

Overview of Miraloma's From the Farm Snack Program

What is the new From the Farm Snack Program?

Beginning the first day of school, fresh, seasonal, local (ie, *from a farm*) produce will be delivered to the school, washed and prepared, and then delivered to each of the classrooms on a tray with serving spoon, by parent volunteers. This will be replacing the previous snack program, where each parent provided a snack for the classrooms 10 days out of the year.

Why is Miraloma making the switch to a produce-based snack program?

Miraloma is interested in providing a healthy, nutritionally consistent snack to its students. Produce is a tasty, hi-energy, nutrient-dense (ie, vitamin C, carotenoids, vitamin A, potassium, fiber-filling, etc.) snack that is an appropriate bridge between breakfast and lunch. It falls in line with our current gardening & environmental education program and is a step towards combating childhood obesity.

By centralizing the snacks, teachers will spend less time managing the snacks, leaving more time to teach. Additionally, parents will spend less time shopping for all the various snack items several times a year. Instead it will be delivered to your child's school! And parent volunteers will cut up the fresh fruit and vegetables for you! This is an opportunity for our children to eat food that is both familiar to them and be exposed to new produce. The teachers are very excited about both the time they will save and the space in their classrooms that they will no longer have to set aside for snacks.

What are some examples of the seasonal snacks?

Fall – berries, sliced melon, grapes, sliced bell peppers, cherry tomatoes

Winter – cut up citrus fruits, kiwi, sliced apples, sliced turnips, radishes, carrots

Spring – peas, baby carrots, cherries, sliced Valencia oranges

In addition, parents might still want to make snack contributions beyond the \$50 donation. If this is the case, might we suggest that you provide the classroom with a *whole food*, such as some nuts and seeds (no peanuts), whole garbanzo beans or hummus, 1% low fat milk or cheese.

In time, we may be able to contract with a whole sale merchant for these products as well. That is our hope for the future. However, this is an exciting beginning. We hope we can count on you for your support.

Who do I contact if I have any questions about the From the Farm snack program?

Alison Eastwood, RD home 415-285-2316, mobile 415-987-0272, Alison@niftynutrition.com
and Chris Linder mobile 415-286-0490, chrisdan4@comcast.net

Both Allison Eastwood and I are very excited about this program. I look forward to answering any questions and discussing any concerns.