



Fresh Fruit and Vegetable Program

Eat Smart Food Contest

Minnesota Farm to School Month September 2013

Schools, farmers and communities across Minnesota are coming together to bring high quality fresh, local food to students and hands-on education. These 'farm to school' partnerships result in improved healthy eating habits for children and their families, new markets for farmers, and healthier and more economically stable communities. September is Minnesota Farm to School month and a perfect time to celebrate the connections between Minnesota schools and farms.

To celebrate, the University of Minnesota Extension, Minnesota Departments of Education (MDE) and Agriculture (MDA) are excited to announce a contest to promote Minnesota Grown fruits and vegetables during the month of September. Three school/farmer or distributor partnerships will be awarded prizes valued at \$1,000, and a visit by Minnesota's own Olympic athlete and Minnesota Grown Spokesperson Carrie Tollefson, to celebrate with school staff, administration, students, farmers and community members.

This is your chance to be creative! Show off how your school and community support Minnesota-grown fruits and vegetables and enter the chance to win awards that will enhance your Farm to School program.

Eligibility and Competition Categories

The contest is open to all schools participating in the Fresh Fruit and Vegetable Program (FFVP) during the 2013-2014 school year. One winning school/farmer or distributor partnership will be selected from each category. School/farmer or distributor partnerships may submit for all three categories, but are only eligible to win in one area.

1. Dollar amount of Minnesota Grown fruits and vegetables purchased per student during September 2013.
2. Most variety or different kinds of Minnesota Grown fruits and vegetables purchased and served during September 2013.
3. Most comprehensive Farm to School education and outreach including community, cafeteria and classroom.

Submission Instructions and Deadline

To be eligible for the competition, all entries must [complete the submission form below and send electronically to f2s@umn.edu](#) by November 30, 2013. Please include "Smart Food" and school name in the subject line, for example, "Smart Food Jane Doe Elementary School."

Instructions for Categories One and Two:

- [E-mail the Submission Form to f2s@umn.edu](#); **and**
- E-mail the September FFVP claim for reimbursement to MDE (per usual FFVP instructions).

Instructions for Category Three:

- [E-mail the Submission Form to f2s@umn.edu](mailto:f2s@umn.edu); and
- Submit a clearly-written essay, in **500 words or less**, describing how you promoted Farm to School through outreach and education. This narrative can be written by students, teachers, a community member or food service staff and may include pictures to document your work. Successful entries will demonstrate wide-reaching efforts to include the cafeteria, community and classroom in promoting Farm to School efforts.

Judging Process

Categories One and Two:

The FFVP claim for reimbursement, submitted to MDE for the month of September, will serve as your documentation of fruits and vegetables served during the month of September.

Category Three:

The essays will be reviewed by a small panel of representatives from the University of Minnesota Extension, MDA and MDE. Applicants will be judged on the following criteria:

- Creative approaches in promoting Minnesota-grown fruits and vegetables.
- Plans to sustain or continue Farm to School excitement throughout the school year.
- Partnerships with University of Minnesota Extension Community Nutrition Educators to provide Farm to Fork education and/or other community partners.

Notification

Winning school/farmer or distributor partnerships will be notified by **December 15, 2013**.

Cost

There is no cost to participate in the competition.

Awards

Awards valued at \$1,000 total for each school/farmer or distributor partnership will be used to further support and strengthen Farm to School. Awards will be distributed between the months of January and February 2014. University of Minnesota Extension will work with each winning partnership on a case-by-case basis to decide on an award that best meets the needs of the recipients.

Some possible *examples* of winning school/farmer or distributor partnership awards may include the following:

School

- Equipment to support food preparation such as salad bar, Robot Coupe, knives, cutting boards, etc.
- Membership dues to the Minnesota School Nutrition Association for food service personnel (<http://www.mnsna.org/about-us/membership>).
- [Onsite training such as Keeping Kids from Falling Short: A New Look at Fruits and Vegetables in the School Cafeteria](#). This onsite three-hour workshop provides school food service staff with up to three CEUs.
- Nutrition education materials.

Farmer/Grower/Distributor

- On-farm food safety consultation.
- Materials to support season extension.
- Materials and resources from Family Farmed to expand the production, marketing and distribution of locally grown food.
- Minnesota Grown, Minnesota Fruit and Vegetable Growers Association or other professional annual memberships.

For further information on Farm to School and the Fresh Fruit and Vegetable Program, please [visit the University of Minnesota Extension Farm to School website.](#)



Funding for the *Eat Smart Food Contest* is provided by the Minnesota Department of Agriculture.

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Submission Form

[Please submit electronically as a PDF to f2s@umn.edu.](mailto:f2s@umn.edu)

School name _____

City/Town _____

Contact person _____

Contact phone number including area code _____

Contact e-mail _____

Which competition category are you applying? Please check one.

- 1. Dollar amount of Minnesota Grown fruits and vegetables purchased per student during September 2013.
- 2. Most variety or different kinds of Minnesota Grown fruits and vegetables purchased and served during September 2013.
- 3. Most comprehensive Farm to School education and outreach including community, cafeteria and classroom.

NOTE: If applying in this category, please see the instructions under Judging Process.

[Questions? Please contact Susan DeBlieck at f2s@umn.edu](mailto:f2s@umn.edu) or 320-203-6105.