

California Farm to School Conference

Intention Setting for Farm to School Programs

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CALIFORNIA FOOD
FOR CALIFORNIA KIDS®





CALIFORNIA FOOD FOR CALIFORNIA KIDS®

California Food for California Kids is an initiative of the Center for Ecoliteracy





CALIFORNIA
THURSDAYS®





PEEL

Oranges are high in Vitamin C, an antioxidant that is necessary for a healthy immune system. They are also rich in beta-carotene, which gives them their bright color, and helps you maintain healthy eyes, skin, and hair. So peel a California orange and enjoy!

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BITE

Radishes are rich in Vitamin C, folic acid, and potassium. They are also high in fiber and low in calories. So bite into a California radish and enjoy!



CENTER FOR SUSTAINABILITY CALIFORNIA FOOD FOR CALIFORNIANS




LOVE

Strawberries are rich in Vitamin C. They are a good source of potassium, folate, and fiber. Naturally low in sugar, a one-cup serving of strawberries has only 45 calories. So love some California strawberries today!

CENTER FOR SUSTAINABILITY CALIFORNIA FOOD FOR CALIFORNIANS

PICK

One medium tomato contains 40 percent of the recommended daily allowance of Vitamin C and 20 percent of Vitamin A, as well as other nutrients, including niacin and folate. So pick a California tomato and enjoy it today!



CENTER FOR SUSTAINABILITY CALIFORNIA FOOD FOR CALIFORNIANS

GRAB

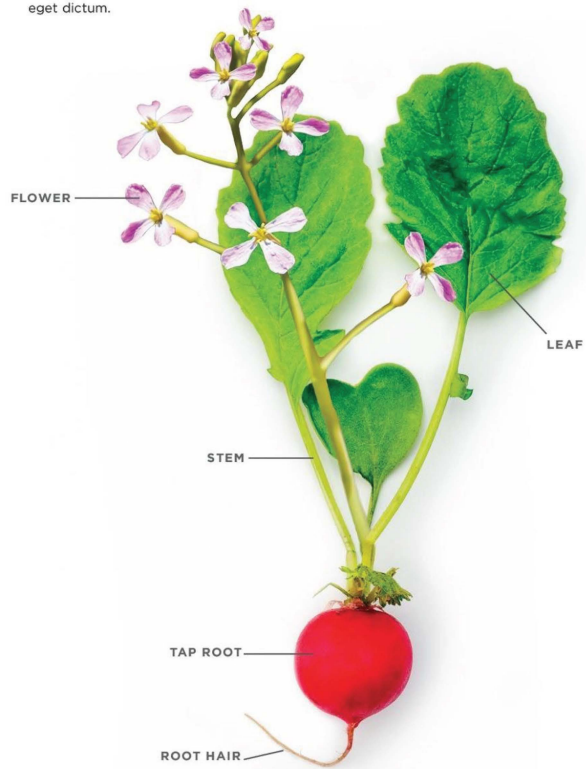
Grapes are a good source of vitamins C, K, and antioxidants. So grab some California grapes and enjoy!



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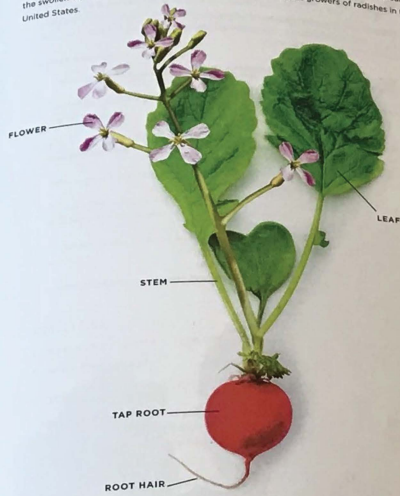
ABOUT RADISHES

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Morbi orci eros, scelerisque in elementum nec, aliquam eu purus. Quisque vitae fermentum ante. Mauris posuere a justo eget dictum.



ABOUT RADISHES

A radish is a vegetable with a peppery flavor, popular all over the world. The part we eat is the swollen tap root of the plant. California is one of the biggest growers of radishes in the United States.



NOURISHING STUDENTS

CENTER FOR ECOLITERACY
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WWW.ECOLITERACY.ORG





Eating.
Learning.
Growing.



What does
Farm to School
mean to you?

intention setting

EATING













What is one way you can support students in **eating** more local produce?

LEARNING



Manzano Jane...

**We'll begin at
2:30pm**

SDUSD FOOD & NUTRITION
FARM TO SCHOOL

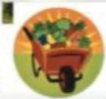
Harvest of the Month VIRTUAL Tasting

Since we can't bring taste tests to our students in the school cafeterias, we're doing them VIRTUALLY. We'll talk about the benefits of this month's special fruit, the local farmers who grow it, and an at-home activity or recipe!

Grab a golden kiwi from your nearest meal site on Wednesday then, TUNE IN on **Wednesday, Jan 20 at 2:30pm**
We'll be on Facebook LIVE
or Zoom (Meeting ID: 987 2797 3870)



Healthy food.
Successful students.
Food & Nutrition Services



Harvest
of the
Month





Stir Fry Day

RECIPE



Ingredients Serving Size 4

- 1 Box Rice noodles
- 2 medium Bell peppers
- 1 cup Broccoli
- 1 cup Mushrooms
- 3 Green onion
- 6-8 cloves Garlic
- 3-4 tsp Soy Sauce
- 8 oz extra firm Tofu
- 1 Lime
- 1-2 tsp Oil of choice

Optional:

- 1-2 tbsp Ginger
- Cilantro
- Chili for spice
- 1 cup Fresh or frozen peas
- Additional protein



Recipe Instructions

(Please complete **Step 1** BEFORE joining the cooking event at 5:00)

Step 1:

Wash all produce. Evenly dice the peppers, broccoli, mushrooms, and tofu into small pieces.

Step 2:

Bring a pot of water to a boil. Add rice noodles and cook at a low boil for 3-4 minutes (until firm but cooked). Alternatively, you can soak the rice noodles in a bowl of very hot water for about 8-10 minutes or until cooked.

Step 3:

Meanwhile, add a small amount of oil (I use toasted sesame oil) to a large pan over medium-high heat. First add the broccoli and mushrooms, and cook for a few minutes until the mushrooms have released all of their liquid. Next add the bell peppers, peas, garlic, ginger, and tofu, and cook for an additional few minutes.

Step 4:

Season the vegetables generously with soy sauce, lime juice, ginger and garlic powder, and chili for spice.

Step 5:

Add noodles to the vegetable mix and turn off the heat. Mix to combine, taste, and then add and adjust seasonings as desired.

Step 6:

Plate the noodles and garnish with chopped green onions and cilantro. Squeeze with fresh lime juice and drizzle with soy sauce (optional). Enjoy with your loved ones! :)







What is one way you can support students in **learning** about where their food comes from and its impact on the environment?

GROWING









What is one way you can support students' hands-on experience of **growing** their own food?

partners + allies

closing + thank you

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