

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





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 communites and our schools.

OHIO PROVIDERS PROTEIN



Dairy

Fruits

Grains

Vegetables

NOTES

Protein



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



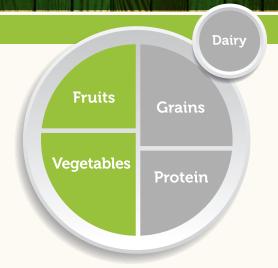
ADVANCEPIERRE | Cincinnati, OH **Prepared Protein** 800-317-2333 - www.advancepierre.com



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



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



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

513-729-7539 • www.waterfieldsllc.com



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

519-326-1111 • www.naturefresh.ca/ohio-fresh



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



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

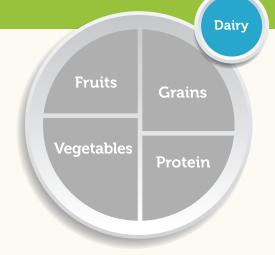


RHOADS FARMS | Circleville, OH Fruits and Vegetables in Season 740-474-2028 • www.rhoadsfarminc.com

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OHIO PROVIDERS DAIRY





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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

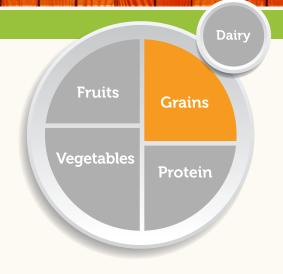
937-325-0629 • www.youngsdairy.com



DANNON | Minster, OH **Yogurt: Activia Light and Fit, Oikos, Danimals** 419-628-3861• www.dannon.com

OHIO PROVIDERS CAPAINS







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

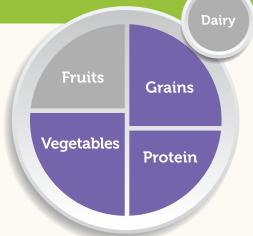


OH! CHIPS - Columbus, OH
Tortilla Chips & Kettle Potato Chips
614-390-0203 • www.oh-chips.com



OHIO PROVIDERS SPECIALTY ITEMS





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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



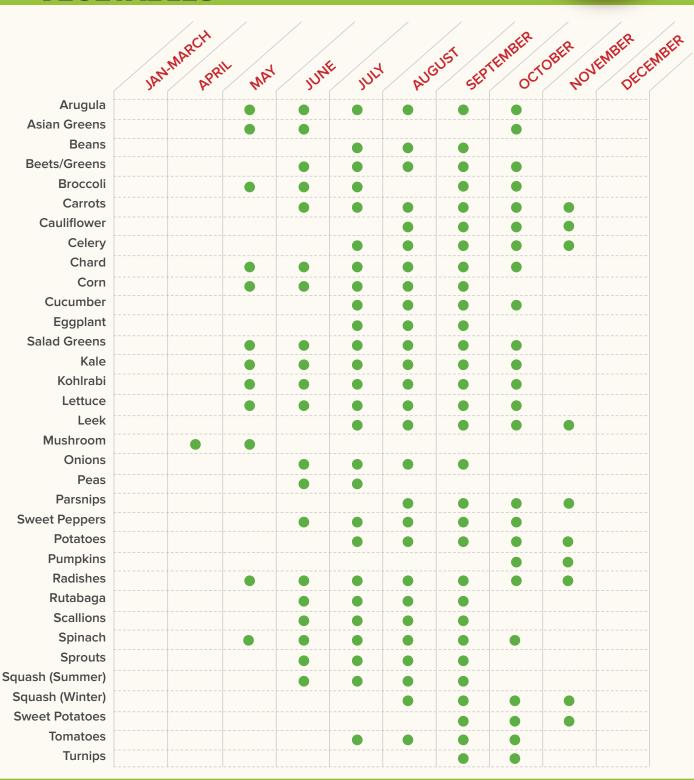
FROG RANCH | Glouster, OH Salsa 800-742-2488 • www.frogranch.com



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

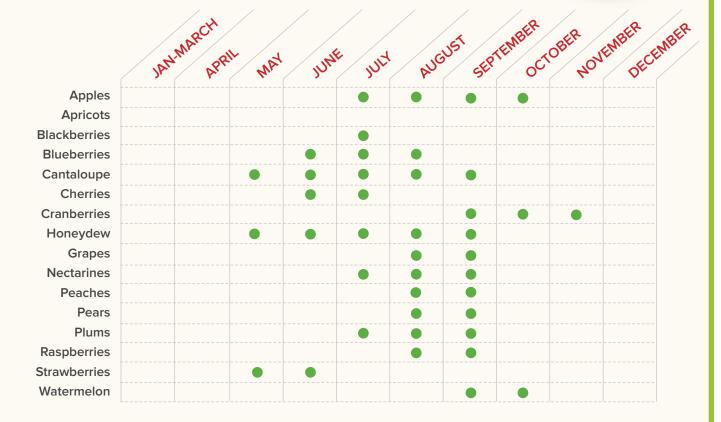


MARZETTI | Columbus, OH Salad Dressings 614-279-8673 • www.marzetti.com



OHIO PROVIDERS The state of th

FRUITS & HERBS



Chives							
Cilantro							
Dill			•	•	•		
Garlic							
Mint				•	•		
Oregano		•					
Parsley		•	•	•	•		
Rosemary			•	•	•		
Sage		•			•		
Thyme	 					 	