

Food and Nutrition Services

October 2013

News

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Missouri

Where Healthy Habits Take Root

In celebration of the National School Lunch Week, October 14-18, and Farm to School Month, DESE School Food Services (SFS) is focusing its October newsletter on great strides Missouri is making in incorporating local produce into its lunch program. In the great state of Missouri there are approximately 524 public school districts, 422 of which completed the USDA Farm to School Census. 124 districts representing approximately 797 individual schools with an estimated 339,795 children in attendance are bringing the farm to school.

To determine the prevalence of farm to school programs in the United States, USDA surveyed an estimated 13,000 public school districts.

EXPLORE MO SCHOOL DISTRICTS: SURVEY RESULTS

ARE YOU PARTICIPATING IN FARM TO SCHOOL ACTIVITIES?

29% said yes
They are engaged in farm to school activities

Farm to school programs exist throughout Missouri in school districts of all sizes –large and small, rural and urban alike.

Missouri schools invest in local communities with their food dollars

HOW MUCH OF YOUR TOTAL FOOD BUDGET GOES TOWARD LOCAL PURCHASES?



The Missouri school districts that bought local products in the 2011-2012 school year spent an estimated \$30,924,859 on school food, with \$4,554,924 of that directed locally. 58% of these districts say they will buy more local foods in the future.



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WHAT KINDS OF LOCAL PRODUCTS ARE YOU BUYING?	<p>19% said vegetables</p> <p>Followed by fruit at 17%;</p> <p>Fluid milk 7%; Baked goods 3% & Dairy Products, other than milk 3%</p>
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1 Apples	2 Tomatoes	3 Lettuce	4 Watermelons	5 Cucumbers
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Also making the grade are: **cantaloupe, peppers, squash, melons, and milk.**

School gardens are sprouting up all over Missouri



4% = **89**
Said Yes Edible School Gardens

In addition to buying local products and building school gardens, school districts in Missouri are **promoting locally produced foods at school in general (12%)**, **holding taste tests/demos of locally produced foods (12%)**, and **using cafeteria food coaches to encourage kids to eat healthy/local foods (7%)**.

If your public school district did not have a chance to complete the Census earlier this spring, USDA is accepting submissions until November 30th. Simply email Matt Benson at matthew.benson@fns.usda.gov. For some school districts that completed the survey, the information USDA has is incomplete. Contact Matt Benson to assist you in updating the information. Overall, the response rate for Missouri is 81%!

School Resources:



<http://www.fns.usda.gov/tn/Resources/gardendetector.html>



<http://health.mo.gov/living/wellness/nutrition/rainbowdayprojects/index.php>



<http://saladbars2schools.org/guidelines>



<http://mofarmtoschool.missouri.edu/>