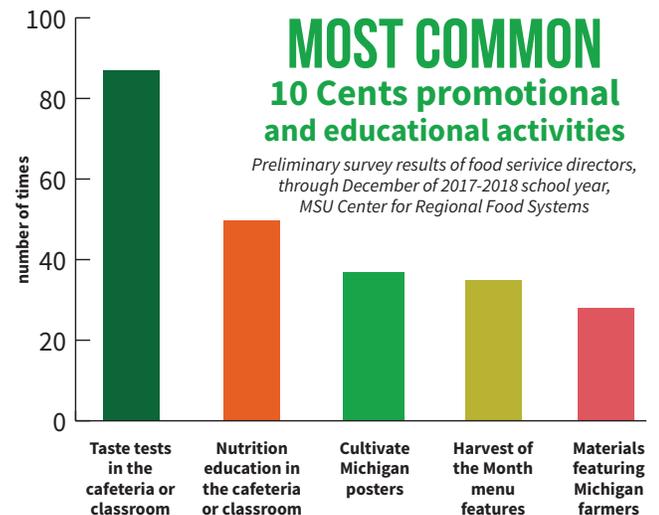
TOTAL HRS:
2,728

student engagement during 2017-2018 school year in tasting activities at 10 Cents schools

Prosperity Region 4



5th grade students in Boyne Falls Public School prepare a parsnip mash for tastings they led throughout the district. Prosperity Region 2.



5th and 6th graders at Creekside Intermediate in Dexter Community Schools take their garden harvest into the kitchen for hands-on cooking experiences. Prosperity Region 9



Our sensory garden lessons have been popular and are drawing more teachers to the garden to do their own lessons.

Dan Gorman, Food Service Director
Whitehall District Schools and Montague Area Public Schools, Prosperity Region 4

FOOD SERVICE DIRECTORS

on educational activities offered along with 10 Cents:

"A major positive is the educational opportunities that it has offered the students. The students were able to sample or receive items that they were not familiar with, learn about the growing process, and complete activity sheets. The response from students and parents was fantastic."

"Many of our students have never had the chance to eat the vegetables that we are using, so it's been a learning tool. I would love to see the program continue."

"We have chosen to begin using our dietitian interns to expand the taste testing to all of our elementary buildings."

Preliminary survey results of food service directors, MSU Center for Regional Food Systems