

Spring 2011

Piscataquis Public Health Council

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Farm to School Seed Projects

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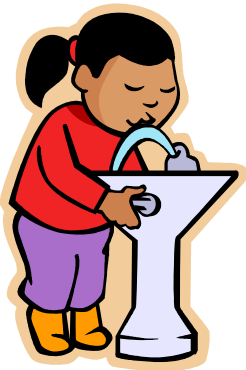
Schools will offer classroom nutrition, healthy lifestyle education, and gardening experiences with small pilot student groups. They will also partner with farmers and food cupboards and encourage families and community members to become involved in growing the programs over the next few years.

Corinth Morison Memorial School will be offering taste testing,

cooking and gardening experiences to students in grades 3-5.

Milo schools will offer experiences with growing, preparing and eating whole foods and the health benefits of physical activity through gardening. A community wide Nutrition & Activity Expo will be held on June 4th at PVHS. Students will use what they learn to start a small vegetable garden at home.

Guilford Middle School is offering an after school garden club called "Fun with Farming" to students in grades 3-6. Students will have an opportunity for hands-on experience in gardening at Stutzman's Farm from spring to fall in order to see vegetables go from seed to table. A calendar/recipe book with kid friendly recipes and illustrations will be developed by students.



**On the back page,
Get to Know
Your Farmers**

Pre School Projects

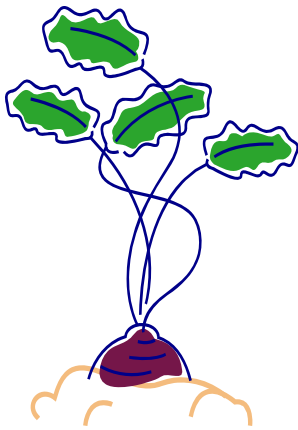
Early education programs in Dover Foxcroft are working on preventing early childhood obesity. Ready* Set* Grow* & The Children's Learning Center have spent recent months implementing the

Nutrition & Physical Activity Self Assessment for Child Care (NAP SACC).

The Teachers have been participating in workshops on childhood nutrition and physical activity. They have also explored the

importance of their roles as child care providers, and as role models and supports for families. One of many goals both programs have reached is supporting children and adults to drink more water throughout the day.

Get to Know Your Farmers



Maine seasonal fruits and vegetables include greens such as chard, beet greens, lettuce, as well as radish, fiddleheads, asparagus, rhubarb, spinach, onions, and strawberries.

Wild harvested foods include fiddleheads and nettles.

Other seasonal foods include orange, grapefruit, lemons, cherries, apricots, kiwi, and artichokes.

Woodhaven Goats and Garden's, Rt. 7, Dover-Foxcroft. Self serve stand. Spring Eggs. Summer Flowers & Vegetables. For more information, please call Judy Merck at 564-3563.

The YES Summer Program Gears Up for Action

The Piscataquis Public Health Council and Penquis' Young Entrepreneurs' Society (YES) Summer Program will team up this summer to sponsor the Community Garden Project for the second year. The YES Summer Program is based at the Penquis Office in Dover-Foxcroft and is open to any Piscataquis County youth ages 12-15. Under the leadership of Sidney

Mitchell, Dover-Foxcroft Community Garden Director, youth enrolled in the program will participate in organic gardening, experience hands on learning and will follow the growing process from seed to table. YES teachers April Sargent and James Macomber will integrate health and nutrition practices throughout the 6 week summer session, and tie classroom activities to lessons from

the garden project. Through this program, students will gain a better understanding of the importance of eating healthy foods and staying physically active. The YES Summer Program begins June 21, 2011 and runs every Tuesday and Thursday through the end of July 2011. To enroll your child, please call 564-7116 and ask for an application.

Also happening at school... SAD 4 Fills a Need by Filling Backpacks

When school is in session children have access to a nutritious breakfast and lunch, giving them the nourishment they need to be ready to learn. And when school is not in session do children get what they need? Administrators at SAD 4 in Guilford realized that many of their students were at risk of being hungry over the weekend and during school

vacations. Over 60% of SAD 4 students receive free or reduced price lunch, reflecting the poverty and stress many families live with every day. For numerous households, the cost of living is high and wages are low, forcing some families to make hard choices about meeting basic needs. SAD 4 took action to solve this problem by becoming the

core of a community partnership whose goal was to provide children with backpacks full of nutritious food to bring home on weekends. In partnership with United Way of Eastern Maine, Partnership Food Pantry, Mayo Regional Hospital, Maine Highlands Federal Credit Union, Penquis and private donors, the Weekend

Backpack program was initiated. To date, 31 families have been served, with hopes of enrolling up to 40 families. Due to the program's success within the community, program partners hope to continue and expand the program this Fall. For more information, please call Roxanne Chase at 876-3444.