



**MASSACHUSETTS
FARM TO SCHOOL
INSTITUTE**

2025-26 Fall Retreat Program

September 25 & 26
Wright-Locke Farm
Winchester, MA

Agenda

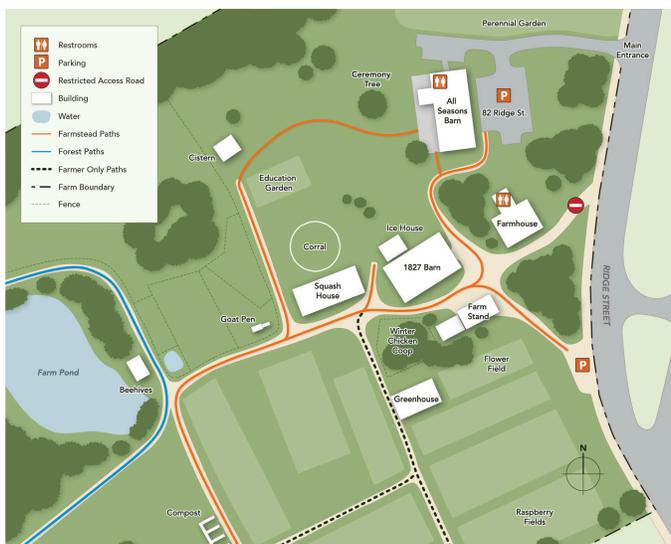
8:30-9:00	Registration & Breakfast
9:00-9:30	Welcome and Overview
9:35-9:50	Microlab Activity
9:55-10:20	Value Statements
10:30-10:45	Post Institute Checklist
10:50-12:15	Team Time One
12:20--1:30	Lunch
1:30-2:00	Get Inspired!
2:00-3:30	Workshop (Select One)
3:30-4:45	Team Time Two
4:45-5:10	Team Scavenger Hunt
5:15-5:30	Closing
5:30-6:45	Dinner

8:00-8:30	Arrival and Breakfast
8:30-9:00	Updates and Food Policy
9:00-9:30	Get Inspired!
9:35-11:15	Team Time Three
11:20-11:30	Group Photo
11:40-12:30	Lunch
12:45-2:15	Learning Journey (Select One)
1:00-2:30	Snack
2:20-3:00	Affinity Groups sharing
3:05-3:30	Team Time Four

Catering Note

Lunch will be provided by Fresh Food Generation, a Boston-based Caribbean-American farm to plate caterer, food truck, and restaurant focused on expanding food justice in Boston.

Wright-Locke Map



WiFi Access

Network Name: WLFASB
Password: EatwellBewell

Alt. Network Name: WLFASB-5G
Password: EatwellBewell

2025 Retreat Evaluation

bit.ly/4n13aSg



Workshops

Please choose one of the five workshops to attend. We will share any print or digital resources for each workshop on the Institute website.

School Gardens & Experiential Learning

Presenter: Hope Guardenier, Executive Director, School Sprouts

Establishing and maintaining a successful school garden involves coordinating many moving parts. From student safety and engagement, building an inclusive program, educator and volunteer coordination, finding funding or donations for materials, and seasonal maintenance, there is so much to think about. In this workshop you will learn best practices to make your school garden a success!

Integrating Local Food into Your Menu

Presenters: Ellen Nysten, former School Food Service Director & Simca Horwitz, Co-Director, Mass Farm to School

This workshop will explore best practices of getting FTS into your school menu such as holding cafeteria taste tests, building relationships with local producers, training your kitchen staff, and successfully marketing your local food options to your school community. Why does sourcing fresh, local foods matter? We'll cover different practices for local foods purchasing including working directly with farms versus working with distributors, review effective procurement practices to meet the regulations and still get the products you want, and explore school level policies to support local sourcing and integrate gardens with the cafeteria. Come with questions about the challenges you've faced in your school and bring your stories of success to share with other participants. We'll reserve plenty of time for strategizing to meet your school's unique needs.

Curriculum-Based FTS Connections

Presenter: Elizabeth Kaplan, Watertown Public Schools

Gather with others to explore how to make farm to school and food systems a daily practice and lens for youth in your learning community. We'll start with a food systems activity, explore concepts that connect food and our various content and skills, and explore some examples of K-12 food system lessons as we share ideas on how to make FTS an interdisciplinary topic across your school community!

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Cultivating Relationships: Promotion and Community-wide Engagement

Presenters: Mary Ellen Reed, Role & Susan Murray, Role, Nauset & Abby Getman Skillicorn, Special Projects Manager, Mass Farm to School

Student and family engagement is the best way to make your Farm to School program a sustainable and exciting part of the school-wide community. How can you build meaningful relationships with families and the community to support a sustainable and healthy program? How can schools expand their community partnerships to meet their farm to school goals? This session will give participants specific ideas and actions to engage families and the community, and tips on how to build inclusive and equitable practices that will strengthen your program's impact.

An Introduction to Early Childhood Farm to School

Presenter: Rina Zampieron, Early Education Program Manager, Mass Audubon

How can you integrate the "3 C's" of farm to school and celebrate diverse food cultures and heritage in the early childhood setting? This workshop is designed for early childhood educators and educators from grades K-2. We will talk about engaging garden-based activities, transforming harvests into educational meals, and building meaningful connections between students, families, and local growers to create a vibrant, inclusive learning environment that sparks curiosity about where food comes from while fostering lifelong healthy eating habits.

Learning Journeys

Please choose one of the five Learning Journeys to attend. We will share any print or digital resources for each Learning Journey on the Institute website.

Getting Your Hands into the Garden

Presenters: Eliza Lawrence, School Gardens Coordinator, Regional Environmental Council & Safiyat Hamiss Founder, Tasty Harvest

This Learning Journey is designed for people who want to get their hands in the garden! The workshop will cover everything from what to bring to the garden, safety, and how to engage students. We will also have time to discuss issues such as the seasons, lack of staff and student time, and your own questions to help you make the school garden a sustainable part of your school community.

Composting: From Seed to Soil & Back Again

Presenter: Emma Scudder, Education Program Manager, Mass Audubon

A school-wide composting program is a great way to involve your students or the entire school community in a sustainable practice. In this workshop participants will learn how both cafeteria food waste, classroom snacks and a school garden can produce compost. From seed to soil and back again, you will see how composting can be tied to curriculum across academic disciplines. Participants will have the opportunity to make a worm bin to bring back to their school site.

Culinary Fun - Teaching & Team Building with Local Foods

Presenters: Ryan Eckles, Chef Educator, Project Bread

Bring your knife skills and a sense of culinary creativity to this journey! You'll learn all about quick pickling garden fruits and veggies and get to taste and take home some delicious pickling experiments. Together we'll discuss how to incorporate food preparation into your classroom as well as strategies to use cooking activities for cafeteria staff team building.

From Seed to Bread

Presenter: Abby Getman Skillicorn, Special Projects Manager, Mass Farm to School

How does a seed become bread? In this learning journey we will make a simple dough, discuss the science of yeast, and explore how we can think creatively to incorporate FTS across all academic areas and engage your students.

Art and Reflection in the School Garden

Presenter: Dinah Mack, Education Program Manager, Massachusetts Farm to School

In addition to academic connections, school gardens also offer time for social emotional learning, reflection and creative expression. Join us on a reflective walk through the Wright Locke farm as we activate our senses, curiosity and make some art. Leave with some fun and easy ideas to use to engage students of all ages and some of your own original artwork!

Get Inspired Speakers

Thursday, September 25

Rebecca Kelley, *Director of Programs,
Everett Community Growers*

Born and raised in Chelsea, MA, Rebecca has spent her entire career working in the nonprofit sector, connecting Massachusetts' most vulnerable citizens with much needed resources. As a facilitative leader, she aims to create conditions for self-empowerment and authenticity. Rebecca holds a degree in American Studies from Smith College. She is also a graduate of the Community Fellows Program (currently known as the RISE Program), a year-long course helmed by the Institute for Nonprofit Practice, in affiliation with Tufts University and Jonathan M. Tisch College of Civic Life. For almost four years, Rebecca has worked with nonprofit partners, district administrators, and school communities to support food education and meal program investments. She also collaborates with state partners to support key food policy initiatives.



Friday, September 26

Mellissa Honeywood, *RDN Deputy Director of the Boston
Mayor's Office of Food Justice*

Mellissa is a chef and dietitian with extensive school nutrition operations expertise. Before working for the City of Boston, Honeywood was the Director of Food & Nutrition Services for Cambridge Public Schools for nearly twelve years. That experience provided the opportunity to develop community connections, implement collaborative programs, integrate sustainable food service practices, as well as partner with local farmers, fishermen, and food producers. She earned her registered dietitian credential at Keene State College, and holds a Bachelor of Science Degree in Culinary Nutrition from Johnson & Wales University.

