**Family Engagement Project**

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Want to take your program to the next level? Are you seeing kids respond well to garden education? What if there were materials and guidelines available to better engage their families? Well, here’s your one-stop-shop to find resources available to you so your programming is more holistic! Please also listen to my webinar to understand how people who invented these resources are using them! You’ll find the webinar on the Oregon Department of Education’s [website](http://www.ode.state.or.us/search/results/?id=379)!

The following are a list of resources currently available to engage families in farm to school efforts, in no particular order.

Parent classes:

* [SNAP Ed](http://snap.nal.usda.gov/foodstamp/resource_finder_details.php%3Fid=398) for teen parents
* [Cooking Matters](http://cookingmatters.org/node/2220) in your community—curriculum
* Healthy Foods, Healthy Families [curriculum](http://www.farmfresh.org/markets/healthyfamilies.php)
* [Grow Healthy Kids](http://extension.oregonstate.edu/growhkc/) through Extension
* Expanded Food and Nutrition Education Program ([ENFEP](https://www2.ag.purdue.edu/programs/hhs/efnep/Pages/Resource-Curricula-Adult.aspx))

Tasting Tables Guidelines (see PDFs available on [Oregon Department of Education](http://www.ode.state.or.us/search/results/?id=379) website) (invite parents to taste during or after school or invite parents to distribute tastes):

* Montana FoodCorps guide for running lunchroom taste tests
* Vermont FEED Taste Test Guide
* How to do a tasting table from Willamette Farm and Food Coalition

Farm Field Trips (encourage parent chaperones or hold field trips during times when parents can come too):

* Green Mountain Farm to Schools’ [Farm Field Trip guide](http://www.greenmountainfarmtoschool.org/wp/wp-content/uploads/GMFTS-Farm-Field-Trip-Guide-20121.pdf) (with tips for teachers and farmers, including lesson plans)
* Appalachian Sustainable Agriculture Project’s [Farm Field Trip Guide](http://njsustainingfarms.rutgers.edu/agritourismwp/_pdf/Children_Farm_Field-Trips_Farmer-Teacher_Guide_NC.pdf) (with curriculum, farmer considerations, and more)
* Appalachian Sustainable Agriculture Project’s [Resource for Educational Farm Field Trips](http://growing-minds.org/the-hayride-a-resource-for-educational-farm-field-trips/) (including planning a field trip and focusing on curriculum).
* Community Alliance with Family Farmers’ (CAFF) [guide to field trips for farmers](http://caff.org/wp-content/uploads/2010/07/MakingtheFarmConnection.pdf) (including planning the visit, safety and group management, and evaluation)
* Vermont FEED’s [Guide](http://www.vtfeed.org/materials/guide-connecting-farms-schools-communities) for Connecting Farms to Schools and Communities (designed to help farmers, teachers, and others interested in how to use farms for education, and connect them to the community)
* Washington State University King County Extension Field Trip [Fact Sheet](http://food-hub.org/files/resources/FieldTripFactSht.pdf).
* Willamette Farm and Food Coalition’s [family field trips](http://www.lanefood.org/farmtoschool.php)
* And many more if you google “farm field trips”

Take-home activities:

* [Community Supported Agriculture](http://thefoodproject.org/community-supported-agriculture) (CSA) pick up locations at childcare facilities, run by the Food Project
* Portland Farmers Market [scavenger hunt](http://www.portlandfarmersmarket.org/index.php/programs-and-services/kids-cook-at-the-market/) (scroll to the bottom to download)
* CUESA farmers market [scavenger hunt](http://cuesa.org/sites/default/files/farmers_market_scavenger_hunt.pdf)
* Food and farming [word searches](http://www.gfb.org/programs/aic/kids.html) from Georgia Farm Bureau
* Center for Nutrition and Activity Promotion’s “Find your Farmer” activity for kids coming to farmers market for Harvest of the Month (example 9) (attached, called “halfsheet\_front\_strawberries;” “halfsheet\_back\_strawberries;” “teachers\_front\_strawberry;” “teachers\_back\_strawberry”)
* Portland Public Schools and People’s Food Co-op in Oregon, partnered to promote the Harvest of the Month, giving students a free fruit or vegetable when they came to the store to get their passport stamped. Page 45 in “[7 Centers Report”](http://www.ecotrust.org/media/7-Cents-Report_FINAL_110630.pdf) from Ecotrust.
* Farm to Family CSA cooking tips sheet from Wayne 4-H/CEFS (attached called EFNEP and Small farm produce box program)
* FoodCamp from Fayetteville Public Schools on how to roast veggies that kids take home from school (attached called FoodCamp roasting veggies)
* Garden lessons and [activities](http://www.sfdseedtotable.org/resources/) for school or at home, from Slow Food Denver
* [Pop Club](http://orcityfarmersmarket.com/pop-club/) at Oregon City farmers market is a concept spreading across the country. Veggie vouchers can be handed out at school to be redeemed at a local market as an incentive to bring students to their farmers market.

Tips for caregivers:

* [Smart Food Choices](http://njaes.rutgers.edu/pubs/publication.asp?pid=fs1057): Healthy meals and snacks for families
* SNAP-[Eat Right When Money’s Tight](http://snap.nal.usda.gov/resource-library/eat-right-when-moneys-tight)
* Celebrate Oregon Agriculture: [Video and written blog tips](http://www.katu.com/sponsored/celebrate-oregon-agriculture) on how to grow, find, prepare
* Montana FoodCorps’ guide for working in the school kitchens (attached)
* Montana Extension [highlights](http://www.msuextension.org/nutrition/) of their program areas (including nutrition education)

Bonus:

* National Farm to School’s Farm to Pre-school [guide on engaging families](mailto:http://www.farmtoschool.org/resources-main/training-template-farm-to-preschool-and-family-engagement) which includes field trips, family surveys, family dinners, family taste tests, cooking classes, physical activity, curriculum, and more.
* Montana FoodCorps’ Guide for Classroom to Cafeteria Connections (attached) which can involve caregivers
* Youth Farmers Market [guide](http://www.sfdseedtotable.org/programs/yfm/) from Denver Slow Food; parental support vital