



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

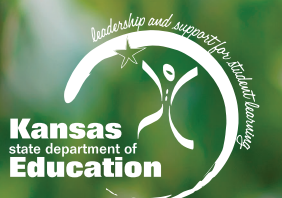
This institution is an equal opportunity provider.



Child Nutrition & Wellness
Kansas State Department of Education
Landon State Office Building
900 SW Jackson Street, Suite 251
Topeka, KS 66612
www.ksde.org | www.kn-eat.org | 785-296-2276

FARM FRESH FRIDAYS

Look inside for menus and nutrition education activities.



PLANNING FARM FRESH FRIDAYS

Farm Fresh Fridays are a great way to start, or continue, incorporating local foods into Child Nutrition Programs (CNPs). This planning guide provides basic steps to promote Farm to Plate by featuring local farm products on Friday menus. It includes helpful resources, eight sample menus and activity ideas.

Discovering Local Foods

The definition of “local” is determined by the CNP sponsor. There is no requirement that local products be sourced within a certain distance. It may be helpful to know when and where foods are grown and raised near you to create a definition of “local.” K-State Research and Extension’s “Buying Guide for Kansas-Grown Fresh Fruits and Vegetables” provides fresh fruit and vegetable availability. For a Local Food Sourcing Guide with a list of producers in your area, contact Barb Depew at bdepew@ksde.org.

Planning Menus

Farm Fresh Friday menus can be created from scratch or by adjusting the current menu to incorporate local foods. Consider ways to substitute menu items with local food, but be sure to plan menus with product availability in mind. The goal is to highlight one local farm product on each Friday menu. Menu examples are included.

Purchasing

The United States Department of Agriculture (USDA) provides a guide, “Procuring Local Foods for Child Nutrition Programs,” which explains each step for purchasing local food. Kansas State Department of Education’s (KSDE) Child Nutrition and Wellness team has additional resources, such as the “Farm to School Informal Bid Document” and “Receipt of Donated Produce,” found at www.kn-eat.org, Farm to School.

Food Safety

Potentially hazardous foods, such as raw or cooked foods of animal origin, cooked foods of plant origin, cut melons, cut tomatoes and cut leafy greens, require time and temperature controls for food safety. To ensure safe food handling, CNP sponsors must keep a letter on file from each supplier/vendor stating that they have a Hazard Analysis Critical Control Point (HACCP) plan in place. A sample letter to request information from suppliers is available at www.kn-eat.org, Farm to School. Local meat and poultry products must be slaughtered and processed in a USDA or Kansas Department of Agriculture (KDA) inspected facility. To find a list of approved establishments, use the Meat, Poultry and Egg Product Inspection Directory.

Marketing

Market the Farm Fresh Friday menus to children, students, teachers, administrators and community members. The fun facts and activities can be used to provide nutrition education and physical activities related to farming for participants.

FARM FRESH FRIDAY

RESOURCES

This material was adapted by Kansas State Department of Education Child Nutrition & Wellness from the following sources:

- Building a Successful Farm to School/Preschool Model. Child Nutrition & Wellness, KSDE. https://www.kn-eat.org/F2S/F2S_Docs/Whats_New/Building_a_Successful_F2S_Model.pdf
- Buying Guide for Kansas-Grown Fresh Fruits and Vegetables. Kansas State University Research and Extension. <http://www.bookstore.ksre.ksu.edu/pubs/MF2647.pdf>
- ChooseMyPlate.gov. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. https://fns-prod.azureedge.net/sites/default/files/tn/myplateposter_bluemagenta.pdf
- Farm to Child Nutrition Programs Planning Guide. U.S. Department of Agriculture, Office of Community Food Systems. <https://fns-prod.azureedge.net/sites/default/files/f2s/FTS-Planning-Guide.pdf>
- Farm to School. Child Nutrition & Wellness, KSDE. https://www.kn-eat.org/F2S/F2S_Menus/F2S_Home.htm
- Farm to School-Guidance. Child Nutrition & Wellness, KSDE. https://www.kn-eat.org/F2S/F2S_Menus/F2S_Guidance.htm
- Farm to School Sample Vendor Letter. Child Nutrition & Wellness, KSDE. https://www.kn-eat.org/F2S/F2S_Docs/Guidance/Farm_to_School_Sample_Vendor_Letter.docx
- Farm Yoga and Movements. Pink Oatmeal. <https://www.pinkoatmeal.com/farm-yoga/>
- Flashcards. Kids’ Pages. <https://kids-pages.com/flashcards.htm>
- From Farm to Table. Kiz Club. <http://kizclub.com/Topics/food/farmtotable.pdf>
- Kansas Fruit & Veggie Quick Facts. Child Nutrition & Wellness, KSDE. https://www.kn-eat.org/SNP/SNP_Docs/SNP_Guidance/FS_Facts_PDF_Forms/Chptr_32_Kansas_Fruits_and_Veggies_Facts.pdf
- Meat, Poultry, and Egg Product Inspection Directory. U.S. Department of Agriculture, Food Safety and Inspection Service. <https://www.fsis.usda.gov/wps/portal/fsis/topics/inspection/mpi-directory>
- Milk on the Mooove. The Dairy Alliance. <http://thedairyalliance.com/wp-content/uploads/2018/06/Milk-on-the-Mooove-Flyer.pdf>
- MyPlate, MyWins: Make It Yours. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/mini_poster.pdf
- Printable Materials. United States Department of Agriculture. <https://www.choosemyplate.gov/printable-materials>
- Procuring Local Foods for Child Nutrition Programs. United States Department of Agriculture. <https://fns-prod.azureedge.net/sites/default/files/f2s/ProcureLocalFoodsCNPGuide.pdf>
- Summer Food, Summer Moves. Child Nutrition & Wellness, KSDE.
- The USDA Farm to School Planning Toolkit. U.S. Department of Agriculture, Food and Nutrition Service. <https://fns-prod.azureedge.net/sites/default/files/f2s/F2S-Planning-Kit.pdf>

Menu

Turkey & cheese on whole grain bread
 Steamed broccoli
Fresh peach halves
 Milk

Seasonality
 Peaches are available fresh in Kansas from July to September.

Fun Facts

- Peaches are a good source of vitamin C.
- There are more than 700 varieties of peaches.
- Peaches are the third most popular fruit grown in America.
- Peaches are part of a group called stone fruits because of the hard, inedible pit in the middle.

Activity

Build Your Own Farm Fresh Picnic

1. Print and cut out pictures of farm grown foods from each food group (example: whole-wheat bread, eggs, cucumbers, strawberries and milk).
2. Food pictures can be found on (<https://kids-pages.com/flashcards.htm>) by clicking on food, fruits and vegetables links.
3. Have enough pictures so each child gets one of each from the different food groups.
4. Review the food groups using MyPlate (https://fns-prod.azureedge.net/sites/default/files/tn/myplateposter_bluemagenta.pdf).
5. Scatter the pictures of food on a table.
6. Give each child a "picnic basket" (brown paper bag).
7. Instruct the children to fill their "basket" with one food item from each good group.

Menu

Spaghetti with meat sauce
Fresh lettuce salad
 Cantaloupe wedges
 Milk

Seasonality
 Lettuce is available fresh in Kansas in June, September and October.

Fun Facts

- Lettuce is a great source of vitamin A, folate and vitamin K.
- Darker lettuce leaves contain more nutrients.
- Lettuce is a vegetable which grows as plant leaves.
- Lettuce is the second most popular fresh vegetable in the United States.

Activity

Farmer's Market Scavenger Hunt

Teach children about food groups using MyPlate, MyWins handout (https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/mini_poster.pdf), print enough for each child to have one.

1. Ask the children to go to their local farmer's market with their parents and find a food from each food group.
2. Have the children/parents write down the food and the food group it belongs to.
3. Children that bring their completed list back the next week can receive a prize.

Menu

Ham & cheese wrap

Sugar snap peas

Fresh plum

Milk

Fun Facts

- Milk contains 9 important vitamins and minerals, as well as protein.
- Milk helps to build strong bones and muscles.
- Milk comes from dairy cows, on average one cow produces 100 glasses of milk a day.
- Milk can be made into many types of food, including yogurt and cheese

Activity

Farmer Says

This game follows the rules of Simon Says. One person/child will be the farmer and will say "Farmer Says, _____." The rest of the children will then do the motion of the command the farmer says. If the farmer does not say "Farmer Says" before the command and the children still do the motion, they are out of the game and should sit down. Prizes can be awarded to winners. Below is a list of command examples.

Water the Plants: Children use arms as garden hoses, waving them around to "water plants."

Milk the Cow: Children reach arms in front of them while squatting then alternate squeezing hands to "milk cow."

Pick the Fruit: Children should reach up as high as possible to "pick fruit" from "tall trees."

Plant the Seed: Children should reach down in front of their toes to "plant seeds."

Drive the Tractor: Children hold arms out like they are driving an imaginary tractor while walking around the room.

Act like a Chicken: Children place hands behind their back to make "wings" out of their arms and bob their heads like a "chicken."

Menu

Fresh beef hamburger on whole grain bun

Cucumbers & tomatoes

Apple slices

Milk

Fun Facts

- Beef is a great source of protein, zinc and vitamin B12.
- Cattle produce about 25 billion pounds of meat every year.
- Cows do not eat meat. They are fed vegetarian diets.
- Around 25 percent of the world's beef supply is produced in the US.

Activity

Farm Animal Yoga

Create a large enough space for each child to have adequate space to do yoga poses

Have someone lead the yoga session and explain to the children how each pose is done. Have the children hold/do the pose for 30 to 60 seconds. Below is a list of poses with the farm animal they relate to:

Cat Pose (Cow): Have children get on their hands and knees, then moo like a cow.

Happy Baby Pose (Pig): Have children lay on their backs and hold their toes with their hands, rock back and forth like a pig in the mud.

Downward Dog Pose (Dog): Have children squat down, put their hands on the ground out in front of them, and then straighten their legs (barking can be added).

Chair Pose (Rabbit): Have children pretend they are sitting in a chair then hop back up to standing and repeat.

Gallop (Horse): Have children gallop around the room.

Donkey Kicks (Donkey): Have children be on their hands and knees then take turns kicking each leg up.

Duck Walk (Duck): Have children walk around with their knees together to waddle like a duck.

Chick Pose (Chick): Have children put their hands under their armpits and flap their arms like wings.

Menu

Chicken nuggets
Sweet corn on the cob
 Grapes
 Whole grain roll
 Milk

● **Seasonality**
 Sweet corn is available fresh in Kansas from July to September.

Fun Facts

- Sweet corn is a good source of fiber and vitamin C.
- Sweet corn will always have an even number of rows on each cob.
- On average, one ear has about 800 kernels in 16 rows.
- Sweet corn is grown within the "Corn Belt" in the US where growing conditions are ideal; it includes Kansas and 11 other states in the Midwest.

Activity

Local Farmer Guest Speaker

Invite a local farmer to talk about the process of growing crops.

Farm to Table Matching Game

1. Print out farm to table matching game (<http://kizclub.com/Topics/food/farmtotable.pdf>), enough for each child to have one.
2. Have children cut out pictures on the bottom half of the paper and match to the correct picture on the top half of the paper.
3. Children can color their pictures once farm sources have been correctly matched with the farm product.

Menu

Grilled chicken on whole grain bun
Fresh carrot sticks
 Strawberries
 Milk

● **Seasonality**
 Carrots are available fresh in Kansas from June to October.

Fun Facts

- Carrots are a great source of vitamin A, vitamin C and vitamin K.
- Carrots are taproots, which is a type of root that grows downward in the soil, so when you eat a carrot, you are actually eating the root.
- Carrots were originally purple. Orange carrots were developed in Holland in honor of William of Orange.
- Carrots also come in white, yellow and red.
- Carrots contain more sugar than any other vegetable, except for the beet.
- Carrots can turn your skin a yellowish-orange color if you eat too much.

Activity

Guess the Root

1. Place a carrot, turnip and a beet (all with stems still attached) into a bucket filled with soil so that only the stem is sticking out and the vegetable cannot be seen.
2. Have kids try to guess what the vegetable is before digging it up.
3. Teach the kids that the vegetable we eat is the root.

Menu

Taco meat with lettuce & tomatoes

Corn or flour tortillas

Sliced bell peppers

Diced pears

Milk

Fun Facts

- Wheat is whole-grain, and can be a rich source of antioxidants, vitamins, minerals and fibers.
- Wheat is harvested with combines.
- Wheat was first gathered and eaten by humans more than 17,000 years ago.
- Wheat is grown in 42 states, with Kansas being one of the largest producers.
- Wheat is made into flour through a process called milling.
- Corn is considered a grain if it is harvested when the kernel is dry.
- Corn can be made into cornmeal by grinding up dried corn.
- Corn products are whole-grain when the whole corn kernel is used.

Activity

Combine Tag

1. Select one or two children to be "combines." They will be chasing the other children.
2. All the other children will act as wheat blowing in the wind.
3. When the combines yell "harvest," the wheat begins to blow (run) and the combines chase them.
4. When the wheat is harvested (tagged by the combine), they go to a designated "bin" area.
5. Continue until all the wheat is harvested (all children have been tagged out).

Menu

BBQ pork on whole grain bun

Green beans

Fresh watermelon

Milk

● **Seasonality**
Watermelon is available fresh in Kansas from July to September.

Fun Facts

- Watermelon is a great source of vitamin A and vitamin C.
- Watermelon grows on vines along the ground, a single vine can grow more than 50 feet long.
- Rinds were used to carry water many years ago, before the invention of canteens.
- Watermelon gets its name because it is made up of about 91 percent water.

Activity

MyPlate Relay Race

1. Print out pictures of various farm-fresh foods from the different food groups (enough for each child to have one picture). Add sticky tack to the back of each picture.
2. Food pictures can be found on (<https://kids-pages.com/flashcards.htm>) by clicking on food, fruits and vegetables links.
3. Draw a large MyPlate poster to hang on one side of an open room.
4. Divide the children into two (or more) groups and hand each child a food picture.
5. Create a starting line on the opposite side of the room from the MyPlate poster.
6. Instruct the children to line up behind the starting line. They will then run, one at a time, to the MyPlate poster and stick their picture to the correct food group.
7. The next child in line must wait until the person in front of them has crossed the starting line before they can go.
8. The team that finishes placing each picture in the correct food group first wins!