

Jefferson County Farm to School

2019 Summer Institute

A Bold Premise:

If school staff, parents, and community partners, together, take a whole school approach to connecting Cafeteria, Curriculum, and Community, students will have a better understanding of where their food comes from, and make better food choices.

Objectives:

- Participants will view farms, and state and national research centers in Jefferson County, WV as unique teaching resources;
- Quality Action Plans will be developed connecting the Cafeteria, Curriculum and Community, and steps for implementation identified;
- Students are engaged in Farm to School activities through school curriculum and activities.

Rationale:

Across the nation, both formal and non-formal educators are finding that rooting their educational programming deeply in the local community, both physically and thematically, is an effective strategy for achieving many of their highest priority goals. Whether in schools, gardens, or local farms, as participants become actively engaged in studying and responsibly addressing relevant local issues, the results have included higher levels of student engagement, stronger community support for education and conservation, and student civic engagement.

This program directly supports WV Feed to Achieve Act, "...county boards of education shall form or expand existing partnerships with the federal and state departments of agriculture, Department of Health and Human Resources, local master gardeners, county extension agents or other experts in the field of agriculture or gardening to develop community gardens, farm-to-school programs and other such programs that teach students how to grow and produce healthy food and provide healthy food to the students."

Please see these links for more information:

<http://www.wvlegislature.gov/WVCODE/ChapterEntire.cfm?chap=18&art=5D>

https://boe.jeff.k12.wv.us/departments_and_services/child_nutrition/wv_feed_to_achieve_act



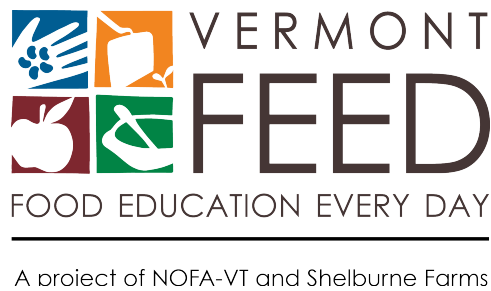
Course Content:

Jefferson County Farm to School Summer Institute offers an interactive exploration of the fundamental principles of Farm to School Practices, Place-Based and Garden-Based Learning, and Jefferson County resources to support these teaching principals. The group will examine the application of these principles in the cafeteria, classroom, and community. Successful case studies will be used to illustrate best practices. Resource experts in several topic areas will present sessions indoors, and at local farms and orchards.

We are replicating the best practices, of VTFEED, recognized this year as one of 30 innovative Farm to School programs across the globe by FoodTank.

This program is modeled after the award winning Vermont Food Education Everyday program.

<https://vtfeed.org/what-farm-school>



Please read the enclosed materials for more in-depth information on Place-Based Education, Garden-Based Learning, School Culture & Nutrition, and Sustainable Food Systems

Program Schedule:

Monday, June 17 8:00am – 4:00pm	Focus: Promising Practices of Place-Based Education Place: WVU Tree Fruit Research & Education Center, 67 Apple Harvest Lane, Kearneysville, WV, Edwin Gould Building Conference Room
Tuesday, June 18 8:00am - 7:30pm	Focus: Building Upon Place Through Health & Nutrition Place: Shepherd University, Hall/Building, Room TBD Tabler Farm – Farm to Table Dinner
Wednesday, June 19 8:00am – 4:00pm	Focus: Field Visits & Support for Implementation Place: WVU Tree Fruit Research & Education Center, 67 Apple Harvest Lane, Kearneysville, WV, Edwin Gould Building Conference Room. Carpool to Tudor Hall Farm and Green Gate Farms

Participation in the entire workshop is required for continuing education and graduate credit.



Instructors:

Emily Morrow, Agriculture & Natural Resources Agent, WVU Extension Service – Jefferson County, WV

Rita Hennessy, Board Member, Jefferson Growers, Artisans, Producers Coalition; MA Community Change & Civic Leadership, Antioch University; Professional Certificate, Sustainable Food Systems and Public Health, Johns Hopkins University

Delia Clark, Principal, Confluence Associates, Facilitator, Place-Based Education Researcher, Shelburne Farms & VTFFED

Dr. Arnetta Fletcher, Ph.D., RDN, LDN, Visiting Assistant Professor of Family & Consumer Sciences, College of Social and Behavioral Sciences, Shepherd University

Dr. Peter Vila, Ph.D., Associate Professor of Environmental Studies, Director for the Veterans to Agriculture Program, Institute of Environment and Physical Sciences, Shepherd University

Dr. Mark Cucuzzella, MD, FAAFP, Professor, Family Medicine, WV University Health Care, WV School of Medicine; Author, *Run for your Life*; Owner, Two River Treads

Jinny Demascus, Coordinator, Child Nutrition, Jefferson County Schools

Bekki Leigh, WV Farm to School Coordinator, WV Department of Education

Malinda Francis, WV Farm to School Coordinator, WV Department of Education

Derek Kilmer, Owner/Operator, Kilmer's Farm Market, Farm to School Distributor

Natalie Friend, Owner/Operator, Tudor Hall Farm

Leslie Randell, Owner/Operator, Green Gate Farm

James Swart, MS Education Program Manager, Grocery Manufacturers Association Science and Education Foundation.

Deborah Rhoades, MA, RDN, LDN, Principal Agent Associate, Family and Consumer Sciences Educator, University of Maryland Extension- Frederick County, MD Office

Monica Skidmore, Food and Nutrition Specialist, Frederick County Public School District

Course Expectations & Graduate Credit:

All participants are expected to attend all 3 days of the Institute, and actively engage in the development of their school's Farm to School Action Plan. All lesson plans must align with WV state standards. Multi-disciplinary and/or multi-grade approaches are encouraged.

This course has been approved for 3 non-degree graduate credits, or 3 Continuing Education Credits by Shepherd University. The cost is \$177.00. You can register for credits the second day of the course while we are at Shepherd University.

Approach:

Jefferson County Farm to School Institute combines the teaching strategies of Place-Based Learning and Garden-Based Learning. We have learned that if students understand what is happening in their home, their backyard, their neighborhood, their community and their state, they then can begin to understand how they are affected by national and global issues. Connecting learning to food and agriculture, adds a connection to how students think about nutrition, and the food choices they make – They begin to build relevance from their personal choices, to the community, and beyond.

We want to know about your expectations and experience of this institute and will be conducting evaluative research through prelection and reflection surveys. Our goal is to better understand best practices to create an effective network of teachers, school staff and parents interested in Jefferson F2S initiatives.

Reading Assignments & Activities:

Required Readings – email attachments

1. *Understanding School Culture and its Relation to Farm to School Programming*
2. *Sustainable Schools Project, Place-Based Education*
3. *Farm to School and Nutrition Education*
4. *Garden-Based Learning*
5. *Food Systems 101*

Visit the Charles Town and/or Shepherdstown Farmers Market. If it's not too busy, introduce yourselves to local farmers and ask about their perceptions of local food systems and connections to institutions – schools, hospitals, VA centers.



Meals:

- A lite breakfast and full lunch will be provided each day.
- Tuesday evening, a Farm to Table Dinner will be provided for you to absorb the previous days learnings, network with participants and instructors, and further indulge your experience in local farm foods. *Some local musicians may join us – bring your favorite instrument!*
- A bag lunch will be provided for the Wednesday Farm visits.
- Snacks and drinks are provided at breaks.

Note: The majority of items and ingredients are local, and farm based.

Outdoor Experiences & Farm Visits:

We will be outside in an orchard or on a farm each day, rain or shine.



What to Bring to the Institute:

- This packet
- Laptop computer – most materials will be provided via a USB drive
- Daypack
- Writing materials
- Water bottle. Bring enough water – at least a quart each day!
- Walking Shoes or Boots
- Insect repellent
- Hat
- Sunglasses
- Sunscreen
- Garbage bag for farm visits – If you Pack It In, Pack It Out
- Flashlight for Tues. Dinner
- Rain Coat, Umbrella
- Lots of enthusiasm and creativity – that's why you're here!

If you have any questions at all about this program, contact:

Emily Morrow
Agriculture & Natural Resources Agent
WVU Extension Service – Jefferson County
1948 Wiltshire Rd, Ste 3
Kearneysville, WV 25430
Phone: 304-728-7413
Email: Emily.Wells@mail.wvu.edu

Rita Hennessy
Board Member, Jefferson Growers, Artisans,
Producers Coalition
Phone: 304-876-1161
Email: rise2043@gmail.com