



Regional Farm to School Program

Cornell Cooperative Extension

Harvest New York



Increase volume
and variety of NYS
foods in school
food service



Regional Farm to School Coordinator Program

Cornell Farm to School Program



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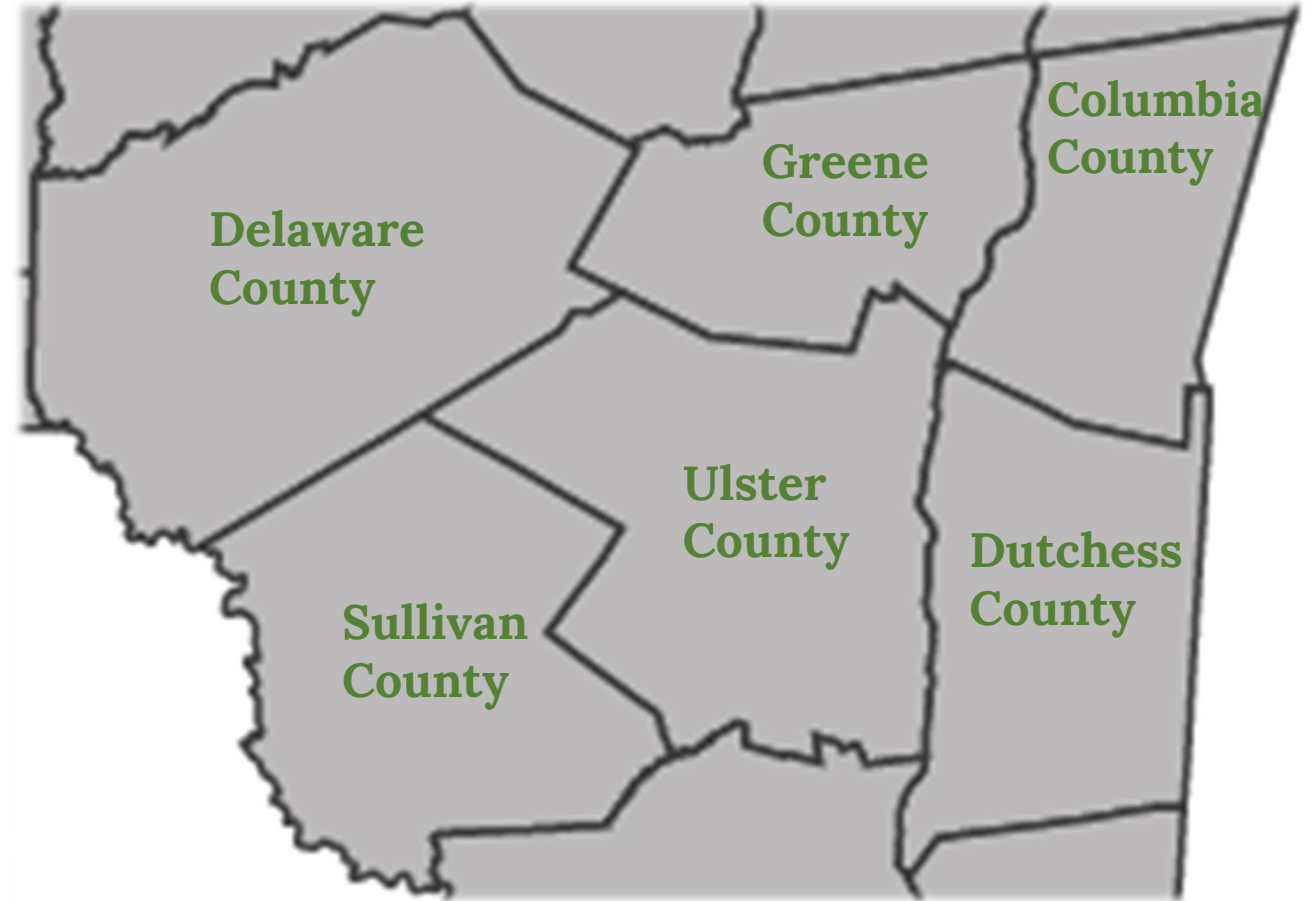


 Becky O'Connor	 Lizzy Cooper	 SJ Whelan	 Meghan Dohman	 Katie Sheehan-Lopez	 Kristy Apostolides	 Amy Bly
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Regional Farm to School Coordinator Program

Upper Hudson Valley

- Ulster
- Dutchess
- Sullivan
- Delaware
- Greene
- Columbia



Activities



Find local food and farm partners



Match producers with schools



Work with supply chain partners on logistics



Assist with product development



Develop local food procurement plans



Assist with bid process



Assist with securing grants



Establish Farm to School promotional campaigns

Challenges

- Staffing
 - Skills
 - High turnover
- Cost
- Logistics
- Regulations
- Availability of local products



NYS 30% Initiative

- Launched in 2018-19 school year
- For districts that spend 30% of lunch costs on NY foods
- Lunch reimbursement increases from \$0.06/meal to \$0.25/meal





How school food purchasing works

How School Food Purchasing Works

- School food service is its own “business” within a district
 - Revenue and expenses are self-contained
- Reimbursement rates:

Federal government	\$4.52/lunch
NYS government	\$0.06/lunch

NYS Foods





Ulster County

Onteora



Complete Meal: a student must take at least 3 of the 5 different components offered (bread/grain; meat/meat alternative; fruit; vegetable; and milk) One **MUST** be a fruit or a vegetable. If a child has questions about a complete meal, please encourage him/her to ask the food service staff. Thank you!

Makes checks payable to **Onteora CSD Food Service** or payment may be applied on-line through the parent portal



Breakfast is Available Daily at all schools.

Elementary Lunch					Onteora Central School District					January 2025																				
New York Thursday's: Each month, watch for the NY State's bounty of products we will be celebrating and serving.						Thursday 2 "Smackers" Popcorn Chicken or *Veggie Nuggets* with Baked Fries Green Beans and Assorted Fruit		Friday 3 French Bread Pizza Salad of Mixed Greens Assorted Fruit																						
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Try It Tuesday Plant Based Kickin' Tenders Wheat Berry and Dried Fruit Salad, Roasted Carrots and Assorted Fruit	Teriyaki Chicken, Peppers and Edamame Or *Tofu and Vegetable Stir Fry* With Brown Rice, Broccoli and Assorted Fruit	Frittata made with NY Eggs Served with Issa's Pita Chips , String Cheese, Roasted Potatoes and Apple Cider	Stuffed Crust Pizza Salad of Mixed Greens Assorted Fruit																						
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Chicken Patty or *Plant Based Kickin' Patty* on a Whole Wheat Bun, with NV Chips , Baked Beans, Lettuce, Tomato & Assorted Fruit	OCS' Traditional Macaroni and Cheese with a Whole Wheat Roll Spinach and Assorted Fruit	Fish Bites or *Veggie Nuggets* Oven Baked Fries, Corn & Assorted Fruit	Ham and Cheese Panini or *Eggplant, Tomato, and Mozz. Panini* With Kale Salad, Baked Beans and Assorted Fruit	Individual Round Pizza Salad of Mixed Greens and Assorted Fruit																					
		Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Meatball or *Eggplant Parm* Hero on a Whole Wheat Roll with Roasted Broccoli and Assorted Fruit	"Grilled" Cheese Sandwich Home-Style Tomato Soup Carrot Crunchers and Assorted Fruit	Turkey Cubes and Gravy or *Southwest Veggie Bowl* Whipped Potatoes, Dinner Roll, Green Beans and Assorted Fruit	French Bread Pizza Salad of Mixed Greens Assorted Fruit																					
-----HIS Regents-----																														
Monday 27	Tuesday 28		Thursday 30	Friday 31	Boneless Chicken Wings or *Southwest Veggie Bowl* with Oven Baked Wedges, Corn and Assorted Fruit	Mozzarella Sticks with Marinara, Caesar Salad and Assorted Fruit	Beef or *Refried Bean* Tacos with Cheddar Cheese, Brown Rice, Shredded Lettuce , Chunky Salsa and Assorted Fruit	Stuffed Crust Pizza Salad of Mixed Greens Assorted Fruit																						
Offered Daily: Local 1%, Skim Milk and Fat Free Chocolate Milk \$0.50					Adult Meals \$5.24+TAX= \$5.65					Try It Tuesday: In efforts to get our students to try new foods such as fruits, vegetables, beans, legumes and grains, we feature a "Try it Tuesday" each month. All students, whether they buy lunch that day or not, can have a taste of the featured item. Please encourage your child(ren) to "Try It" each month.																				
<table border="1"> <thead> <tr> <th></th> <th>Breakfast</th> <th>Lunch</th> <th>Second Lunch</th> </tr> </thead> <tbody> <tr> <td>K-5</td> <td>AT NO COST</td> <td>AT NO COST</td> <td>\$4.60</td> </tr> <tr> <td>6-8</td> <td>AT NO COST</td> <td>AT NO COST</td> <td>\$4.60</td> </tr> <tr> <td>9-12</td> <td>AT NO COST</td> <td>AT NO COST</td> <td>\$4.60</td> </tr> </tbody> </table>						Breakfast	Lunch	Second Lunch	K-5	AT NO COST	AT NO COST	\$4.60	6-8	AT NO COST	AT NO COST	\$4.60	9-12	AT NO COST	AT NO COST	\$4.60	*Suitable for Vegetarian Diet* (most can be adjusted for Vegan Diet) ✓ - Suitable for Vegan Diet New York Products									
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Available Daily: Sandwiches: Tuna, Turkey, Ham, and/or Cheese or Sunbutter (sunflower seed spread ✓) and Jelly. Salad Plates: Tuna, Chef, Chicken Caesar, Cheese with Fruit, or a Hummus Platter with Pita and Veggies (✓) Veggies: Carrot Crunchers and extra servings of vegetable offered																														

Menu subject to change without notice

This organization is an equal opportunity provider and employer.

NY Foods

- Produce, Dagele Brothers and Hudson Harvest
- Milk, Hudson Valley Fresh
- Tomato Sauce, Hudson Harvest
- Wheatberries, Farmer Ground Flour
- Maple Syrup, Sugar Brook Farm
- Brown Rice, Great Joy Family Farm
- Eggs, Hudson Valley Egg

Onteora: Recipe Testing

Meatloaf with BBQ sauce, mashed potatoes, whole wheat biscuits



Ellenville

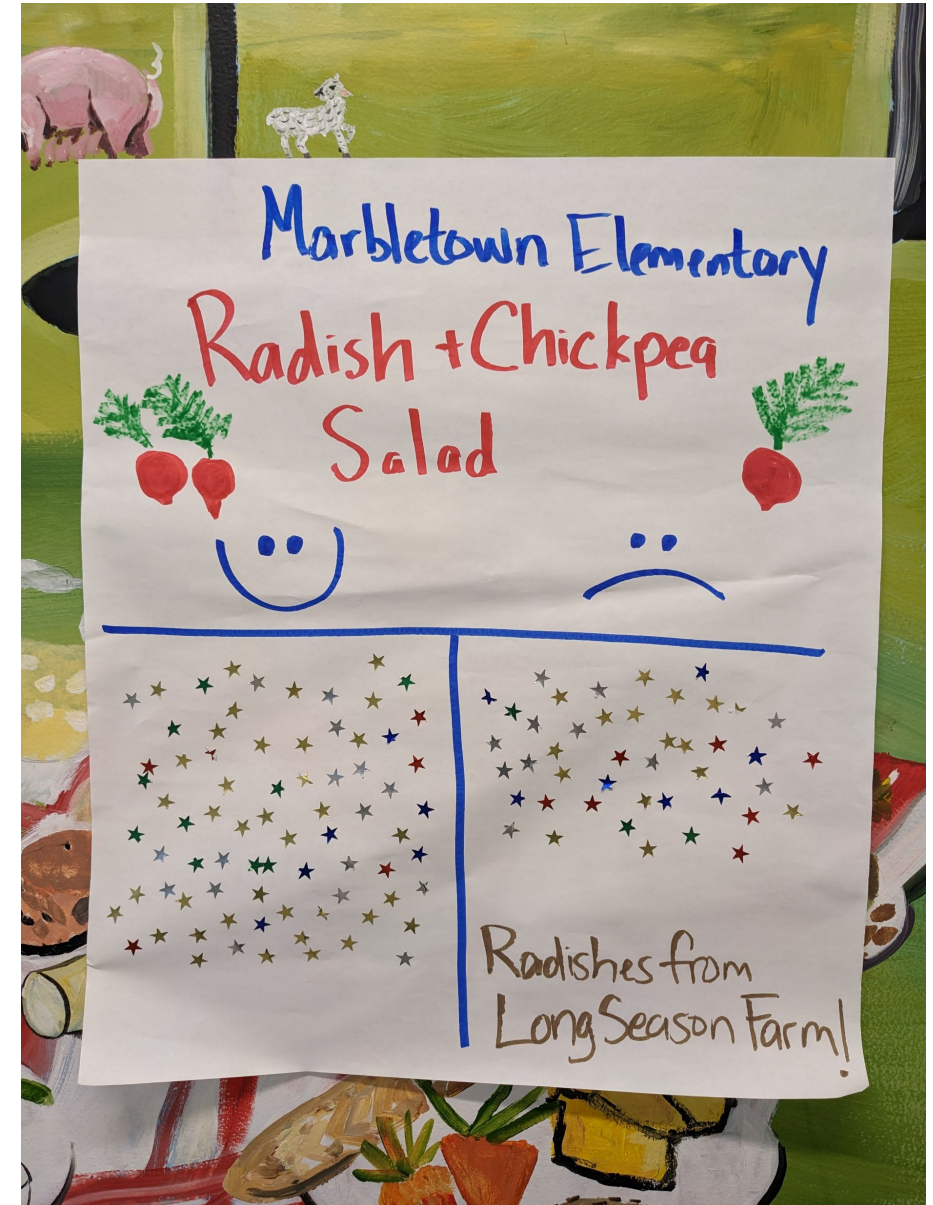
- Local Food for Schools funding
 - Venison stew, Highland Farm
 - Pulled pork nachos, Slate Foods pork, Milestone Mill tortilla chips
 - Watermelon juice, Great Joy Family Farm
 - Eggplant parm, Hudson Harvest
 - Strawberries
 - Honey, Damn Good Honey Farm
 - Mushrooms, Flowering Sun Ecology Center



Ellenville



Rondout Valley





Other Farm to School Projects

NY School Food Recipes



Ziti Bolognese

Category
Entrée

Components
Grain Veg



Sloppy Joe

Category
Entrée

Components
Grain M/MA



Macaroni & Cheese

Category
Entrée

Components
Grain M/MA



Cinnamon Maple Swirl Sheet-Panc...

Category
Entrée



Vegetable Fried Rice

Category
Entrée



Sweet & Sour Chicken

Category
Entrée



Culinary Trainings



NYS Farm to School Summit



**NEW YORK
FARM ^{TO}
SCHOOL
SUMMIT
2024**

**IT TAKES A
VILLAGE
CULTIVATING COMMUNITY
IN FARM TO SCHOOL**

**WEDNESDAY, NOVEMBER 20 -
FRIDAY, NOVEMBER 22**

**SYRACUSE, NY
THE ONCENTER
AND SURROUNDING AREAS**

- Field trips • Lightning talks •
- Panels • Hands-on learning •
- Trade show with NY food products •
- Networking opportunities

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