

Harvest of the Month:

Beyond the Lunch Line



Alysia Spooner-Gomez

Food Service Director

LPS Food and Nutrition Services



Kristen Crotty

1st Grade Teacher

Lowell Public Schools

Giuliana Cappucci

Farm and Food Education Manager

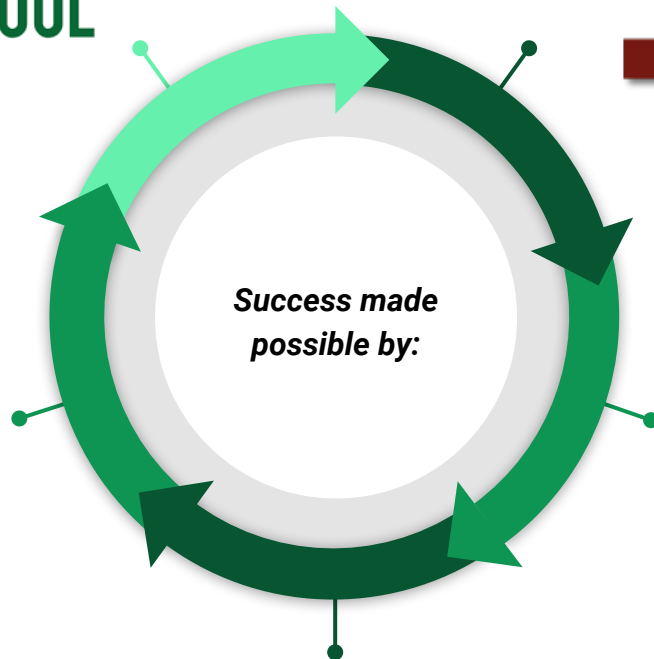
Mill City Grows



Maggie Notopoulos

Youth Education Program Manager

Mill City Grows



Partnerships

The Model

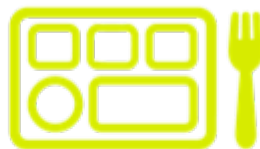
In the Classroom

- Activity sheets
- Planting
- Cooking
- HOTM Discussion
- Afterschool Curric.

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HANDS-ON
LEARNING



HEALTHY
SCHOOL MEALS



SCHOOL-WIDE
CULTURE OF
HEALTH



x3

Students with more hands-on learning eat as much as triple the fruits and veggies as kids with less



2/3

of students improve or maintain their positive attitudes toward vegetables

Data from: FoodCorps

The Model

- Cafeteria Visuals
- HOTM Posters + Trading Cards
- HOTM on lunch line
- Market Taste Tests
- Recipes provided

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Outside the Classroom



The Model

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Outside the Classroom



School-wide Taste Test

Who? >1250 school community members

Tracking: Multiple Data Methods

Long Term Outcome:

- LPS Menu influenced by student voice
- Lowell families widen produce

School-wide Taste Test 101

Before










- Locally source produce
- Cook and Plate in commercial kitchen (*ServSafe*)

Day of

- Partner with cafeteria staff
- Data collection
 - Quantitative
 - Qualitative (Anecdotal)

After

- Data shared with School Community and partners

Classroom Activities



Hummus w/ Carrots

Ingredients:

- Chickpeas
- Lemon
- Garlic
- Olive oil
- Salt + Pepper

Equipment:

Forks
Bowls

Directions:

- Mash Lemon, chickpeas, garlic, S&P until smooth.

Serve with lunch's baby carrots or pre-chopped carrot sticks!



Butter

Ingredients:

- Heavy Cream
- Desired Spices
(*like Salt*)

Equipment:

- Jar with liquid-tight lid
- Measuring spoon

Directions:

- Add heavy cream + spice(s) in a Jar.
- Shake in Jar until whipped or until solids form.

Serve with Triscuits

NOTE: Save buttermilk or toss!



Kelp Noodles

Ingredients:

- Kelp noodles
- Ginger
- Lemon
- Olive oil
- Rice vinegar
- Salt + Pepper

Equipment:

-Bowl
-Knife/Cutting board
-Measuring cups

Directions:

- Whisk ingredients together
- Pour over seaweed noodles

Tip: Encourage students to eat family style and say "Thank you"

All classroom recipes cost under \$20 in food supplies.

Many ingredients have long shelf life, so feel free to continue using them through the year and storage them in a safe place!

Questions?

THANK YOU!

