



# SCHOOL NUTRITION AND FARM2SCHOOL NEWS

Edition 1  
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## SCHOOL NUTRITION NEWS

### FOOD FOR KNOWLEDGE

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NUTRITION DIRECTOR



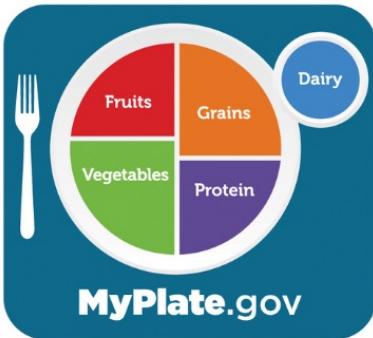
USDA HAS DEFINITE MEAL PATTERN REQUIREMENTS THAT SCHOOL NUTRITION **MUST MEET** WHEN PLANNING MENUS EACH YEAR. FOR **LUNCH**, THE FOLLOWING ITEMS **MUST BE OFFERED--**

**WEEKLY AMOUNTS BASED ON GRADE LEVEL--**  
 2.5 - 5 CUPS OF FRUIT  
 3.75 - 5 CUPS OF VEGETABLES  
 8-12 OZ MEATS/MEAT ALTERNATE  
 8-12 OZ WHOLE GRAIN BREAD  
 8 OZ FLUID MILK **DAILY**

SUB GROUPS ALSO MUST BE INCLUDED **WEEKLY**, DEPENDING ON AGE GROUP  
 DARK GREEN--1/2 CUP  
 RED/ORANGE--3/4-1 1/4 CUP  
 BEANS/ PEAS/LEGUMES--1/2 CUP  
 STARCHY--1/2 CUP

**DAILY CALORIE GUIDELINES**  
 K-5 550-650  
 6-8 600-700  
 9-12 750-850

**DAILY SATURATED FAT** MUST BE **LESS THAN** 10% FOR ALL GRADE LEVELS  
**DAILY SODIUM LEVELS** MUST BE **LESS THAN**  
 1100 MG FOR K-5  
 1225 MG FOR 6-8  
 1280 MG FOR 9-12



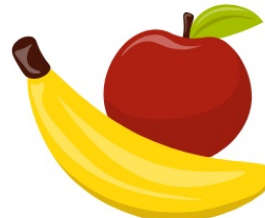
### FOOD FOR THOUGHT



Breakfast is served at all 3 elementary sites, MS and HS each morning.

Join us for this most important meal of the day!

At any time during the school year, families may fill out a free/reduced price meals application. These forms are available at the school nutrition office or any school office. If your family is approved, not only can your students eat free/reduced price breakfast and lunch, there are also benefits in many other areas such as instrument rental and college prep tests. Questions can be directed to the School Nutrition Office at 605-353-6911





Karla Sawvell, F2S Coordinator    Huron School District

## PLAIN VIEW FARMS, BYANT, SD



PLAIN VIEW FARM IS A PLACE RICH WITH HERITAGE, BRITTA'S GREAT GRANDPARENTS BEGAN HERE IN 1919. WE MOVED HERE IN 2017 WITH THE DREAM OF BEING MARKET GARDENERS AND SOON WE STARTED PLAIN VIEW FOODS. IN OUR SECOND YEAR OF GARDENING THE OPPORTUNITY TO LEASE A GREENHOUSE CAME UP AND WE LEAPED AT THE CHANCE. SIMULTANEOUSLY WE DISCOVERED THAT THE OWNERS OF THE GREENHOUSE HAD ALREADY BEEN WORKING TO BUILD A RELATIONSHIP WITH THE HURON SCHOOLS AND WERE PROVIDING FOR THE FFVP PROGRAM AND IT HAS BEEN OUR PRIVILEGE TO CONTINUE THAT WORK, AND BE A PART OF GROWING THE FARM TO SCHOOL PROGRAM FROM THERE. HAVING FOUR SONS OF OUR OWN AND A LOVE FOR DELICIOUS AND NUTRITIOUS FOOD, FARM TO SCHOOL HAS BEEN A NATURAL FIT. THE IDEA OF GROWING FOOD FOR KIDS, RIGHT HERE IN OUR STATE IS ONE THAT CONSTANTLY MOTIVATES US, AND WE ARE EXCITED TO PRODUCE AN INCREASINGLY DIVERSE ARRAY OF NATURALLY GROWN FRUITS AND VEGETABLES. WE DO THIS NOT ONLY SO THAT KIDS GET TO TASTE AND BE NOURISHED BY THESE CROPS BUT ALSO TO SHOWCASE WHAT CAN BE GROWN HERE IN SOUTH DAKOTA, AND INSPIRE THE NEXT GENERATION OF FARMERS TO BRANCH OUT AND USE THEIR IMAGINATIONS. OVER THE YEARS WE HAVE CONTINUED TO FIND SMALL SCALE FARMING TOOLS AND METHODS THAT ENABLED US TO GROW MORE, AND WE LOVE THAT IN THIS VOCATION WE WILL NEVER STOP LEARNING AND GROWING OURSELVES. WE COULD NOT DO THIS WITHOUT THE PASSIONATE, CURIOUS, AND COURAGEOUS WORK OF THOSE THAT HAVE BUILT THIS PROGRAM AT THE SCHOOL LEVEL IN HURON, OUR THANKS GOES TO THEM AND TO YOU ALL FOR SUPPORTING FARM TO SCHOOL IN SOUTH DAKOTA. THIS IS A STATE RICH IN PASSIONATE PEOPLE WHO TURN THEIR EFFORTS TO GROWING AND RAISING FOOD; WHAT IF WE WORKED TOGETHER TO GET THAT FOOD IN ALL OF OUR SCHOOLS?

## WHY MAKE THE EFFORT?

THERE IS FOOD, AND THEN THERE IS **REAL FOOD!** AS SCHOOL LUNCH LEADERS, WE HAVE MADE THE COMMITMENT THIS SCHOOL YEAR AND ARE PUTTING OURSELVES ON THE FOREFRONT OF REAL FOOD. TASTE, QUALITY, FRESHNESS, APPEARANCE, ARE ALL SO MUCH BETTER! AND SUPPORTING LOCAL AGRICULTURE, OF WHICH SOUTH DAKOTA IS A LEADER IN, MAKES PERFECT SENSE TO HAVE OUR DISTRICT STUDENTS BENEFIT FROM WHAT IS GROWN RIGHT IN OUR OWN STATE.

SCHOOL NUTRITION HAS BEEN INVOLVED IN THE FFVP PROGRAM FOR SEVERAL YEARS. THIS PROGRAM PROVIDES A SAMPLING OF A FRESH FRUIT OR VEGETABLE FOR EACH STUDENT IN ALL ELEMENTARY SCHOOLS. MELONS GROWN NEAR WOONSOCKET HAVE ALSO HAD PLACE ON THE LUNCH TRAY FOR MANY YEARS. BUT THERE IS PLENTY OF ROOM FOR MORE AND MORE LOCAL FOODS TO MAKE AN APPEARANCE IN OUR LUNCH MENU. LOCAL HONEY FROM ALBRECHT'S ANGEL HONEY AND FLOUR FROM BELLE VALLEY ANCIENT GRAINS IN NEWELL, SD ARE NEW TO OUR BREAD BAKING THIS YEAR. IMAGINE A WHOLE LUNCH TRAY WITH ALL LOCAL/SD PRODUCED ITEMS, IT'S WORTH THE EFFORT!

## FOOD FROM YOUR FARMER

Plain View Farms  
Colin and Britta  
Beveridge  
Bryant, SD



Ashley Curnow, RD



## DID YOU KNOW?

Hypoglycemia, a drop in blood sugar, will often occur after prolonged periods of not eating. In some individuals, this can happen as little as 2 hours after eating. If a child does not eat from the time they wake until lunch, they are easily going 4+ hours without nutrition. This would certainly increase the likelihood of a hypoglycemic episode.

Symptoms of hypoglycemia include- brain fog, lack of focus, lethargy, fatigue, anxiousness, sweating, headaches, dizziness, and racing heart just to name a few.

Eating on a regular basis (every 2-3 hours) can keep blood sugar levels stable and increase focus and performance. Studies indicate better test scores in kids who eat regularly. In addition, undesirable behavioral complications would likely decrease by eating breakfast.

## FOOD FOR ACTION

## TRY FAMILY STYLE MEALS AT HOME!



**EATING TOGETHER IS MORE THAN FILLING AN EMPTY STOMACH. IT IS A TIME FOR CONNECTING, CONVERSATION AND INTENTIONAL FELLOWSHIP!**

**~ SIT DOWN TOGETHER.  
TURN OFF THE TELEVISION AND  
PUT DOWN THE PHONES FOR FEWER  
DISTRACTIONS.**

**~ PASS EACH SERVING PLATE OR BOWL  
AROUND AND LET  
EACH PERSON SERVE THEIR OWN FOOD.  
HELP YOUNG CHILDREN  
PASS THE BOWL OR PLATE IF NEEDED.**

**~MAKE IT A PICNIC NIGHT, EVEN IN THE WINTER,  
AND SPREAD OUT A BLANKET AND EAT ON THE  
FLOOR!**





# FOOD FOR FUN!



**OUR STUDENTS RECENTLY JOINED OTHER SCHOOLS, PRESCHOOLS, NONPROFITS, AND LOCAL FOOD ENTHUSIASTS ACROSS OUR STATE IN CELEBRATING FARM TO SCHOOL MONTH BY PARTICIPATING IN THE SOUTH DAKOTA CRUNCH OFF! SOUTH DAKOTA IS COMPETING AGAINST REGION STATES TO DETERMINE WHO WILL BE CROWNED THE MOUNTAIN PLAINS REGION CRUNCH CHAMPION THROUGH HAVING THE MOST CRUNCHES INTO LOCAL PRODUCE PER CAPITA.**

**THE CRUNCH OFF WAS HELD OVER 4-WEEKS, SEPTEMBER 18-OCTOBER 13, 2023. BUCHANAN**

**K-1 CENTER CRUNCHED ON FRESH WATERMELON, PURCHASED FROM JOSH LARSON, WOONSOCKET, SD.**

**MADISON 2-3 CENTER TRIED FRESH KALE, PURCHASED FROM PLAIN VIEW FARMS, BRYANT, SD.**

**WASHINGTON 4-5 CENTER SAMPLED RED MEAT RADISHES AND HURON MIDDLE SCHOOL TRIED KALE CHIPS. BOTH OF THOSE ITEMS WERE ALSO PURCHASED FROM PLAIN VIEW FARMS.**

