

**Fresh Fruits and Vegetables: A Centerpiece for a Healthy School Environment  
Working Outline for Fall Pilot Training**

**(Note: Agenda may change slightly depending on venue)**

**TRAINING AGENDA – Day 1, 9:00 AM - 4:00 PM  
Nutrition Education  
Greening the School**

**Welcomes and Introductions**

- Workshop Context
- Meeting Norms
- What's In It for Us? - The Nutritional Benefits of Fresh Fruits and Vegetables
- Housekeeping

**Garden Enhanced Nutrition Education**

- Why Garden-Enhanced Nutrition Education?
- Introduction to Curricular Resources
- Harvest of the Month - Fill up on Fall Fiber

***Physical Activity Break 10:45-11:00***

**Academic Connections to Nutritious School Gardens**

- “Crop Circles” Activity and Connections to the Standards - Presented by California Foundation for Agriculture in the Classroom
- Language Arts Connections through Children’s Literature
- Team Nutrition Math Activity
  - The Fruit and Vegetable Challenge
- Science Connection
  - “Space Travelers,” from *The Growing Classroom*

***Immediately before lunch: brief waste management demonstration***

***LUNCH 12:15-12:45***

- Update on Fresh Fruit and Vegetable Program (FFVP) Grant for interested participants

**Greening School Grounds: Gardening, Composting, and More**

- Bright Ideas for Creating and Sustaining Your School Garden
  - Planting and Bed Preparation
- Basics of Food Waste Management on School Grounds
- Getting Started with School Composting

**Connections and Communications**

- Large Group Discussion – Highlights and Challenges
- Small Group Discussion – Support and Solutions

**Day I Closing 4:00**

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**TRAINING AGENDA, DAY TWO – 9:00 AM - 1:00 PM  
Farm to School Programs  
Building FFVP Snack Programs**

**Welcomes and Introductions**

**Connecting Schools with Farms**

- Setting the Stage with a Literacy Connection – Acrostic Poem Activity
  - What Is and Why Seasonal, Local, and Sustainable Produce?
- Face to Face with California Farmers - Presented by a Local Collaborator
  - Getting to Know Your Local/Regional Farmers through Field Trips, Farmers Markets, and Farmer Visits
  - Developing a Common Language – Food Service talks to a Farmer

**Successful Serving and Promotion Styles: Learning from Each Other**

***Physical Activity Break 11:00-11:15***

**Clean Fruits and Veggies: From the Garden to the Classroom**

- Food Safety Issues Related to School Gardens
  - Ensuring Food Safety in the School Garden
  - Using Produce from the Garden in the Classroom/Cafeteria
  - Addressing the Questions and Concerns of the School Board or Parents

**Safe Culinary Skills in the Classroom**

- Introduction to Essential Culinary Skills
- Glo-germs Activity
- “And the Winner is...” - Demonstrations worthy of the Food Safety Oscars

**Fall/Winter Fresh Fruit and Vegetable Snacks**

- Promoting and Marketing Fall/Winter Fresh Fruits and Vegetables

***Day 2 Housekeeping, Closing and Evaluations 1:15***