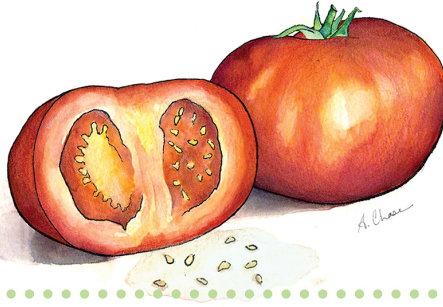


HARVEST of the MONTH



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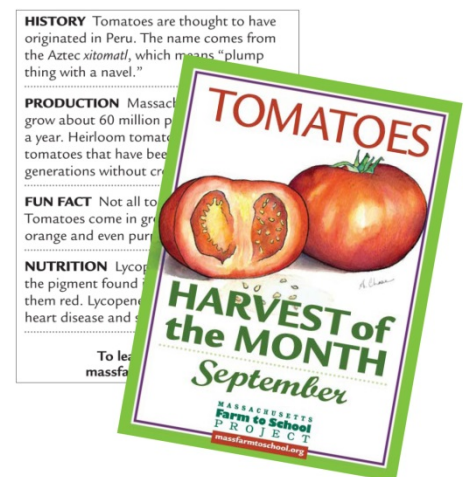
Ideas for using Harvest of the Month Trading Cards

Trading Cards are a great way to encourage students to learn more about the fruits and vegetables featured in Harvest of the Month. Perfect for kids of any age, trading cards are fun and factual (with info about the history, local production, and nutrition of the featured crop).

Remember, you can order one per student in your school, enough for a certain grade level, or just a few for picking up on the lunch line. Here are a few ideas to spark your thinking about how to utilize the trading cards with your students.:

- Ask food service staff to hand out the cards to place a card on the lunch tray next to the food item when the featured Harvest of the Month crop is being served.
- If you have a salad bar or self-serve fruits and vegetables, use the cards as display items or signage, near the container.
- During cafeteria taste test events where you are offering students a sample of the featured crop, hand out a trading card along with an "I tried it!" sticker when students have a taste.
- Ask teachers to give the cards to students during a classroom education program or just before a farm field trip in order to familiarize them with the fruits and vegetables they are learning about.
- Invite a local farmer who grows the featured Harvest of the Month crop to visit the cafeteria and invite them to hand out the trading cards.
- Ask the school Librarian to hand out cards during a read-aloud of a book about gardening or healthy eating in the library.
- If your school has a garden coordinator, ask them to distribute and discuss the cards during garden activities.

Dawn Olcott, Cambridge Public Health Department says, "Kids love the trading cards. Much to our surprise, many kids who received them last year said they still had them... and knew facts on the back of the card. (Recited the information, unsolicited!)"



Farmer Trading Cards Activity in Cambridge, Mass.

Thank you to Dawn Olcott, Cambridge Public Health Department, for sharing her experience using Farmer trading cards during Massachusetts Harvest for Students Week in 2012. These ideas will also work well with our new Harvest of the Month fruit and vegetable trading cards!

During Mass. Harvest for Student's Week, Farmer Trading cards were given out in 2 schools to 3rd and 4th grades (and other grades at times where there was overlap in the venue). There were 9 trading cards with pictures and information on local Mass. farmers. We would have included more grades, but we didn't have enough cards.

Schools: Kennedy Longfellow and Morse Schools. [Last year we did a successful pilot at the K-Lo 3rd grade in partnership with the CitySprouts garden staff.]

Staff: Dawn Olcott, Cambridge Public Health Department with help from the CitySprouts Garden Coordinator. Dawn developed and coordinated the effort and the garden coordinator assisted with the activities.

Cards were given out over the week:

- **By food service cafeteria staff** at lunch with the local food item, this was done in a variety of ways depending on the food and staff: giving cards to teachers to pass out to their class; placing a card on the food tray with the local food; putting cards in a pile next to food served and kids were told to take one if they liked. The Morse school also put them on the salad bar.
- **By the librarian** in the school library with a book or presentation on local food/cooking/gardening/farming etc. Dawn was invited to speak to one library class about local food and gave cards out at the end of the period.
- **By food service staff** with the local Fruit or Vegetables snack to all 3rd and 4th grade classrooms (State FV snack program), and
- **By garden coordinator** during garden program activities with 3rd and 4th grades

In preparation:

- We spoke with all staff involved ahead of time, showed them the cards, told them about the success of the pilot the previous year, and asked if they would like to participate. Some participated the year before and were enthusiastic.
- We prepared a poster for each school with pictures of the Trading Cards and visited kids in a number of homerooms and explained: what the cards are, what to do with them, what local food is, what was local on the menu, and about the CitySprouts garden.
- The poster was placed in the hall outside the lunchroom.
- Attended as many lunch periods as possible over Mass Harvest Week in the two schools during the 3rd and 4th grades to help give out cards and talk to kids about them.

We learned:

- Kids love the trading cards.
- Much to our surprise, many kids who received them last year said they still had them, memorized the farmer names, and knew facts on the back of the card. (Recited information, unsolicited!) The first year, homeroom teachers were asked to quiz the children on the facts as an educational activity.
- Adults loved the trading cards, and in year two, if we tried to give them some of the farmer cards they already had given out last year, they asked for a different set (so they were familiar with them too...).