



Farm To School Salad Bar

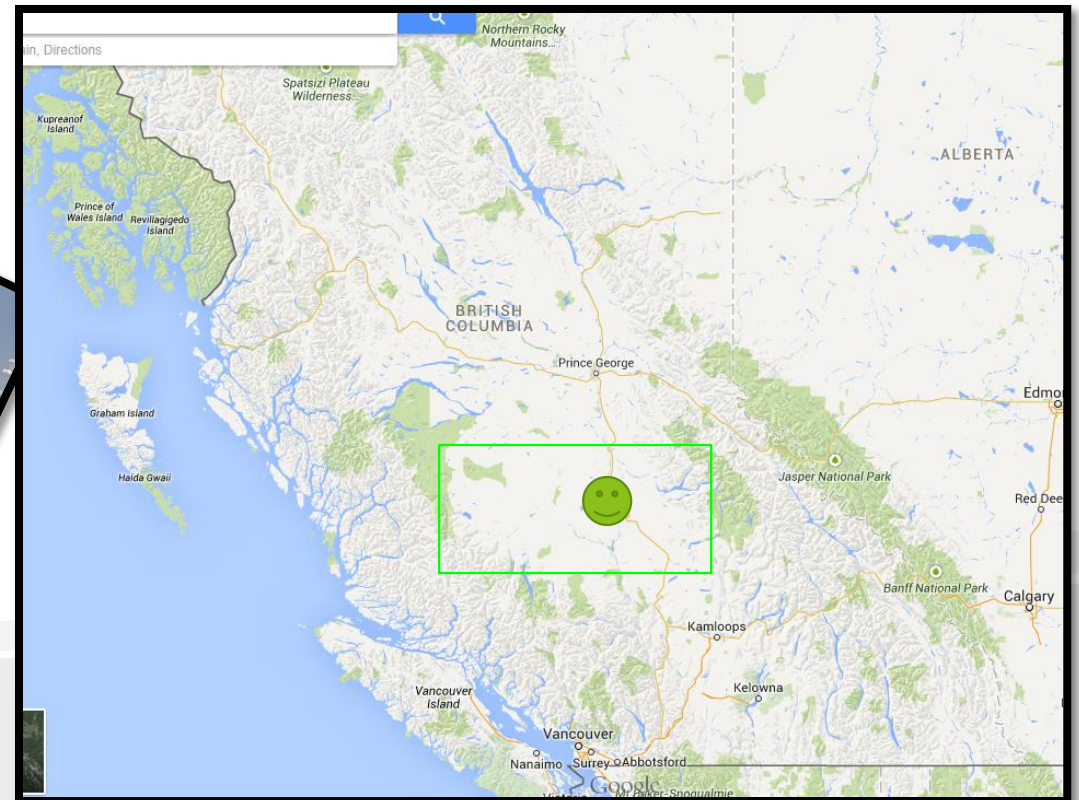
Mountview Elementary, Williams Lake, B.C.

December 3rd, 2014



Who are we?

- Mountview is a semi-rural school, about 5kms from the downtown core of Williams Lake. We currently have 165 student who come to us from a variety of demographic situations, as most schools have. We live in central BC in the Cariboo-Chilcotin, one of the largest geographical School Districts and areas in our Province. Our main sources of income are forestry, mining, cattle ranching and tourism. Some agriculture in terms of fruits and vegetables does exist as well. Due to our small size, Mountview has a strong “family” base. Our parents and our staff are very active and can be counted on to help in all areas of the school and community.



What are we looking at?

- What don't I know?
- What do I think I know?
- Where/How do I start?
- What about helpers?
- What about money?
- Is it sustainable?
- Is self-serve the best way?
- How about those portions?
- Where are my farmers?





All in a day's work!

A quick look at what our F2SSBar looks like.



F2SSBar prep starts around 8:30am.

Meet the Tuesday morning prep crew:

Kelly – Coordinator

Cynthia – Volunteer

Bonnie – Volunteer

Wendy – 2nd in command.



A friendly group in a very small space!

Students help set-up at 10:40am

Kay-Cee

Ariel

Cody

Sam

**4 crews of 4 students
to set-up and clean-
up on Tuesdays and
Thursdays.**



And here's where it all happens ...

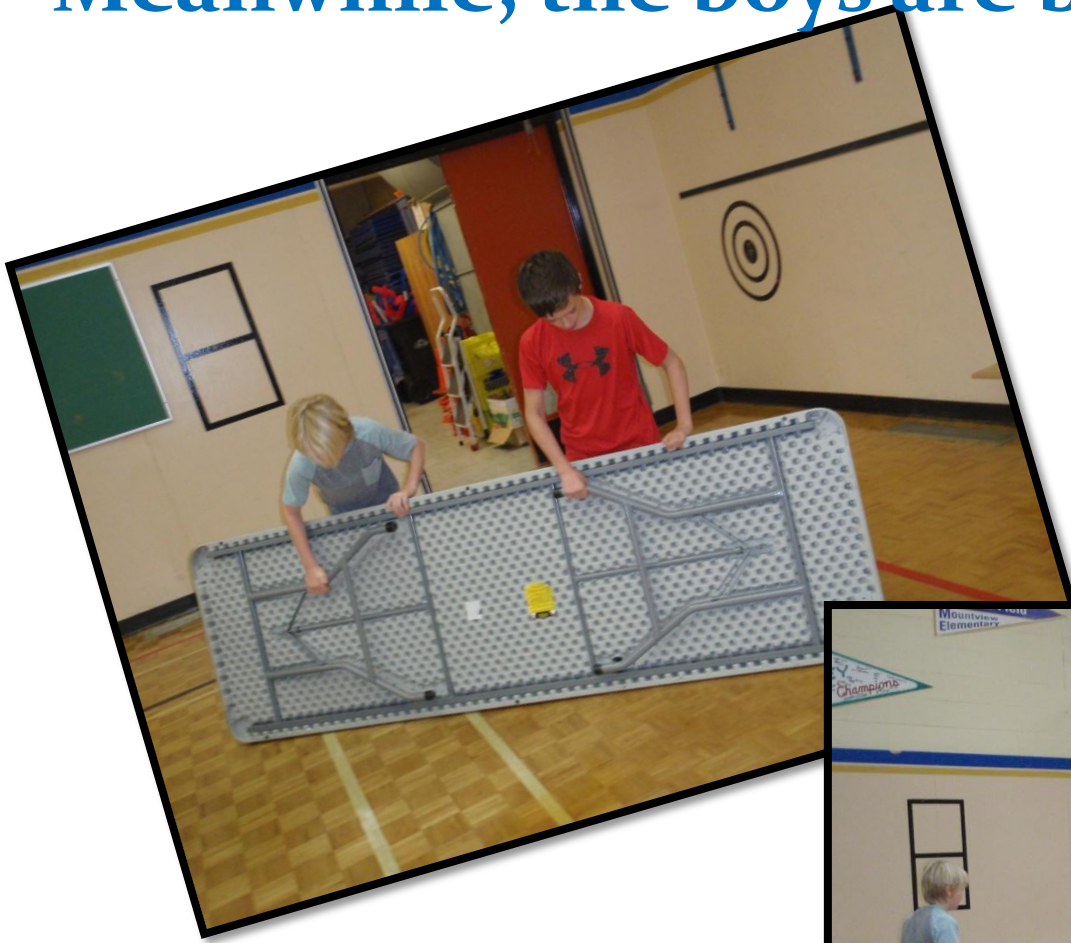
We use $\frac{1}{4}$ of our gymnasium. It used to be in an empty classroom but moved to gym 3 years ago.



The girls bring the salad bar units in and set them up



Meanwhile, the boys are bringing the tables in



Now we sanitize everything with vinegar



Sneeze guards

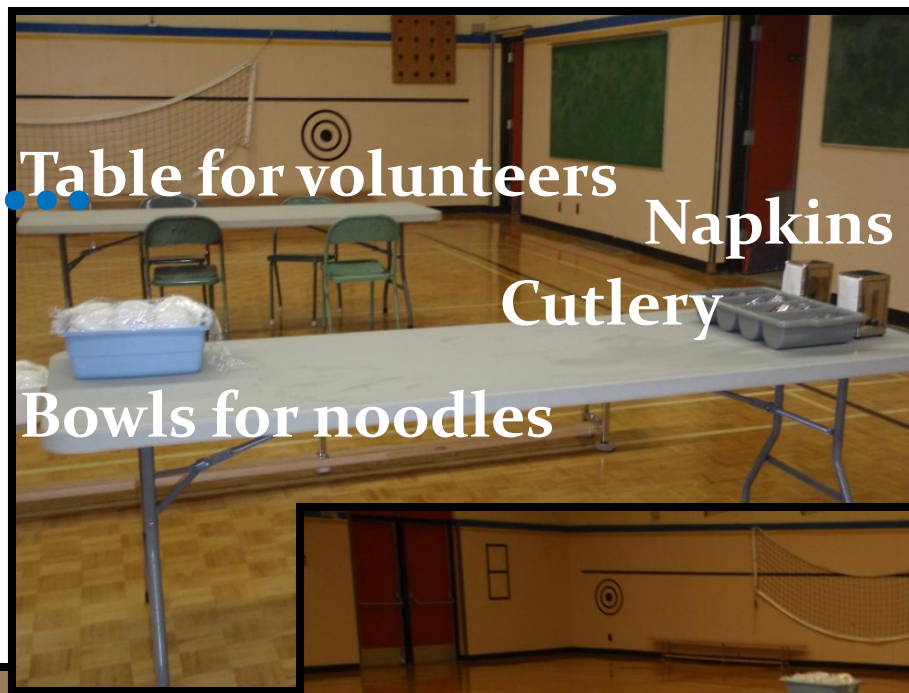


Slide rails

All table tops



A bit more prep





Still a bit more prep ...

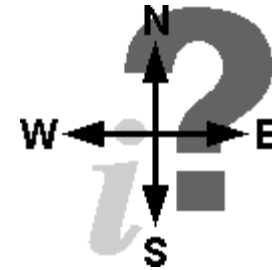
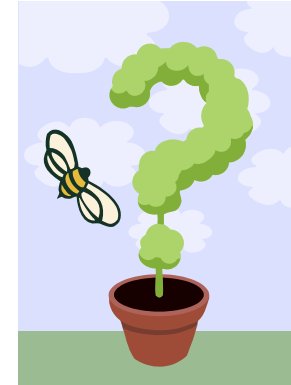
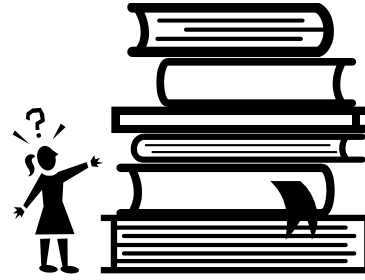


**Enter
the
food!**





Questions?



Kindies enter @ 11am ...



• Enter

• Sanitize

• Help yourself

• Stomach is as large as your fist

• **Take a little bit of everything but not a lot of anything!**



More Kindies more food ...

- Adults and older students are always there to help but never do the serving for the little ones
Even the Kindies can do it on their own!



What's on today's menu?

- Carrots, tomatoes, peppers, celery, asparagus
- Apples, banana, oranges
- Cottage cheese & Chinese noodles





All of the classes are through ...

11:00am



11:20am



K's to Grade 6's

11:20

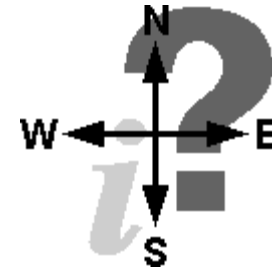
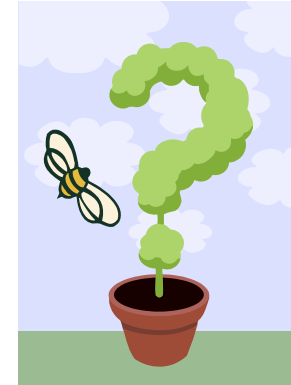
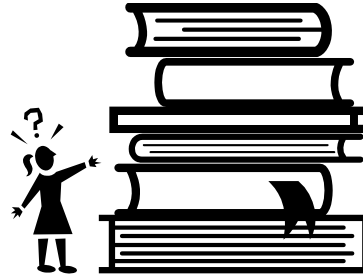
..... Time for a break

- Morning and afternoon crew together for lunch.
- Very important!
- About 150 meals in 15 – 20 minutes!
- Volunteers and their children do not pay for lunch.





Questions?



Lunch is over – let the cleaning begin ...

- Finley
- Parker
- Cleary
- Isabelle

At 12:00, right after lunch, the clean-up crew reports for duty. This takes about 15 minutes, but sometimes as long as 30 minutes.





Reverse the order ...



**Collect all
classroom dishes**



Ice packs away



Wash & Sanitize!

Put everything away ...





Almost done It must be 1:30 or so

- Wendy
- Becky
- Karen





Some tid-bits for you

A quick look back over the years.



Comparison over the years

Then



Now



No salad bar units? No problem! Improvise with tubs and bowls. Use ice if needed?

Comparison over the years

Then



Now



We started in a classroom and now we use our gym. Both work very well!

Comparison over the years

Then



Old stove, dishes by hand, limited counter space, working on tiled cement floor, no under counter lighting.

Now



Double oven stove, dishwasher, moveable counter, floor mats for comfort & safety, under counter lighting.

Comparison over the years

Then



Paper & plastic cuts down on help needed, low cost in short term, but adds to our environmental foot print.

Now



Using dishes & metal cutlery reduces waste, requires more staff, and has a higher initial cost.

What about cost/meal?



K's, 1's & 2's used to pay \$3/meal. **Now they pay \$2.25/meal.**



Gr. 3's & 4's used to pay \$3/meal. **Now they pay \$3.25/meal.**



Gr. 5's & 6's used to pay \$3/meal. **Now they pay \$4.25/meal.**



Who tracks the money?

- Once a month I type up a newsletter, secretary runs them off and teachers pass them out to students to take home.
- Teachers collect returned forms and \$\$\$ and send to the office.
- Secretary tracks who has paid using class lists. Rarely ever used.
- Secretary gathers money and deposits it twice monthly.
- Secretary (and I) write cheques for shopping.
- Secretary and I complete forms for honorariums.
- Secretary passes all \$\$\$\$ info on to me and I track it on a monthly spreadsheet.

FARM TO SCHOOL SALAD BAR LUNCH

We are now ready to start serving our Farm To School Salad Bar Lunch (F2SSB), starting next Tuesday, October 6th. As per last year, the F2SSB will usually happen twice a week, Tuesdays and Thursdays, at lunch. This is a fantastic opportunity for all of our students as they can enjoy a balanced and nutritious lunch, at a very reasonable cost, twice weekly.

To refresh your memories from previous years, the F2SSB is a program that promotes the eating of healthy foods, promotes eating locally grown foods, promotes a balanced diet, and helps teachers support parents in their efforts to promote a healthy lifestyle, now and in the future. Our F2SSB program is linked with the teaching of nutrition and health, a regular exercise program (30 minutes/day minimum), and the promotion of healthy drinks (We are a "pop free" school, which means no sugary drinks are allowed and we sell white milk at 50¢ a carton!). We believe that a healthy child is one that is well rested, well fed, drinks appropriate liquids, gets plenty of exercise, and enjoys some "down time" for leisure activities like reading, the arts (music, art, drama), and playing with friends and family. We see that students who do the above are much more able to learn so they do better in school, they are happier, they get along really well with others (both peers and adults), and they are flexible and cooperative. This is the kind of citizen we all enjoy, both at home and at school!

As partners in education parents can support the F2SSB program by talking to your children, promoting it in your own home through the meals you make, and by having your child participate twice a week in this program. We would love to be able to offer this program for free but that just isn't possible! In order to make the proper amounts of food we have to know in advance how many students are going to be involved in the program. **SO ALL F2SSB LUNCH ORDERS MUST BE PRE-ORDERED.** Parents, please complete the attached form and send it back to the school, with the appropriate amount of money, by Tuesday, October 6th. If writing a cheque please make it payable to Mountview Elementary. We want to be very flexible and understanding of different economic realities that different families have, so we accept payment in any way that suits family budgets. A post dated cheque for each week, or two weeks and/or sending money each week are all possibilities. What we really need to know is how many children per day will be eating! Last but not least - We do not want any child to miss the opportunity of enjoying the F2SSB so if you find that you can't afford part or all of the fee please contact the school and talk to Mr. Miller so that we can work something out. Lastly, if you wish to help the school out by paying extra, please do so. A hungry tummy somewhere will say "thank-you!"

Please return this slip to the school by Tuesday, October 6th.

FARM TO SCHOOL SALAD BAR LUNCH

Family Name: _____

Children: _____

- Number of Kindergarten, Gr. 1 and Gr. 2 students: _____ x \$18 (8 meals) = \$ _____
- Number of Gr. 3 and Gr. 4 students: _____ x \$26 (8 meals) = \$ _____
- Number of Gr. 5 and 6 students: _____ x \$34 (8 meals) = \$ _____
- Number of Gr. 6 helper students: _____ x \$25 (8 meals) = \$ _____
- Parent volunteer? _____ Yes _____

Amount Paid for the month of October = \$ _____

F2S SALAD BAR ACCOUNTING SHEET

DATE	VENDOR	DESCRIPTION	COORDINATOR	EQUIP/SUPPL	RENOVATION	FOOD	OVERALL TOTAL
Sept. 1		Starting balance					\$ -
CREDITS							
Sept. 21	September Food Sales	average \$3.25/person				\$ 1,898.50	\$ 1,896.50
Sept. 30	Community LINKS Grant	For 20 Students				\$ 390.00	\$ 390.00
							\$ -
EXPENSES							
Sept. 9	RCWC	Groceries				(\$343.95)	(\$343.95)
Sept. 12	Margetts Meats	Buffalo Ground meat				(\$79.12)	(\$79.12)
Sept. 16	Save-On-Foods	Groceries				(\$283.58)	(\$283.58)
Sept. 16	Liz Hinsche	Knife set		(\$29.08)			(\$29.08)
Sept. 24	RCWC	Groceries				(\$368.05)	(\$368.05)
Sept. 23	Save-On-Foods	Groceries				(\$21.04)	(\$21.04)
Sept. 30	Carly Wilkinson	35lbs of Carrots				(\$50.00)	(\$50.00)
Sept. 16	PAC Fruit Fundraiser	40lbs of Apples/Pears				(\$80.00)	(\$80.00)
							\$0.00
Sept. 20	Kelly's Honorarium	\$150 x 3 weeks	(\$450.00)				(\$450.00)
Sept. 20	Wendy's Honorarium	\$100 x 3 weeks	(\$300.00)				(\$300.00)
		Amount Remaining	(\$750.00)	(\$29.08)	\$0.00	\$1,060.76	\$281.68
		Amount Spent This Month	\$ 750.00	\$ 29.08	\$ -	\$ 1,225.74	\$ 2,004.82
		Amount Brought in This Month	\$ -	\$ -	\$ -	\$ 2,286.50	\$ 2,286.50
		Net Food Sales Income				\$ 1,060.76	
		Income over Expenditures					\$281.68

How the
money is
tracked ...



What about getting help?

- I have two paid Coordinators. Cost is around \$1000/month.
- The main coordinator receives an honorarium of \$75/meal. She plans the menus, does all the shopping, and gets all volunteers.
- The 2nd coordinator is paid \$50/meal and helps with the above plus takes over in case of an absence. I pay her more on these days.
- Both coordinators work full days on Tuesdays and Thursdays. The main coordinator shops on Monday.
- Having great coordinators makes everything else work!!!!
- Don't forget to use your students They are wonderful helpers!



Tell me about portions

- Teachers teach, and I stress, a few items, on a regular basis:
 - Your stomach is about the size of your fist – but take a bit more.
 - Take those things you like and try a wee bit of those things you're not sure of. You never know!
 - Be respectful of others – Take a little bit of everything but not a lot of anything!
 - You can always come back for seconds!
- At first the younger ones always take too much but over a very short period of time they learn what they like and how much they can eat.
- At first the younger students find using the tongs difficult so we have their reading buddies help them. After a couple of weeks all is good!
- Compost buckets are put in every classroom. It's easy to see which rooms are taking too much food and/or wasting food. Teachers and I deal with this on a room-by-room basis.



Where are my farmers?

- In your community. Sources to use:
 - Public Health's Community Dietician
 - Local Farmer's Coop
 - Local Farmer's Markets – mostly in summer months when we're not in school ☹️
 - Local Health Authority – Dietician from your local hospital
 - Locally owned/operated food stores and/or grocery chains – they too carry locally grown foods!
- I've never met a farmer/producer that didn't want to help! Most just don't know how to.
- In many parts of Canada the growing season and the school year don't match. Can you:
 - Arrange for long term cold storage?
 - Promise to use a certain amount of produce and expect the farmer to store & deliver until all is consumed?
 - Make deals with your local Farmer's Coop to store and sell to you?
 - Purchase from locally owned food stores the vegetables and produce from as close to home as possible?
- In the end, teaching children where their food comes from (field trips???), and teaching them about proper eating and nutrition, is the best way to ensure their health and a healthy life style for years to come.

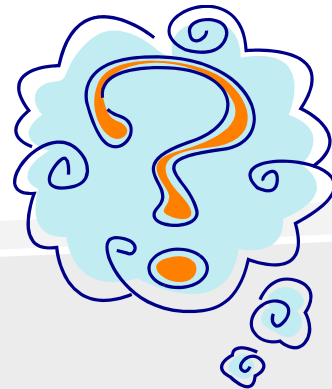
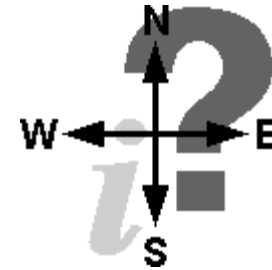
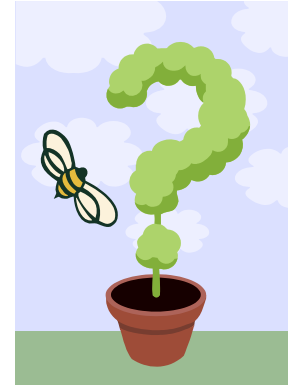
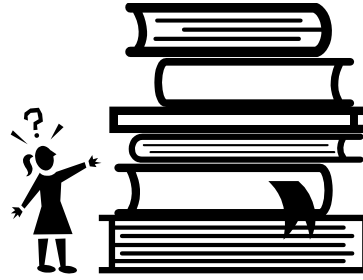
We're back where we started!!!

- Where/How do I start?
- What about helpers?
- What about money?
- Is it sustainable?
- How about those portions?
- What don't I know?
- What do I think I know?
- Where are my farmers?





Questions?





Time's Almost Up!!!

Any other questions?



Thanks for having me! Hope this was helpful!