



Implementing Tips

A successful implementation of the monthly **Tips** requires the support of the entire school. Administrators, Mentor/Lead Teachers, Instructional Assistants, Food Service Directors, and parents help in delivery of this program.

1. Communicate with Administrators

Meet with Early Childhood Director, Site Administrator and Food Service Director to coordinate and gather support for implementing the program.

2. Identify a Mentor/Lead Teacher

Essential to the Tips implementation is selecting a lead teacher to coordinate and oversee the implementation of the program in a school. This person will be the point of contact that will coordinate the monthly delivery of the materials and produce for the activities and taste testing.

3. Communicate with Food Service Personnel

Every effort should be made to coordinate **Tips** implementation with Food Service Director to arrange delivery of the produce featured in the **Tips** of the month. It is also important to seek support from the school food service personnel for smooth delivery of the produce to the classroom.

4. Keep Parents Informed

Parents play a key role in helping mold and change children's food behaviors. Notify parents of this program and encourage them to offer children meals or snacks that feature the monthly **Tips**. UCCE has also created a *Tips for Parents of Early Preschool Children* that features the same produce and will help the transition from school to home.

5. Coordinate with NETA, University of California Cooperative Extension (UCCE) staff

NETA staff collaborates with other partners to ensure timely and quality delivery of materials included in the activities and arrange for the delivery of produce. Staff also collect information about class counts and evaluation as required by funding agencies.

6. Schedule In-Service Training and Technical Support

UCCE NETA staff offers training and orientation for teachers interested in the program. They assist teachers in creating a classroom environment that supports and promotes eating fresh California produce. Health and safety information and training is offered to ensure close supervision and careful planning. Posters, reading materials, and other related resources will be provided, as needed.



Cooking Equipment for Children (Ages 3-5)

Most of the activities included in **Tips** can be done using general, ordinary home or school cooking utensils. If there are resources, buy a rolling cart with all necessary equipment. Remember to have enough supplies and equipment that allow all children to participate.

BASIC TEACHER COOKING KIT

- 1 chef's knife
- 2 large wooden spoons
- 2 spatulas
- 1 set of tongs
- 3 mixing bowls, assorted sizes
- 1 colander
- 1 ladle
- 1 slotted spoon
- 1 can opener
- 1 vegetable peeler
- 2 large plastic tubs
- 5 sponges with rough side
- 1 bottle of dishwashing liquid
- 2 kitchen towels
- 1 large baking sheet
- 3 large plastic containers
- 1 first aid kit

CHILDREN EQUIPMENT

- 10 small plastic cutting boards
- 10 serrated plastic knives with rounded ends
- 5 sets of measuring spoons
- 5 sets of measuring cups
- 20 plastic spoons
- 20 plastic bowls
- 20 plastic plates

What Children (3-5) Can Learn with Tips

DOMAIN	CHILDREN ABILITIES, KNOWLEDGE & BEHAVIOR
Language	<ul style="list-style-type: none"> • Following a recipe • Understanding sequential steps of a recipe • Following directions and answering questions • Understanding complex and varied vocabulary
Mathematics	<ul style="list-style-type: none"> • Reading oven temperatures • Counting food items • Measuring & weighing food using scales, tablespoons, teaspoons, and cups
Science	<ul style="list-style-type: none"> • Nutrition awareness & identifying food groups • Understanding concepts such as: Solid to liquid, liquid to solid Heat and cold Food changes during cooking Planting and growing food
Creative Art	<ul style="list-style-type: none"> • Observing food colors, textures, and shapes • Practicing rhythms while stirring and kneading • Creating songs about food • Making a food collage • Illustrating a recipe • Molding food into sculptures • Role playing
Social and Emotional	<ul style="list-style-type: none"> • Cooking and gardening with others • Taking turns tasting different food • Participating in discussions about food • Learning about different food from other parts of the world and different cultures • Expressing pride in one's own heritage • Expressing feelings about food preference
Physical Health	<ul style="list-style-type: none"> • Cooking skills, kneading, rolling, stirring, juicing, peeling, mashing, pressing, food safety comprehension



What Does It Mean to Eat Seasonally?

Typically, if you ask a child living in an urban area, "Where does your food come from?" They will reply, the market. Quite often they do not know how produce got to the market. Most of them do not know when and how the produce has been delivered to the store. Children have lost touch with how and where foods grow. Technological advances have created convenient stores and fast food restaurants that make it easier for the consumer to access high fat, high sugar foods. Eating fresh produce is often very difficult and urbanization has displaced farms.

California's rich and fertile land provides us with a rich and diverse agriculture that is important for the state and nationwide. In recent years there is a growing

interest in eating fresh produce grown organically and/or the use of environmental safe methods to control pests. Such interest has also sparked the interest in urban farming and foodsheds. A foodshed is described as a farming area that produces and distributes to a surrounding area. Eating seasonal means eating produce that has been farmed and picked during their season.

Farmers' Markets offer the opportunity to eat fresh produce. Farm stands, backyard and community gardens are also good sources of fresh and seasonal produce. Eating seasonally helps one eat the vitamins, minerals, fiber, and other nutrients, the body needs for life long living. Seasonal

produce is more tasty, fragrant, and colorful. Research shows that people who eat more fruits and vegetables, as part of an overall healthy diet, are likely to have a reduced risk of some chronic diseases.

Gardening in the school or at home is also an excellent way to eat seasonal fresh produce. Teachers do not need a large space. There are a variety of container gardens that can be easily started. OUSD has a garden in every early childhood education site. Teachers can involve parents and children in the planting, irrigation, weeding, and harvesting of the produce. Teachers can also help parents obtain information to start a home backyard garden. Information about gardening and resources is available at UC Cooperative Extension. Contact your NETA representative for more information.



Tips feature:

- Seasonal and California grown produce
- Diverse fruits and vegetables
- Produce rich in a variety of vitamins, minerals, and phytochemicals
- USDA Dietary Guidelines for Americans
- Affordable recipes
- Recipes that are easy to cook and can be used by diverse cultures
- Produce available in the local farmers' markets and OUSD produce stands
- Information appropriate for Early Childhood-Aged Children
- Easy recipes parents can prepare at home



Photos: Network for a Healthy California

Oakland Farms-to-Schools Network School Produce Markets

The Oakland Farms-to-Schools program brings fresh produce to schools in East Oakland. Twelve schools have weekly produce stands during the school year and are open to students, parents, and neighbors. The School Produce Markets accept EBT food stamps

Franklin Elementary School

915 Foothill Blvd., Oakland
Tuesdays, 1:30 – 6:00 pm

Garfield Elementary School

1640 22nd Ave., Oakland
Tuesdays, 2:30 – 6:00 pm

Bridges Academy

1325 53rd Ave., Oakland
Tuesdays, 2:00 – 5:30 pm

New Highland Academy & RISE Community School

8521 A St., Oakland
Tuesdays, 2:15 – 6:00 pm

Manzanita Community & Manzanita SEED Schools

2409 East 27th St., Oakland
Wednesdays, 2:15 – 5:00 pm

Global Family & Learning Without Limits Schools

2035 40th Ave., Oakland
Wednesdays, 1:00 – 6:00 pm

Melrose Leadership Academy

5328 Brann St., Oakland
Wednesdays, 12:00 – 3:00 pm



Reference:

Community Alliance with Family Farmers, <http://guide.buylocalca.org/index.htm10/18/2010>

Community United School & Futures Elementary School

6701 International Blvd., Oakland
Wednesdays, 12:30 – 5:30 pm

Esperanza School & Korematsu Discovery Academy

10315 E St., Oakland
Wednesdays, 12:00 – 4:00 pm

Hoover Elementary School

890 Brockhurst St., Oakland
Tuesdays, 2:15 – 6:00 pm

Parker Elementary School

7929 Ney Ave., Oakland
Tuesdays, 1:30 – 4:30 pm

East Oakland PRIDE Elementary School

8000 Birch St., Oakland
Wednesdays, 12:30 – 6:00 pm



Alameda County Farms

Ardenwood Historic Farm

34600 Ardenwood Blvd
Fremont, California 94555

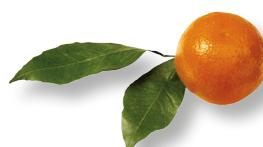
Frog Hollow Farm

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City Slicker Farms

1448 16th Street
Oakland, CA 94607
(510) 763-4241
citieslickerfarms@riseup.net
<http://www.citieslickerfarms.org>



G & M Farms

487 East Airway
Livermore, CA 94551
(925) 447-3276

Genesis Ranch

4120 Cross Road
Livermore, CA 94550
(925) 606-8019

J E Perry Farms

34600 Ardenwood Blvd.
Fremont, CA 94555
(510) 790-2659
sales@perryfarmsorganic.com
<http://www.perryfarmsorganic.com>

LEAF - Local Ecology and Agriculture Fremont

67 Blaisdell Way
Fremont, CA 94536

People's Grocery

3236 Market Street #103
Oakland, CA 94607
(510) 652-7607



Rancho Alegre

PO Box 607
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Swarm Catcher

11835 Foothill Rd
Sunol, CA 94586
(510) 604-8335

TerraBella Family Farm

7637 Foothill Rd.
Pleasanton, CA 94566
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