Feeding Our Kids Food Grown, Raised and/or Processed in Ohio

OHIO FOOD GUIDE for FOOD SERVICE DIRECTORS
ABOUT THE PROGRAM

**Ohio Days: My Plate, My State** program features ready-to-go tools and resources that can be used to support healthy eating in school cafeterias. Included in this toolkit are menu options for schools that have been used successfully in other school districts in Central Ohio. This does not constitute endorsement of these companies.

**Ohio Days: My Plate, My State** provides materials for students, families and the community to engage in hands-on opportunities to explore, taste and learn about the importance of eating a variety of local foods. Resources provide the opportunity for collaboration among educators, school nutrition staff, school administrators, students, parents, farmers, after-school programs, and more – all of whom are striving toward the goal of increasing consumption of healthy local foods.

**PROGRAM GOALS**

**Ohio Days: My Plate, My State** was created to promote and support Farm-to-School programming. There are numerous benefits to this program including menu variability and local sourcing options for schools and accompanying promotion and communication tools.

"LOCAL"

**Ohio Days: My Plate, My State** current definition of local includes any foods that are grown, raised and/or processed in Ohio.

**TOOLKIT**

This toolkit was created to aid in the expansion of **Ohio Days: My Plate, My State**. The vendors used in this toolkit are those that have successfully worked with the districts participating in Ohio Days in the past. These vendors have been a source of food grown, raised and/or processed in Ohio. This toolkit does not constitute an endorsement of these businesses.

Studies show that eating nutrient-rich foods like fruits and vegetables, whole grains and lean protein can help students perform better in school.
PROJECT TEAM

Ohio Days: My Plate, My State was made possible through partnership with Franklin County Public Health, Columbus Public Health, Ohio State University Extension and Columbus City Schools. This program is designed to support the capacity building of farm to school programming within Central Ohio and around the state.

MEMBERS OF THE PROJECT TEAM:

• Cheryl Graffagnino, Local Food System Strategies Coordinator at Columbus Public Health
• Carol Smathers, Ohio Farm to School Program Director at Ohio State University Extension
• Amy Fovargue, Youth Wellness Program Coordinator at Ohio State University Extension
• Joe Brown, Food Service Director at Columbus City Schools
• Kristin Peters, Health Educator at Franklin County Public Health

This resource was strengthened by the valuable input of several talented experts and field practitioners who reviewed initial drafts. The tools, resources and organizations referenced reflect a broad interest in farm to school and community-based food systems generally. The views expressed in these resources are not necessarily reflective of, or endorsed by Franklin County Public Health, Ohio State University Extension and Columbus Public Health. The project team acknowledges the existence of a diversity of viewpoints related to this emerging area of work and believes that, in the spirit of fostering an open and thoughtful dialogue, exploration of these viewpoints is essential to sound food system decisions in our communities.

PARTNERS

Columbus City Schools – Joe Brown, Food Service Director
Bexley City Schools – Julianna Carvi, Food Service Director
Upper Arlington Schools – Irene Hunt, Food Service Director

We are creating sound food system decisions for our communities and our schools.
OHIO PROVIDERS
PROTEIN

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ROOT’S POULTRY | Fremont, OH
Shredded and Precooked Chicken
1-800-499-2536 • www.rootspoultry.com

KING’S COMMAND FOODS | Versailles, OH
Cooked Chicken and Beef Products
937-626-3553 • www.kingscommand.com

BOWMAN & LANDES | New Carlisle, OH
Cooked Turkey and Turkey Sausage
937-854-9466 • www.bowmanlandes.com

KARN MEATS | Columbus, OH
Cooked Ground Beef
614-525-3712 • www.karnmeats.com

JTM FOODS | Harrison, OH
Beef
1-800-626-2308 • www.jtmfoodgroup.com

BEF FOODS | Lima, OH
Breakfast Sausage and Sides
567-940-9401

KEYSTONE MEATS | Lima, OH
Cooked Beef, Pork, Turkey and Chicken
419-225-9600 • www.keystonemeats.com

ADVANCEPIERRE | Cincinnati, OH
Prepared Protein
800-317-2333 - www.advancepierre.com

CONAGRA FOODS | Troy, OH
Center of the Plate
937-335-2115 - www.conagrabrands.com
OHIO PROVIDERS
VEGETABLES AND FRUITS

WATERFIELDS | Cincinnati, OH
Hydroponic Salad Greens
513-729-7539 • www.waterfieldsllc.com

GREEN CITY GROWERS | Cleveland, OH
Hydroponic Salad Greens
440-339-4639 • www.evgoh.com/gcgc

BAUMAN ORCHARDS | Rittman, OH
Apples, Plums and Peaches
330-925-6861 • www.baumanorchards.com

THE FREMONT CO. | Fremont, OH
Canned Tomato Products
419-334-8995

HIRZEL CANNING CO. | Pemberville, OH
Canned Tomato Products
419-693-0531 • www.deifratelli.com

TIP TOP CANNING CO. | Tipp City, OH
Canned Tomato Products
937-667-3713 • www.tiptopcanning.com

NATUREFRESH | Delta, OH
Tomatoes
519-326-1111 • www.naturefresh.ca/ohio-fresh

GREEN LINE FOODS | Bowling Green, OH
Fresh Cut Vegetables
419-353-2326

YELLOWBIRD FOODSHED | Mt. Vernon, OH
Fruits and Vegetables in Season
419-889-7316 • info@yellowbirdfs.com

BIRD HAVEN FARMS | Granville, OH
Fruits and Vegetables in Season
740-587-1100 • www.birdshavenfarms.com

GREAT RIVER ORGANICS | Columbus, OH
Fruits and Vegetables in Season
www.greatriverorganics.org

RHOADS FARMS | Circleville, OH
Fruits and Vegetables in Season
740-474-2028 • www.rhoadsfarminc.com

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SMITH DAIRY • Reynoldsburg, OH
Milk
www.smithbrand.com

SNOWVILLE • Pomeroy, OH
Milk, Sour Cream & Yogurt
740-698-2340 • www.snowvillecreamery.com

UNITED DAIRY • Martin’s Fairy, OH
Milk & Dairy Products
1-800-252-1542

BIERY CHEESE • Louisville, OH
Cheese
330-875-3381 • www.bierycheese.com

PEARL VALLEY CHEESE • Fresno, OH
Cheese
740-545-6002 • www.pearlvalleycheese.com

MICELI’S DAIRY PRODUCTS • Cleveland, OH
Cheese
216-971-6222 • www.miceli-dairy.com

YOUNG'S DAIRY • Yellow Springs, OH
Cheese
937-325-0629 • www.youngsdairy.com

DANNON • Minster, OH
Yogurt: Activia Light and Fit, Oikos, Danimals
419-628-3861 • www.dannon.com
SHAGBARK SEED & MILL  |  Athens, OH  
Tortillas & Chips  
740-590-8240 • www.shagbarkmill.com

KOKI’S TORTILLAS  |  Columbus, OH  
Tortillas  
614-370-6738 • www.kokistortillas.com

KLOSTERMAN BAKING CO.  |  Columbus, OH  
Bread Products  
614-338-8111 • www.klostermanbakery.com

OH! CHIPS  -  Columbus, OH  
Tortilla Chips & Kettle Potato Chips  
614-390-0203 • www.oh-chips.com
OHIO PROVIDERS
SPECIALTY ITEMS

JTM FOODS | Harrison, OH
Entrees, Sauces & Soups
1-800-626-2308
www.jtmfoodgroup.com

SANDRIDGE FOODS | Medina, OH
Side Items & Soups
330-725-2348
www.sandridge.com

FROG RANCH | Glouster, OH
Salsa
800-742-2488 • www.frogranch.com

SMUCKERS | Orrville, OH
Jams & Jellies
330-990-7381 • www.smuckers.com

MARZETTI | Columbus, OH
Salad Dressings
614-279-8673 • www.marzetti.com

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