



Culturally Relevant Meals in the Cafeteria November 8, 2023

MASS. FARM TO SCHOOL OVERVIEW

Mass. Farm to School strengthens local farms and fisheries and promotes healthy communities by increasing local food purchasing and education at schools.

Get involved through our:

- Professional learning opportunities
- Networking
- Policy/Advocacy
- Communications



PRESENTER: REBECCA KELLEY

- FoodCorps Impact Partnership Lead, Massachusetts & Rhode Island
- Manages partnerships with 5 districts across 2 states and a cohort of 14 FoodCorps AmeriCorps Service Members serving in Lowell, Chelsea, New Bedford, Holyoke, and Providence



AGENDA

History of Equity at FoodCorps

SHIFTING and FoodCorps Anti-Racism Strategy

Spotlight: Equity in Action

Putting it all together: Practice using SHIFTING



OBJECTIVES



By the end of this session, participants will:

- Learn how the SHIFTING Tool can be used to advance Equity in school meals
- Practice applying the SHIFTING tool in real life school nutrition scenarios



What is FoodCorps?

FoodCorps is a **justice organization** that works at the intersection of food and education systems, with a three-equal-part commitment to health, education, and belonging.

Nourishment is an act of resistance

FoodCorps Direct Service Programs

Long-term outcomes

Students nourish their **health, education, and belonging** in order to imagine and create a more just experience for themselves and others



District Outcomes

Districts and schools create intentional, ongoing systems for food education and nourishing school meals



Student Outcomes

Students take individual and collective action to nourish their health & school food environment

FOODCORPS ANTI-RACISM STRATEGY

A large purple circle with a thin black outline, containing the text 'Maximize Our Systems' in white, underlined.

Maximize Our Systems

A large teal circle with a thin black outline, containing the text 'Maximize Our Impact' in black, underlined.

Maximize Our Impact

A large orange circle with a thin black outline, containing the text 'Maximize our People' in white, underlined.

Maximize our People

WHAT IS SHIFTING?

Our revised commitments to equity, social justice, and antiracism synthesized into a memorable acronym

An equity lens with prompts that help you get specific about what you mean

A tool that can be used to evaluate our strategies, projects, and decisions both before and after we've completed them

- Think about each letter as a lever you can pull
- It's rare that you'll be able to pull each lever to the same degree, but it's our responsibility to pause to check that we aren't missing an opportunity and ask ourselves have we done all we can to maximize equity and inclusion

HOW FOODCORPS SETS STRATEGY THROUGH AN EQUITY LENS

- S** Shift power to community leaders
- H** Honor local expertise
- I** Interrupt oppression, internalized and interpersonal
- F** Foster diversity and inclusion
- T** Try and know we might fail (set ambitious goals)
- I** Invest in equity
- N** Name and frame racism, ableism, and other forms of oppression
- G** Grant time for sustainable change





INTERNALLY

- How our Executive Team can hold themselves accountable to equity
- Planning tool for events run by the Program Department



EXTERNALLY

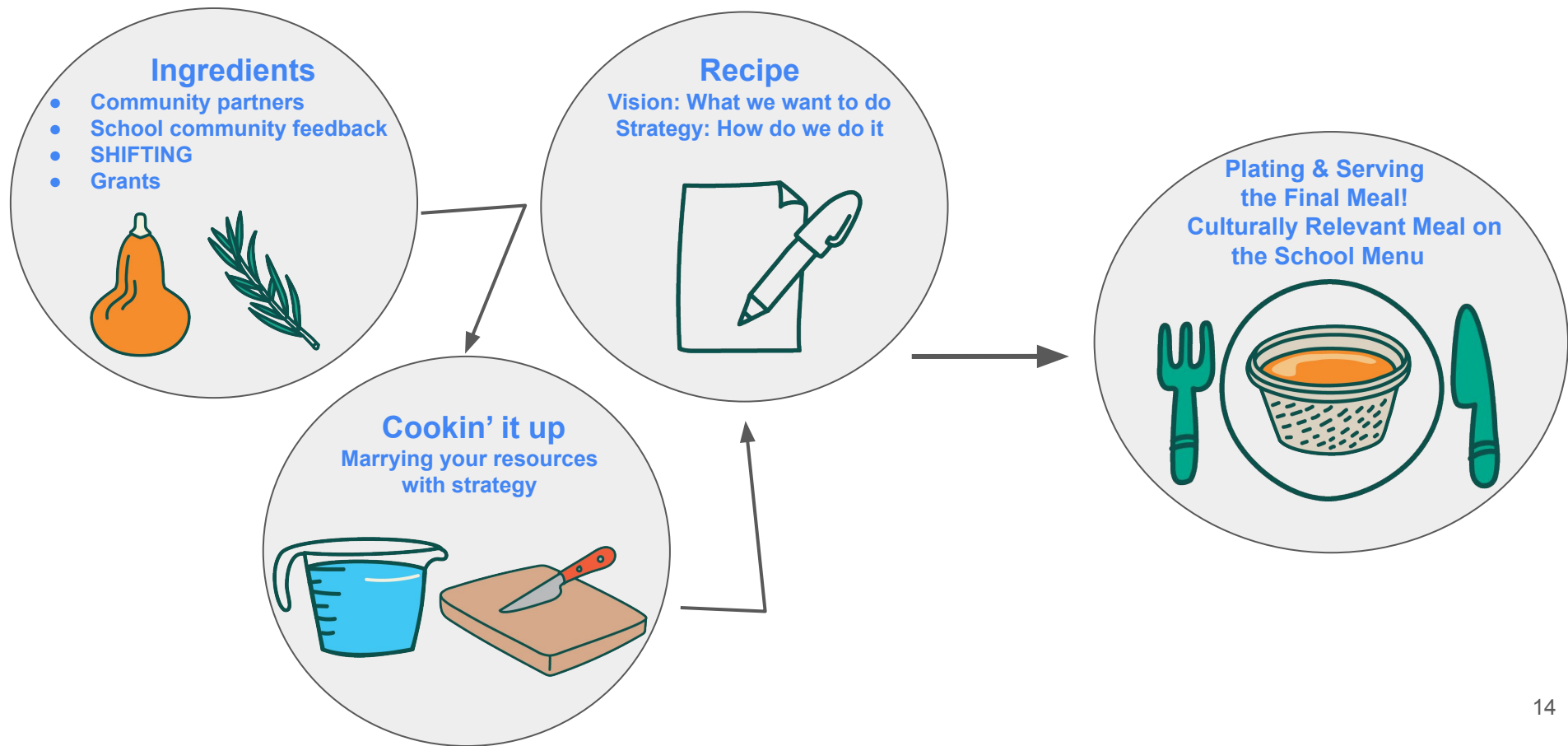
- FOLCS: Food Operators & Leaders of Color in Schools Networking, SHIFTING Workshop + Study Hall
- School Nutrition Service Members approach to school and district projects



SCHOOL MEALS

Best practices for school meals programs including operations, administration and partnerships

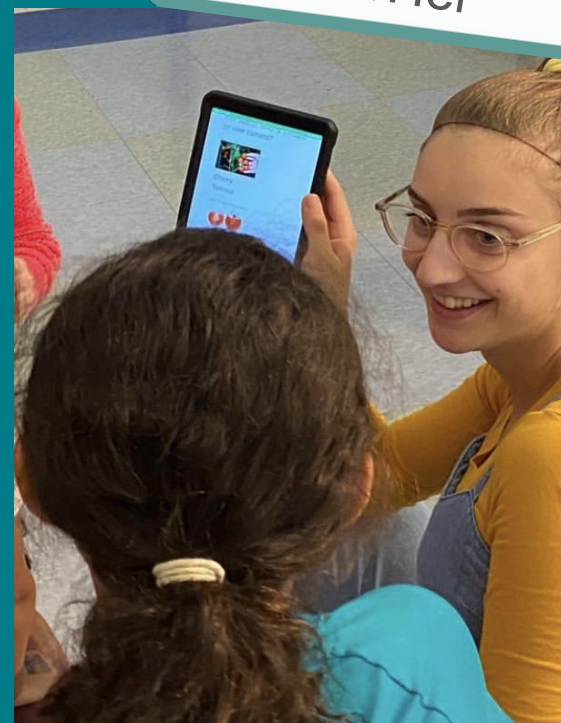
MAKING EQUITY IN SCHOOL MEALS HAPPEN



PRESENTER: JENNIFER SMITH



- Served with FoodCorps as a School Nutrition Service Member
- Currently Food Services Manager at Aramark Student Nutrition in Lowell Public Schools
- FoodCorps Alumni Advocacy Lead in Massachusetts



HELLO
my name is

Jennifer Smith
She/Her

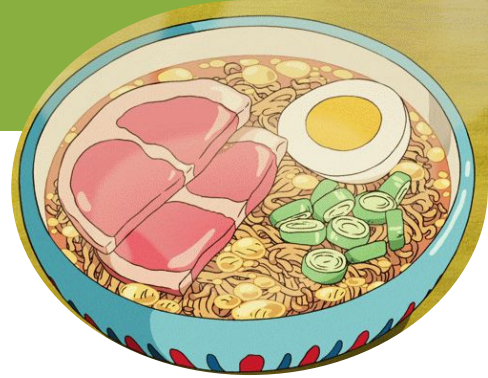
Student Voices Prioritized

Student Feedback driving the School Menu

Partnering with Teachers

Tasting History Cookbook





Student Voices Prioritized

"We have heard from various students across the district from elementary all the way up to middle schools that we should serve Ramen Noodles. This has been a meal that we have been planning for some time now and we are finally launching our first taste test of Ramen Noodles at the Lowell High School in two weeks. I spoke with a middle school student just yesterday and explained to them we are working on getting a good recipe together. I told her to look for it on the menu soon and her and her friend's faces lit up with joy. If all goes well with this first taste test we could put it on our menu as early as the December Menu for the entire district!"

- Jen Smith, Food Services Manager, Lowell Public Schools/Aramark

New
Edition out This
Month!



Partnering with Teachers

-In Lowell, we have a fantastic U.S. History and Civics Teacher at the high school. Her name is Jessica Landers and she works with students that come from all over the world speaking various languages. Each year the students bring in recipes from their family/ home country. These recipes range from breakfast items, appetizers, lunch, dinner, and dessert. This recipe book is produced and sold across Lowell! As a Food and Nutrition Department, we take some of the recipes and see if we can alter them to fit the USDA School Nutrition Standards and Regulations. Last year we served Chicken Cha Kreung as a hot meal option at the high school. This is a Cambodian dish from Tasting History Recipe Book 2022-2023.

- Jen Smith, Food Services Manager, Lowell Public Schools/Aramark



Small Group Scenario

GUIDELINES AND GROUP AGREEMENTS

- Spend 20 minutes in your small group discussing the assigned a letter of SHIFTING. Assign a notetaker who will take notes on the appropriate [Jamboard Slides](#)
- This is a learning space - meant to be low stakes. It's an opportunity to practice using a new tool--not to be perfect.
- Come with your solutions brain: This is a time to identify missed opportunities AND to identify new opportunities to be more equitable.
- Yes/And, But/And...Equity is a complex problem, that requires complex solutions Assume positive intent--attend to impact.
- Before Moving On:
 - If the answer is no, ask yourself why not?
 - Are you sure?
 - Is there a way around the obstacle in front of you?
 - Who else might you consult before finalizing your plan?
 - Do you need to revise your definition of success?

SCENARIO



Delicious and nutritious
school lunch.
(Waynesboro, GA)

The parent advocacy group for your district requests a meeting to discuss how to integrate *Indigenous People's Day* into the school lunch menu. While you do not identify as Indigenous, you want to ensure you honor the culture. Use SHIFTING as a tool to discuss how you can honor the culture while exposing students to the cultural aspects of various Native communities.

SHARE-OUT

- What did your group discuss?
- What perspectives did a group conversation have?

That you may not have come to on your own



Lessons Learned: Factors that minimize effectiveness

Introducing it outside the context of a specific project without anything to apply it to in the moment

Not giving it the time it deserves with all the robust dialogue that can come out of it

Using it as a debrief is better than nothing--but it's better to start with SHIFTING in mind than using it as a checkpoint at the last minute.

Expecting perfection. Expecting ease. (If equity was easy, everyone would be doing it.)

Getting so caught up on one letter that you forget to consider the full picture.



ADDITIONAL RESOURCES & LEARNING OPPORTUNITIES

- Mass. Farm to School [Newsletter Sign Up](#)
- Mass. Farm to School's [Harvest of the Month Information](#)
- [FoodCorps' Newsletter Sign Up](#)
- FoodCorps Social Media: Facebook (@FoodCorpsMARI) // Instagram (@FoodCorps_MARI)
- [Learn more about FOLCS and sign up to join](#)
- [SHIFTING: Goal/Project Planning Template for School Nutrition Programs](#)
- [FoodCorps Taste Test Guide](#)

STAY IN TOUCH!



Visit us online:

www.massfarmtoschool.org

Interested in becoming a FoodCorps site or learning more about our resources? contact Rebecca at

rebecca.kelley@foodcorps.org