

HARVESTING HEALTHY HOOSIERS



STRATEGIC PLAN



Mission

The mission of the Harvesting Healthy Hoosiers initiative is to promote nutrition education and sustainable farm to school programs to encourage students to create healthy habits so they can learn, eat and grow. We are dedicated to fostering a desire in students to seek out healthy foods that impact our community.

Vision

We plan to involve the community and students in our mission to promote healthy habits, local farming practices, and school meals. Through the tailor-made curriculum, taste testings, accessible nutrition education, and experienced guests, such as farmers and chefs, we are committed to empowering students and their families toward healthier options in and outside of the school day. Additionally, we plan that the Harvesting Healthy Hoosiers initiative will also provide students (and families) with experiences to expand their knowledge of cuisine and taste preferences.

Goals

The goals are multifaceted to engage students, staff and the community within the school nutrition programs:

- Reduce the Amount of Added Sugars in the School Breakfast Program
- Reduce the Amount of Sodium in the National School Lunch Program
- Engage Students in Local Menu Planning Efforts, Taste Testing and Nutrition Education Activities
- Feature Local Agriculture Products and Incorporate More from Farm to School Education Activities in Classrooms
- Incorporate Scratch-Prepared Menu Items into Breakfast and Lunch Weekly Menu Plans
- Implement Innovative Practices in Nutrition Education Activities and Embed them into Curriculum

Optimizing Opportunities

Through this opportunity, the School Nutrition Staff are able to overcome the following challenges:

- Limited Staff
- Increased Food Costs due to Limited Purchasing Power
- Lack of Physical Space
- Nutrient Standard Requirements
- Student-Focused Recipe Inclusion



Awards

The RBB Edgewood School Nutrition Program received the Rural School Breakfast Trailblazer award from the Action for Healthier Kids and United States Department of Agriculture for innovative strategies to elevate the school breakfast program.

► To Date Accomplishments

As of Summer 2024, the following activities have occurred:

- Review of School Nutrition Professional Training Needs
- Review School Menus for Areas of Opportunity
- Create Website for School Nutrition Professionals
- Confirm a Curriculum Writer
- Confirm 3 Chefs
- Reach out to 20 Local Farmers
- Confirm Use of 5 Local Farmer Products
- School Nutrition Professionals Completed 147 Training Hours
- Reduced the Weekly Sugar Content in the School Breakfast Menu by 684 grams
- Social Media Content Created
- 3 Additional Grant Applications Completed
- Initial Steps Completed for the Teach and Community Website
- 30% of School Nutrition Staff Attended Week-Long Culinary Skills for A+ Meals training
- 3 New Fork Farm Units Added to Schools

► Action Steps for Upcoming School Year

For the next school year, the following activities will occur to meet our goals:

- 3 Chefs will be featured throughout the school year on the following dates:
 - July 29th, September 5th, October 9th, November 22nd, January 31st, February 24th, March 5th, April 25th, May 3rd
- School Curriculum will be piloted starting in the fall with full completion occurring in the spring semester
- Create a Task Force for the Harvesting Healthy Hoosiers Initiative
- Highlight Events/Stories throughout the School Year
- Incorporate Recipes into the School Menu
- Provide Students with the Opportunity to Vote on Favorite Recipes
- Incorporating Stakeholders (and Multiple Avenues) to Provide Nutrition Education
- Continue to Write Grants
- Apply for the Healthy Meals Incentive Awards

► Sustainability

We believe these efforts are important for our students and families in Ellettsville. To continue the efforts for years to come, we plan to continually do the following:

- Involve Culinary Programs in Trainings/Events
- Apply for Grants with Stakeholders
- Update Website, as necessary
- Continue to Offer the Website for the Community, Teachers and School Nutrition Professionals
- Meet with the Taskforce for Guidance on Best Steps for Sustainability Efforts

► Evaluation

A Task Force will be created to evaluate the efforts created by the Harvesting Healthy Hoosiers initiative. The evaluation phase will occur during Spring 2025. This will allow any activities to be updated as necessary while incorporating sustainability efforts.