

***“Farm 2 School/Pre-School: Raising the Stakes”  
Conference Registration:***

***Deadline Date: May 6, 2014***

**Submit only ONE registration form per person.**

*Make copies of the registration form as needed. You may send all registrations for staff in one mailing*

**COST: \$20.00 per person.** Cost includes breakfast, lunch, facility tour, and raffle ticket for prizes. Pre-payment ***MUST*** accompany registration form. ***Cost of conference is non-refundable.*** Consideration of registration for the Farm 2 School conference is contingent upon receipt of payment.

Make checks payable to: **UNH**. Mail registration form and check to: Tami Drake, NH Dept. of Education, 101 Pleasant Street, Concord, NH 03301. Please contact Tami Drake at [Tami.Drake@doe.nh.gov](mailto:Tami.Drake@doe.nh.gov) or (603) 271-3646 if you should have any questions.

Name:	_____
Title:	_____
SAU/Center/Organization:	_____
Mailing Address:	_____ _____
Phone:	_____
	<b>*E-mail:</b> _____ (* <b>must</b> supply an email address)

Workshops will be filled on a “first come – first serve” basis. Please select one workshop for each session by placing a ✓ mark next to the workshop title.

<b><u>Session I</u></b>		
<b>10:30 to 11:30</b>	_____	School Gardens 101 – The Basics
	_____	Farm to Preschool; <i>Grow It! Try It! Like It!</i>
	_____	USDA Procurement 201
	_____	Composting in Schools
<b><u>Session II</u></b>		
<b>11:45 to 12:45</b>	_____	School Gardens – Food Safety Curriculum
	_____	Farm to Preschool; Panel Presentation
	_____	NH Dept. of Ag.: Gap, Organic, Food Safety
	_____	Building School & Community Support for F2S
<b><u>Session III</u></b>		
<b>2:30 to 3:30</b>	_____	Networking and Peer Learning
	_____	NH Agriculture in the Classroom
	_____	Procurement Roundtable Discussion
	_____	Grant Writing and Funding Opportunities

# Workshop Descriptions

## Session I

School Gardens 101 – The Basics: Learn the basics of how to build, maintain, and sustain a school or youth garden. You will learn what to plant, materials needed, picking a site, etc.

Farm to Preschool: Grow It! Try It! Like It!: Preschool Fun with Fruits and Vegetables is a garden-themed nutrition education kit for child care center staff that introduces children to fruits and vegetables. The kit promotes learning at home with fun parent/child activities and family-sized recipes that give tips for cooking with children. Come join us as we skip through the guide!

USDA Procurement 201: This is the second installment of Procurement practices. This workshop will focus on bid versus proposal, small purchase thresholds, incorporating local and applying geographical preference in writing specs. (Procurement 101 **is not** a pre-requisite to attend this workshop).

Composting in Schools: Please join us as we learn how other schools are having success composting and the different models used so you too can successfully implement the process at your own school(s). Presenters include, but not limited to, Northeast Resource and Recovery Association and Pembroke School representatives.

## Session II

School Gardens – Food Safety Curriculum: Ron Christie from UNH Cooperative Extension will facilitate and answer questions regarding sustaining school gardens, connecting the garden to common core curriculum, food safety and more. Join us to connect with other garden practitioners.

Farm to Preschool – Panel Presentation: This workshop will be a panel presentation of successful farm to preschool programs. Join us to hear from Stonewall Farm representatives and Catherine Violette from UNH Cooperative Extension, on food safety in the preschool garden.

NH Department of Agriculture: GAP, Organic, Food Safety: Learn about Organic and GAP certifications, history of the department, resources and funding opportunities available to schools, farm and food safety.

## Workshop Descriptions

(continued)

Building School & Community Support for F2S: Upper Valley Farm to School and Cornucopia Project will talk about ways to engage the school and greater community to build support for farm to school programs and activities.

### *Session III*

#### Networking and Peer Learning:

Want to learn how other schools are faring with the new nutrition guidelines or need a few bean recipes that kids will eat or how to display fruits and vegetables in appealing ways or support from Wellness Policies? Come share and learn. This is a facilitated discussion.

NH Agriculture in the Classroom: Curricular resources for pre K-12. Debbi Cox, the NH Ag in the Class coordinator, will demonstrate some of the kits and other resources they have available for teachers to use in their classrooms.

Procurement Roundtable Discussion: This interactive workshop will have you talking with farmers, distributors and school food service personnel to learn about ways to access local foods. Learn what a farmer needs to know, pricing and affordability, pre-buying, distribution etc.

Grant Writing and Funding Opportunities: This workshop will give you the necessary key strategies to successful grant writing. You will learn where to find funds to support farm to school programming.

#### **Nondiscrimination Statement**

*(Last updated May 2013)*

**USDA is an equal opportunity provider and employer.**

For the complete non-discrimination statement, please go to:  
<http://www.fns.usda.gov/usda-nondiscrimination-statement/>

# *“Farm 2 School/Pre-School: Raising the Stakes”*

## *Schedule of Events*

Tuesday, May 20, 2014

- 8:30 – 9:00      **Registration** - located at Visitor Center
- Morning Refreshments** – located at North Shop
- 9:00 – 9:15      **General Session**  
                         ❖ Welcome
- 9:15 – 9:45      **Keynote Address**, Helen Brody  
                         *Author, “NH Farms to Kitchen” cookbook*
- 10:15 – 10:30    Break
- Session I Workshops**
- 10:30 – 11:30    ❖ *School Gardens 101 – The Basics*  
                         ❖ *Farm to Preschool – “Grow It! Try It! Like It!”*  
                         ❖ *USDA Procurement 201*  
                         ❖ *Composting in Schools*
- 11:30 – 11:45    Break
- Session II Workshops**
- 11:45 – 12:45    ❖ *School Gardens – Food Safety, Curriculum & more*  
                         ❖ *Farm to Preschool – Panel Discussion*  
                         ❖ *NH Dept. of Ag. – GAP, Organic, Food Safety*  
                         ❖ *Building School & Community Support for F2S*
- 12:50 – 2:15     **Lunch break and tours** (*lunch and tour included in the cost of conference*)
- Session III Workshops**
- 2:30 – 3:30      ❖ *Networking and Peer Learning*  
                         ❖ *NH Ag in the Classroom*  
                         ❖ *Procurement Roundtable discussion*  
                         ❖ *Grant Writing/Funding Opportunities*
- 3:45 – 4:00      Conference Wrap Up, Raffle, Evaluation and Certificate of Attendance

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*NH Farm to School Program*  
<http://nhfarmtoschool.org/>

## Technical Information

**Parking for Shaker Village:** Free parking conveniently located at Shaker Village Visitor Center.

**Meals:** Meals prepared by Lakes Region Culinary Arts Program, *Shaker Table*, Canterbury Shaker Village. *Both meals utilize local product as much as possible.*

<u>Sample <b>Breakfast</b> Menu:</u>	<u>Sample <b>Lunch</b> Menu:</u>
<ul style="list-style-type: none"><li>• Whole Fruit</li><li>• Oatmeal Dried Cranberry Scones; <i>recipe from Helen Brody's Cookbook</i></li><li>• Honey apple bran muffins or strawberry muffins; <i>recipe from Helen Brody's Cookbook</i></li><li>• Coffee/tea/water</li></ul>	<ul style="list-style-type: none"><li>• Vegetarian Chili, Beef Chili</li><li>• Shaker Raised Squash Biscuits; <i>recipe from Shaker Village</i></li><li>• Slaw style salad, Fruit Salad, Green Salad</li><li>• Cheese tasting table – <i>Provided by local cheese makers</i></li><li>• Milk, Water</li><li>• Honey Cookies &amp; Whoopi Pies; <i>recipe from Helen Brody's Cookbook</i></li></ul>

**Vendors:** There will be approximately ten (10) vendors strategically placed in the workshop locations.

**Raffle:** While everyone will receive a raffle ticket upon registration, to receive an additional raffle ticket, participants will need to have their “*Vendor Bingo Card*” stamped and validated by a Bureau member. Raffle tickets will be drawn and prizes distributed at the end of the conference. You must be present to win.

**Certificates:** Upon receipt of an individual evaluation form, Certificate of Attendance in the amount of 6.5 hours will be issued at the close of the conference.

### Directions



**Canterbury Shaker Village**  
288 Shaker Road  
Canterbury, NH 03224  
(603) 783-9511

#### **From South (via I-93):**

Route I-93 North to Exit 15E, Route 393 East. Take Exit 3, Route 106 North. Take a left off the exit. Continue north on Route 106 for 6.6 miles. Turn left at Shaker Road. Proceed 2.7 miles to the Village.

#### **From the North (via I-93):**

Route I-93 South to exit 18 and follow signs approximately 7 miles to the Village.

#### **From East (via Rte. 4):**

Route 4 West. Merge onto Route 393 West towards Concord, NH. Take Exit 3, Route 106 North. Take a right off the exit. Continue north on Route 106 for 6.6 miles. Turn left at Shaker Road. Proceed 2.7 miles to the Village.

#### **From Laconia/Lakes Region:**

Route 106 South approximately 15 miles. Turn right at Shaker Road. Proceed 2.7 miles to the Village.

