

FOOD DAY 2016

Guide for School Organizers



What's in the FOOD DAY Guide?

Find everything you need to create a great FOOD DAY event:

- FOOD DAY theme
- FOOD DAY mascot*New this year
- FOOD DAY vision and priorities
- FOOD DAY organizer's checklist
- FOOD DAY in the school garden
- FOOD DAY in the cafeteria
- FOOD DAY in the classroom
- HOW TO register your event



Celebrating FOOD DAY in Indiana

Every year the Indiana Farm to School Network (IFSN) FOOD DAY planning committee meets in January to choose a food item and theme for Indiana.



This year, we chose SQUASH (the vegetable)

Summer Squash
Zucchini



Winter Squash
Delicata



Our theme is: Oh my gosh, It's squash!



Our mascots are detectives: Mrs. Deli Cata & Mr. Zu Chini



What do mascots do?

- ❑ Mascots dress as detectives and carry a big magnifying glass.
- ❑ WHY? There are so many different types of squash and so much to discover.
- ❑ Cafeteria staff and students can dress in black on Food Day to keep the detective theme going!



What is FOOD DAY?

“FOOD DAY is a nationwide celebration of healthy, affordable, and sustainably produced food. It builds all year long and culminates every year on October 24.”

In Indiana, we celebrate FOOD DAY any day during the month of October to accommodate Indiana’s growing season and different school calendars.



Vision and Priorities: Focus on Food Education

- ❑ Schools are ideal sites for food education.
- ❑ Instilling healthy and appropriate eating habits in children will impact their health as adults. In addition, balanced and healthy school meals improve school performance and behavior.
- ❑ Introducing kids to new fruits, vegetables, and whole grains can put them on track to becoming good eaters.



Checklist for Event Organizers

- Identify support staff and volunteers to help plan and execute the event
- Pick a date for your FOOD DAY event
- Establish a timeline
- Make plans for a summer or fall garden and get free seeds
- Plan your menu/test recipes
- Plan classroom activities
- Purchase local squash for your FOOD DAY event
- Register your event and connect your activities to Twitter and Facebook



Batesville's timeline from Food Day 2014

It's never too early to start planning...

In April, all partners met to discuss timeline. A farmer was recruited to grow turnips and participate in Food Day activities. Margaret Mary Health (MMH) provided administrative support (copying and supplies). A MMH representative communicated with all of the partners to assure the timeline was being met.

- **April** - partners meeting, curriculum ideas developed for teachers
- **May** - farmer selected
- **Mid-July** - turnips planted by farmer
- **August** - turnips planted in containers by students with help of farmer
- **August** - email to teachers describing program
- **August** - food service staff determine which recipes to sample. Staff prepared recipes for tasting.
- **Sept** - Hold tasting. Students vote on their favorite recipe. Farmer and or chef visit school.
- **Mid-October** - Harvest turnips from school gardens
- **October 21 & 28** - Food Day activities at Batesville Intermediate School
- **October 21 & 28** - Food Day activities at Batesville Primary School



Where to find Indiana-grown squash

- ❑ Recruit a farmer to grow squash for you
- ❑ Grow summer and winter squash in your school garden
- ❑ Ask your produce distributor if they will have summer and winter squash in October—most of them substitute local squash when it is in season.
- ❑ Purchase from a food hub
 - [Hoosier Harvest Market](#)
 - [This Old Farm](#)
- ❑ Farmers markets and farm stands





FOOD DAY IN THE SCHOOL GARDEN

Order Seeds Now!

For more information and to order your 2016 Food Day Squash seeds, please use the link below.

https://purdue.qualtrics.com/SE/?SID=SV_brbHbV6e1IYKHjv

If you have any questions or problems with the seed order link contact:

Ginny Roberts

Urban Garden Program

Purdue University Cooperative Extension Service

Marion County Office , Indiana State Fairgrounds

Discovery Hall, Ste 201

1202 E 38th St, Indianapolis, IN 46205

Office: 317-275-9284

vrr robert@purdue.edu



Sign- up to receive timely “Garden Tips from Ginny”

Send Ginny an email
and ask to be added to her school garden contact list

vrrobert@purdue.edu



Short videos with growing information for summer and winter squash

Coming soon...

Sign up to receive short videos with growing information
for summer and winter squash

vrrobert@purdue.edu





How to grow zucchini (bush variety)

Summer squash does everything but plant itself! If you're looking for a vegetable that's easy to grow and produces huge yields, you can't beat summer squash.

Earliest outdoor planting: Squash like warm soil and are sensitive to frost so don't be in a rush to plant early. Wait until the danger of frost has passed and soil has warmed to 70 ° F at the 2 inch depth. Seeds will rot in cool, wet soil.

Find the perfect planting location: Choose a site with full sun (6-10 hours per day) and loose well drained soil with a pH of 5.8–6.8.

Planting seeds: It's best to plant zucchini seeds directly into your garden. Plant 3 seeds every 12 inches (thin to one plant), ½ to 1 inch deep in rows 4 to 5 feet apart.

Watering: Adequate soil moisture is very important, especially during flowering and fruit development. Soil should remain moist, drying slightly between watering, but it should never be allowed to dry completely, nor should it remain too soggy. Avoid overhead watering. Keep the leaves dry to prevent mildew.

Maintenance: Weed weekly; keep vines trained

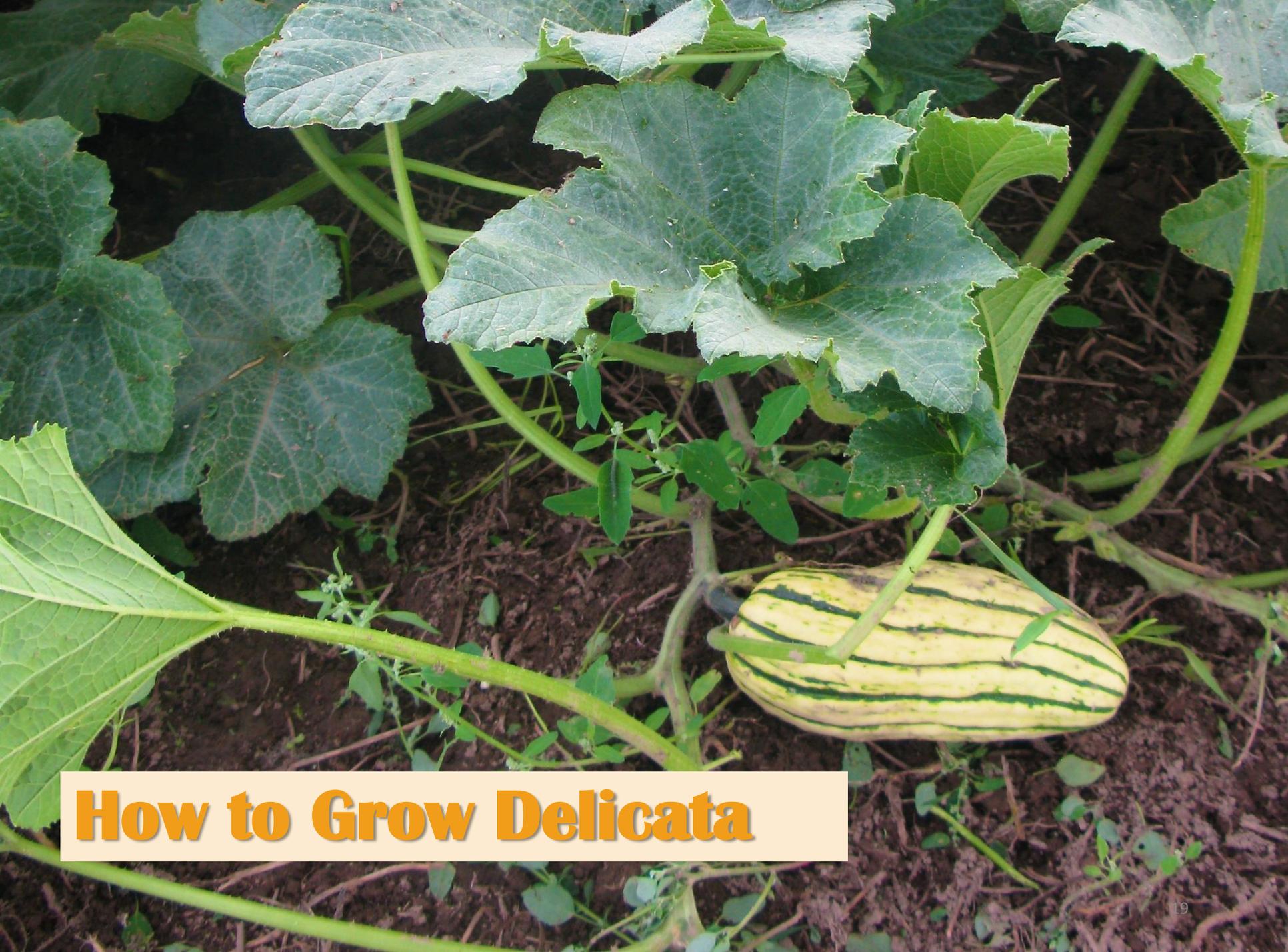
Days to maturity: 49 days

Harvesting:

- Harvest with a field knife. Wear clean cotton gloves.
- Check your squash as soon as you notice it blooming. Squash grows very fast and some squash are ready to pick a few days after they bloom.
- Harvest as soon as the blossoms wilt and the zucchini are about 6-9 inches long and about 2 inches in diameter. Harvest every other day.
- Remove the squash by cutting them from the vine with a sharp knife. squash have very thin skin and bruise easily, so handle them gently. Wearing gloves is advisable, as the stalks may scratch or irritate your hands. Do not cut the main vine or leaf stems.
- Wipe squash with glove to remove dirt and remove blossom if still attached.

Storage: Keep unwashed zucchini for up to one week at room temperature or four days in the refrigerator.

Did you know squash blossoms are edible?



How to Grow Delicata

Delicata squash tastes similar to a sweet potato, but is much easier to grow!



Earliest outdoor planting: Squash like warm soil and are sensitive to frost so don't be in a rush to plant early. Wait until the danger of frost has passed and soil has warmed to 70 ° F. Seeds will rot in cool, wet soil.

Find the perfect planting location: Choose a site with full sun (6-10 hours per day) and loose well drained soil with a pH of 5.8–6.8.

Planting seeds: Its best to plant delicata seeds directly into your garden. Plant 2 seeds every 18-24 inches apart, ½ to 1 inches deep Cover with 1 inch of fine soil. Firm lightly and keep evenly moist. Seedlings emerge in 10-14 days. Thin to one plant when seedlings have two sets of leaves.

Watering: Keep soil moist.

Maintenance: Weed weekly. Keep vines trained up a vertical frame.

Days to maturity: 100 days

Harvest: Harvest after the first light frost, which will kill the leaves and vines, and after the main vine wilts, but before a very hard frost.

- Cut the squash from the vine leaving as long a stem as possible, at least 2 inches. Then set squash out to cure in the sun for a few days, protecting it at night when frost is in the forecast.

Storage: Store winter squash in a cool dry place at 50 ° F to 60 ° F. Delicatas can be eaten right out of the field after harvest and will keep up to 4 months in storage.

To learn how to trellis, [click here](#)





Delicata can be grown on a trellis if garden space is limited.

Garden Activities

- ❑ **Plant a pollinator garden**

Vegetables such as summer and winter squash, cucumbers, melons, peas, beans and tomatoes require pollinators to transfer pollen within flowers or between flowers. Plant these so students can observe the connection between pollinators and the foods we eat.
- ❑ **Create a “three sisters garden”**

Native peoples from different parts of North America have used a wide range of agricultural techniques. Perhaps the best known is the inter planting of corn, beans, and squash together in a trio often referred to as the “three sisters.”
- ❑ **Click here for more garden activities** [Classroom Connections - Summer Squash](#)
- ❑ [WE Garden](#) Enjoy lessons based on fruits, vegetables and gardening that meet various California Content Standards (grades 1-6).



Can food grown in school gardens be served in the cafeteria?

YES! Food service directors use school garden produce in the cafeteria every day.

- For more information on procuring from school gardens and using school food service funds to support garden activities, check out this NEW USDA fact sheet: [School Gardens: Using Gardens to Grow Healthy Habits in Cafeterias, Classrooms, and Communities](#)





FOOD DAY IN THE CAFETERIA

Promoting Summer Squash on FOOD DAY

- ❑ **Feature Summer Squash in your cafeteria using one or more of the following ideas.**
 - ✓ As students come through the serving line, point out the Summer Squash dishes. Offer praise and encouragement to students who take the vegetable dish.
 - ✓ Invite a gardener or farmer to lunch.
 - ✓ Survey students—Ask students how to prepare vegetables to appeal to students



Promoting Winter Squash on FOOD DAY

- ❑ **Feature Winter Squash in your cafeteria using one or more of the following ideas. Kids are more likely to try a food that you promote.**
 - ✓ Try a new recipe
 - ✓ Set up a winter squash display in the cafeteria
 - ✓ Pumpkin math
 - ✓ Introduce your students to a chef
 - ✓ Open house or harvest celebration



Where can you find local squash in the month of October?



Food Buying Guide: How much do you really need?



- [USDA Food Buying Guide](#)
- **Summer Squash**
 - Zucchini [Vegetables by Subgroup - Other](#)
 - see page 29-30
- **Winter Squash**
 - Delicata [Vegetables by Subgroup - Red/Orange](#)
 - See pages 5-6



Will your FOOD DAY purchase qualify for the Micro Purchase Method?

Use it when:

- The aggregate value of your purchase FALLS BELOW MICRO PURCHASE THRESHOLD OF \$3,500

Micro purchases enable schools to:

- Purchase supplies or services without soliciting competitive quotations if the school considers the price reasonable

When using the micro purchase option, schools must:

- Distribute micro-purchases equitably among qualified suppliers
- Develop written specifications and required terms, conditions and contract provisions
- Document all purchases



Procurement Methods: Formal, Informal, & Micro Purchase



Procurement Guide

- Click on link for a copy of [Procuring Local Foods for Child Nutrition Programs](#)
- Want a hardcopy of this guide?
Email Maggie
(mschabel@doe.in.gov) to
request your copy today



Plan a Bicentennial menu featuring squash, corn and hogs

- ❑ Did you know that in the 19th century, travelers to the future state of Indiana would have found squash and corn in abundance in Native American gardens and fields?
 - Many of the tribes in Indiana were great farmers, planting acres of corn, beans and squash along with other crops.
- ❑ The hogs came along later and became an integral part of the Hoosier diet.
- ❑ Bicentennial Resources
<http://www.doe.in.gov/bicentennial>



INDIANA PORK



Celebrate Indiana's Bicentennial with a Special Menu



Menu

Indian Corn Muffins

Slow Cooked Pulled Pork

Winter Squash and Maple Syrup

Best Green Beans Ever

Apple Compote

Milk



Squash Recipes

Coming Soon...



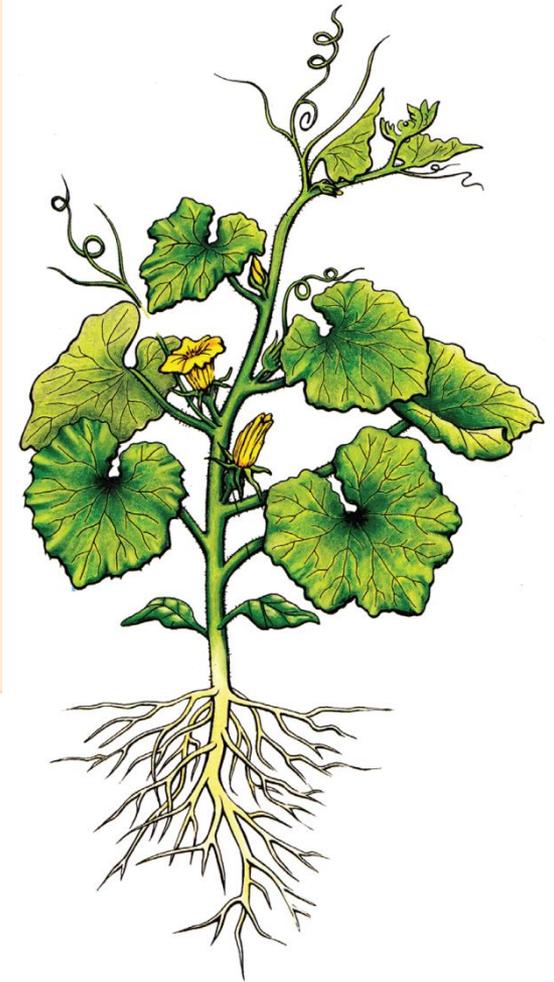
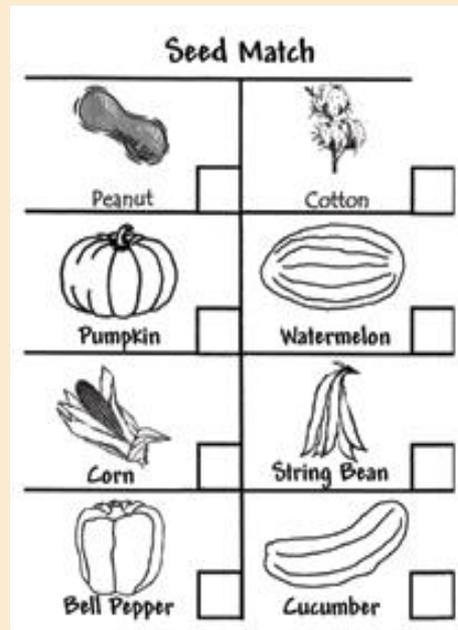
Visit FoodLink

- ❑ Visit Purdue Extension's FOODLINK [Website](#) for food and cooking information for summer and winter squash: Click on link below:

Purdue Extension

FoodLinkSM





FOOD DAY IN THE CLASSROOM

Literature Links

Elementary

Sophie's Squash

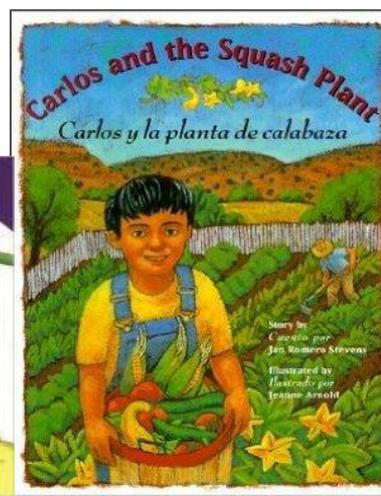
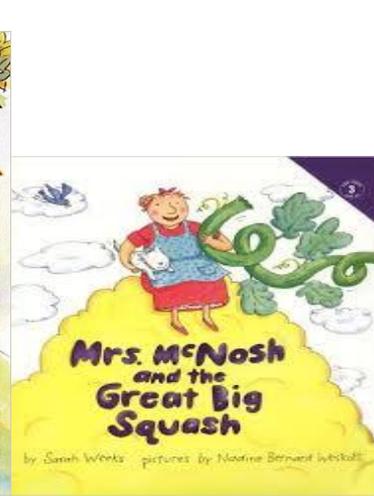
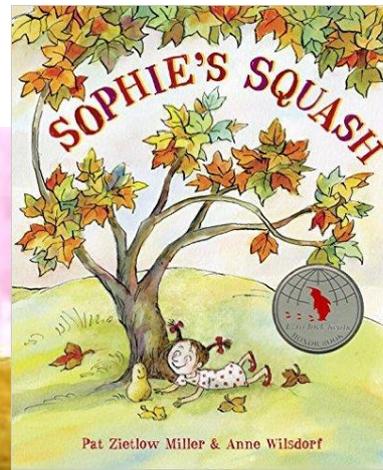
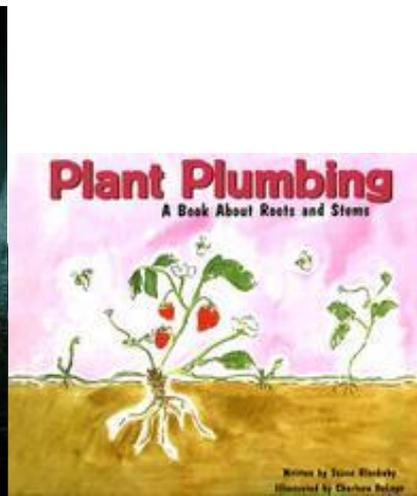
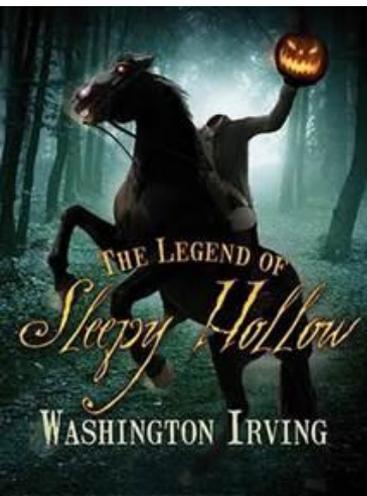
Carlos and the Squash Plant (bilingual)

Plant Plumbing: A Book About Roots and Stems

Mrs. McNosh and the Great Big Squash

Secondary

The Legend of Sleepy Hollow



Ideas for the Classroom

- **Science** -- Classification "Oh my Gosh, That's Squash?" -- Share different kinds of vegetables...students classify them as squash/not squash...what classifies it as squash? Could also extend to classify winter vs summer squash.
- **Math** -- "Squash it" -- Have numbers on squashes laid out in front of students...give a number, and kids have to squash (Hit, pick up) the numbers that are multiples of that number...or is the answer to some type of math problem. measurement of a squash....weighing it, finding the circumference, estimating # of seeds (depends on the type of squash, right), measuring the length!
- **L. Arts** -- Sherlock Squash Mystery Story -- Write a mystery where Ms. Deli Cata Squash (or other character) solves a mystery. Students can decorate a squash (Mr. Potato Head style) to resemble a character in their story. Another idea is to decorate a squash as a book character. Write clues to who your character is, and students have to solve the mystery of who the book character is.
- **S. Studies** -- Discover the origins of squash...research and map the regions/continents it is grown in...interesting facts/history of squash.



Fun Facts about Summer Squash



- ❑ Squashes are one of the oldest known crops--10,000 years by some estimates of sites in Mexico
- ❑ Virtually, the entire squash plant is edible
- ❑ The leaves, tendrils, shoots, stems, flowers, seeds, and fruit can be eaten
- ❑ Presidents Washington and Jefferson both grew squashes in their gardens
- ❑ Squash belongs to the curcubit family that includes pumpkins, melons and zucchinis
- ❑ Summer squash differs from the winter squash by being more tender and having a thinner rind
- ❑ This skin should not be discarded because it contains many valuable nutrients
- ❑ You will find summer squash in all shades of yellow and green, in shapes that vary from the bulbous-ended crook-neck to the slender straight zucchini
- ❑ How did the squash get its name? "Squash" comes from the Narragansett Native American word askutasquash, which means "eaten raw or uncooked"



Fun Facts about Winter Squash



- ❑ The name “delicata” refers to the delicate skin of the squash. It can be stored in a cool dry place for up to 3 months
- ❑ Referred to as the “Peanut” squash because of the shape
- ❑ Also known as Bohemian squash and Sweet Potato squash
- ❑ Seeds from winter squash make a great snack food, just like pumpkin seeds
- ❑ The skin is edible when cooked – no need to peel
- ❑ The pigments that give squashes their deep yellow and orange colors may help to protect humans against some forms of cancer
- ❑ There are around 35 varieties of winter squash
- ❑ Squashes are one of the oldest known crops--10,000 years by some estimates of sites in Mexico
- ❑ For pie, Pilgrims first hollowed out a pumpkin, filled it with apples, sugar, spices and milk, then put the stem back on and baked
- ❑ Presidents Washington and Jefferson grew squash in their gardens.



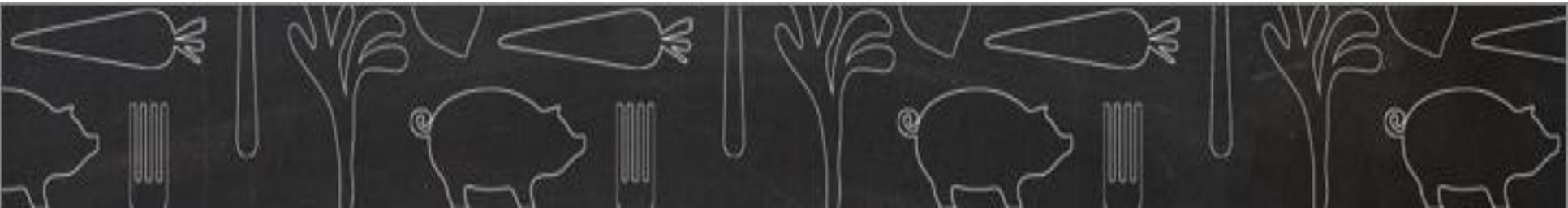
Our Favorite Classroom Resources

- ❑ Learn more about squash at Food Link (Purdue Extension) [Summer Squash](#)
- ❑ Find additional resources at Oregon Harvest for Schools, [Summer Squash](#)
- ❑ Summer Squash Coloring Page [English Spanish](#)
- ❑ California Harvest of the Month [Download free monthly elements](#): including Educator Newsletters, Family Newsletters, Community Newsletters, and Menu Slicks. All items were updated in 2010 and 2011 and contain current nutrition information and USDA-approved content.
- ❑ <http://swampyacresfarm.com/RandomSquashFacts.html>



Our Favorite Classroom Resources

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- ❑ Winter Squash Coloring Page [English](#) [Spanish](#)
- ❑ [Activity Sheets](#) (California Harvest of the Month). 36 pages of winter squash activities for grades K-5)
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Register Your Event

Connect your activities to Twitter and Facebook

- Use the Food DAY Website to register your event
- Share your photos, videos, and event highlights after FOOD DAY
- Connect your activities to :

FOOD DAY on Twitter @ FoodDay2016 and on

Facebook @ www.facebook.com/FoodDayeatreal and

Facebook @ <https://www.facebook.com/pages/Indiana-Farm-to-School->

[Network/587300827955010](https://www.facebook.com/pages/Indiana-Farm-to-School-Network/587300827955010)



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