Florida Small Farms and Alternative Enterprises Conference

Florida Farm to School Programs
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For more information on Small Farms, visit our website at: http://smallfarms.ifas.ufl.edu or contact your local County Extension Agent.

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Miami-Dade County Public Schools

- 4th largest district in the Country
- Largest district in Florida
- 370 school sites
- Enrollment – 357,671
M-DCPS
Department of Food & Nutrition

- $154 million annual budget
- 3,000 employees
- 370 serving locations

In the 2011 – 2012 School Year we served:
- 14 million School Breakfasts
- 26 million School Lunches
- 2.6 million After School Snacks
Demographics

Active Students: 357,671

Ethnic Composition

- White Non-Hispanic 8.6%
- Black Non-Hispanic 24.4%
- Hispanic 65.1%
- Other - Asian, Multicultural, Am. Indian 1.8%
F2S - Communities Putting Prevention to Work Grant (CPPW)

- Center for Disease Control grant through Health Department

- MDCPS Recipient of 2 awards:
  - Farm to School
    “Local” produce - grown in FL
    Focus on produce grown in Homestead for 40 pilot schools
  - Reimbursable Vending Machines
Objectives:

- School lunch
- Breakfast
  - 30% of all schools receive local produce
  - 10% increase in fresh produce throughout district
  - 40 F2S pilot schools in South end of district to receive local produce
- FFVP- 52 participating sites
South FL Growing Season/School Connection

- Local growing and harvest seasons coincide with academic year
  - Vegetables: November – April
  - Most Fruits: March - September
School Needs: Why Farm to School? Nutrition

- Fruits & veggies picked when ripe
  - Fruits are fully developed $\rightarrow$ Higher nutritional content than fruits picked early and stored
  - Better taste when fresh & ripe $\rightarrow$ better reception among kids

- South FL’s subtropical climate offers a wide variety of tropical fruits and conventional vegetables available for most of the year
School Needs: Economy – Sustainable Program

• Supports small farmers in your county – parents are farmers

• Keeps money flowing into local economy and helps preserve jobs - community
Requirements: Choosing Partners for Schools

GAP’s – food safety practices including but not limited to:

- Prevention of microbial contamination of produce
- HACCP policies and procedures and documentation of same
- Produce handling and transportation
- Facilities – potable water; packing areas/materials
Choosing partners –
Pero Family Farms – Delray Beach
Requirements: Choosing Partners

GAP’s – “food safety is paramount”

– personnel food safety training
– Sanitation practices
– Eating and smoking designated areas
– good hygiene practices – gloves, aprons, clean shoes and clothing, hair restraints, hand washing

Logistics – difficulties in getting locally grown produce to schools
6 L’s – Collier County
Menu Options:
Increased **fresh** Fruit and Vegetables
– locally grown in Florida

– Star Fruit  Homestead, Fl
– Dragon Fruit  Homestead, Fl
– Sapodilla  Homestead, Fl
– Corn  Pahokee/ Belle Glade, Fl
– Tomatoes  Immokalee, Fl
– Green beans  Belle Glade, Homestead Fl
– Sweet peppers  Delray Beach Fl
– Collard Green  North Florida Cooperative, Tallahassee, Fl
Menu Options: familiar foods/ethnic flavors

- Black Bean/Boniato/Tortilla Casserole
- Fresh Grilled Squash “hash” - combo of sliced zucchini, yellow squash, calabaza and red onions
- Chicken Fajita – sweet peppers and onions
Fruits served in M-DCPS FFVP

**Dragonfruit:**
- 25mg Vitamin A
- 56mg Vitamin C

**Papaya:**
- 257g potassium; 154mg Vit.C
- Beneficial enzymes for digestion

**Passionfruit**
- 10g fiber
- 348g potassium
- 1272 IU vit A
- 30mg vit C

**Guava**
- 3g protein
- 122mg vit C
Connecting the dots...

“Proof of the pudding is in the eating”
Cafeteria - Classroom Connections
Cooking with Celebrity Chefs
I Make Healthy Happen!