

Winter 2018 ILC



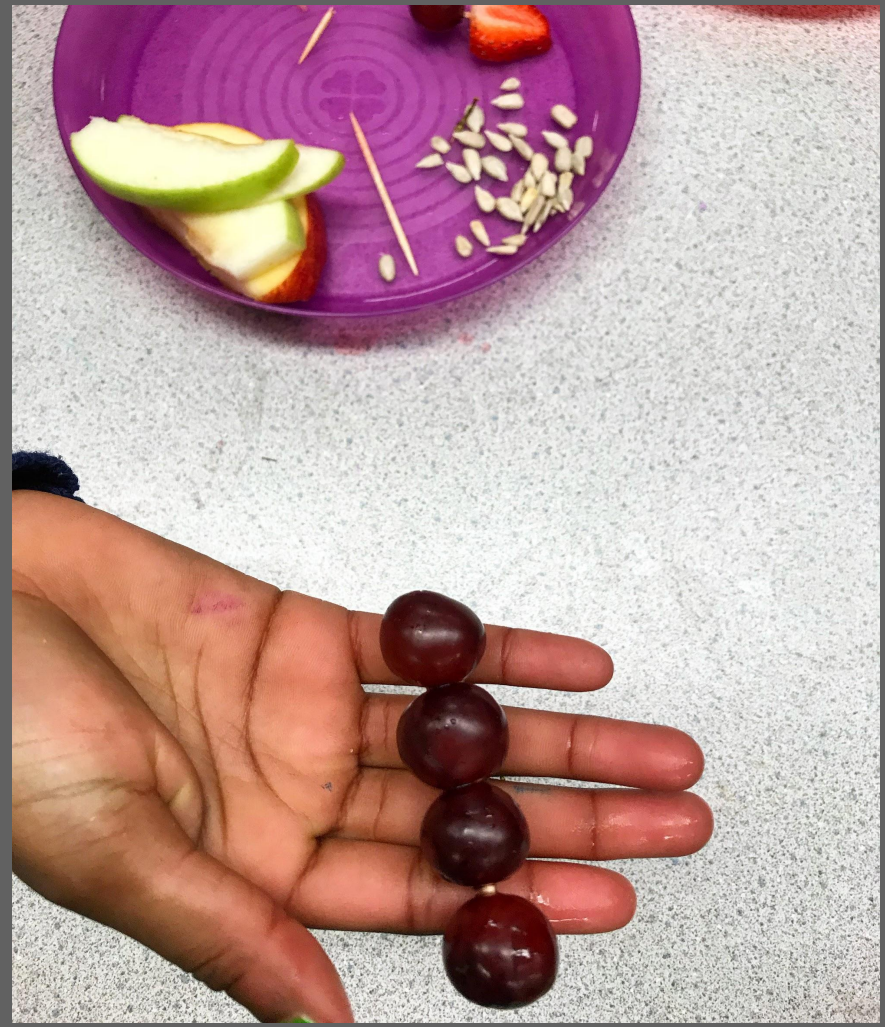
Haleigh ryneski

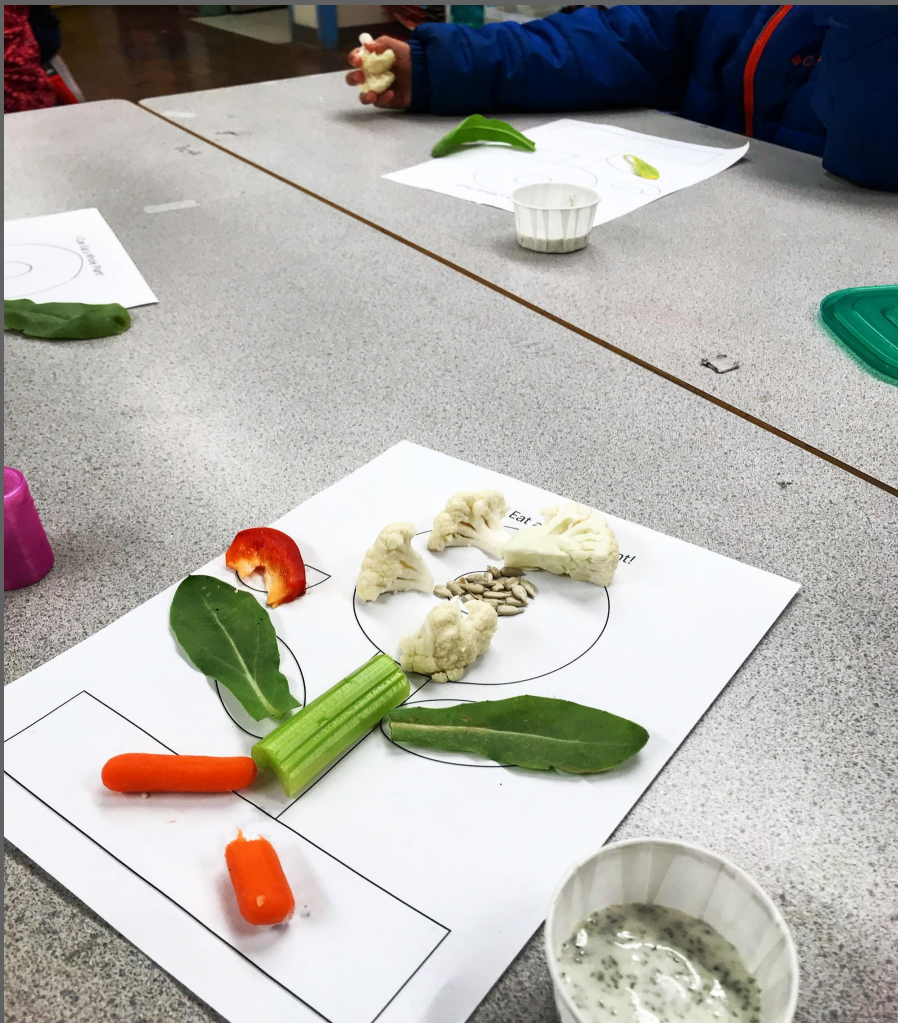
Learning Objectives

Growing Gardens	To introduce new perspectives to youth on creating plentiful and equitable, local food
Farm to Fit	To learn about how to take specific nutritional needs and form that into enriched meals at a local level
Celebrate Catering	To get an understanding on running a local catering company working towards implementing more sustainable practices

Growing Gardens - Glenfair Elementary

- Growing Gardens: Non-profit organization with the mission of, “using the experience of growing food in schools, backyards and correctional facilities to cultivate healthy, equitable, communities.”
- Glenfair Elementary: Low-income school in the Reynolds School District.
After School program with 2nd graders
 - Mission to teach children about gardening concepts, ex: plant anatomy, insects influence, seeds and tasting “labs”





Glenfair Schedule

- 3:20 to 3:35 – Second lunch
- 3:35 to 3:50 – Circle time
- 3:50 to 4:10 – Recess
- 4:10 to 4:25 – Garden time
- 4:25 to 4:45 – Ladybugs and aphids game
- 4:45 to 5:15 – Food art

Farm to Fit

- Subscription based meal plan focusing on local, delicious food: paleo, vegetarian, boost, 1200 cal, 1600 cal and 2000 cal
- Composting, organic produce delivered locally and less than 6% food waste goal
- Food meal ex:
 - Prosciutto wrapped chicken, a rice blend and brussel sprouts (unchicken for vegetarians)
 - Salmon, zucchini veg mix and mashed potatoes with a sweet butter on the side (an eggplant version of the salmon for vegetarians)
 - Roast beef in gravy with cauliflower carrot blend and some kind of grain (mushroom replacement for the beef)
 - A chicken chili (veggie pepper chili to replace)





Celebrate Catering

- Upscale catering company working towards sustainable practices
- Implementing composting system, food waste reduction, seasonal menu options and in-season produce
- Food aesthetics and presentation
- Work I did: front of house, office administration, meeting clientele and forming menu options
- Bistro work at George Fox University





Common Themes

- The marketing behind local and sustainable food
- Obstacles of running a small, local business
- Guilt behind not being entirely sustainable or local
- Different placements in the food industry for each organization