



From Farm Road

48th DAA Schools' Agriculture and Nutrition Program Fall/Winter 2019 www.agfair.org

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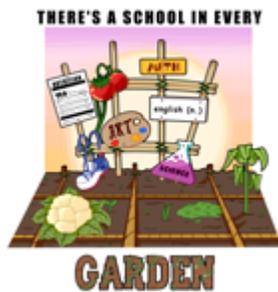
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Mission

To increase the understanding, appreciation and participation of urban teachers and students in agriculture and nutrition through cooperative involvements of the California agricultural industry, educational institutions and community partners.

2020 Schools' Agriculture and Nutrition Fair

Theme: There's a School in Every Garden, May 12 to 16



Welcome new and returning teachers! We are pleased to present the 2020 Schools' Agriculture and Nutrition Fair. The theme, *There's a School in Every*

Garden, highlights school gardens! The theme also recognizes A.G. Kawamura, Former Secretary of CA Dept. of Food and Agriculture, for his inspiration and continued support.

The mission of 48th DAA is to educate Pre K to 12 grade students and their teachers about CA agriculture and nutrition.

The Fair will run Tuesday, May 12 through Saturday, May 16 at Fairplex in Pomona; this scheduling will aid you in arranging your field trips to the Fair with four school days to choose from.

The Schools' Agriculture and Nutrition Fair/Program is sponsored by the 48th District Agricultural Association which serves as a resource center for teachers in the greater Los Angeles, and surrounding, school districts by providing materials to assist teachers in instructing students about where food and fiber comes from, as well as the benefits of healthy eating habits. These materials teach students how agriculture affects their daily lives and

how important it is to the economy of California. Teachers can check out bread making kits, seeds for school gardens, timely agricultural and nutritional publications and related curriculum books, DVD's and videos, hydroponics and Trout in the Classroom equipment. The 48th DAA also schedules workshops for teachers throughout the year. All materials and workshops are free to teachers.

Our program assists teachers and their students through the opportunity to participate in our annual Fair by showcasing their agricultural and nutritional projects. Of course, the height of the Fair experience is seeing the students' excitement as they view their accomplishments and awards.

AG DAY LA will be featured at the Fair Wednesday, May 13 and Thursday, May 14 in the Big Red Barn. Third and fourth grade students will learn how agriculture (water, plants, bees, fiber, food, and dairy) contributes to our everyday lives. It provides a fun and exciting method for teachers to address State Standards, as well as to promote agricultural literacy. Pre-register at www.agdayla.com.

Thank you again for your continued support and participation in the Schools' Agriculture and Nutrition Fair; we look forward to seeing you at the Fair!

Please visit our Facebook page www.facebook.com/48thDAA and click 'Like'.

Major sponsors

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CA, Mobile Dairy
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Ag-Bites Activities Available



Ag-Bites are bite-sized activities through CA Ag in the Classroom for bringing agriculture into your

classroom. The following Ag-Bites feature nutrition activities:

- Tasty Testing
- Drive Through Nutrition
- Track Your Nutrition
- Track Your Nutrition Supplemental Resources

Contact the 48th DAA office for your copy of Ag-Bites 909-865-4633 or daa48th@aol.com. (Courtesy of CA Foundation for Ag in the Classroom)

USDA Farm to School Grant Program, Deadline Dec 13, 2019

The following grant opportunity, USDA Farm to School Grant Program, is courtesy of CA Foundation for Ag in the Classroom. The 2020 USDA Farm to School Grant Program is now accepting applications. Grants can range in size from \$20,000

to \$100,000 and are available to schools, nonprofits, state and local agencies, agricultural producers and Indian Tribal organizations to further farm to school activities and education.

Deadline: December 13, 2019
Learn more and apply online at <https://www.grants.gov/web/grants/view-opportunity.html?opId=321407>.



Healthy eating and good nutrition start by making nutrient-rich, healthy food choices (foods with large amounts of vitamins and minerals in fewer calories) from all of the food groups. Choosing a variety of nutrient-rich foods as the foundation of what you eat can help you live a longer, healthier life.

Healthy eating should be about positive choices, focusing on foods that provide the nutrients you need to maintain good health. Unfortunately, much of the dietary advice available today focuses on what you “cannot” or “should not” eat. These nutrition education resources and healthy eating articles will help you determine what you can do to make healthy eating decisions.

Nutrition Philosophy: To achieve our cause to elevate the health of California children and parents, we embrace a



1st Place School Garden Wall Mural by Eastwood Elementary classroom, teacher Jaclyn Nguyen.

Join SCAN!

The Southern California Agriculture and Nutrition Foundation (SCAN) is a 501(c)3 public charity that has provided support to the State of California's 48th District Agricultural Association for over 30 years. Contact the 48th DAA if you are interested in serving on the SCAN board of directors.

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nutrition approach that encourages individuals to eat moderate portions of a wide variety of foods. The materials and communications that we produce are based on the current Dietary Guidelines for Americans as well as these beliefs:

Eat a diet based on diversity and inclusion. All foods can be part of healthful eating when managed for variety, moderation and proportionality. Dairy Council of CA does not support labeling individual foods as “good” or “bad.” They recognize that favorite foods, regardless of fat or calorie content, can be part of a balanced diet when using the above principles. An eating pattern that is inclusive and diverse helps to reap long-term positive health benefits.

Be positive about diet and food choices. Choose foods based on what is included in them rather than what is excluded. Rather than counting calories, make every calorie count. Eat foods with a high ratio of key nutrients to calories (low-fat and fat-free milk and dairy, whole grains, colorful fruits and vegetables, lean meats, seafood, eggs, beans and nuts). By evaluating what is eaten over time, all foods can fit in moderation.

Enjoy eating with others. Challenge the palate with new and interesting flavors. Take time to savor food and plan meals to help diversify and balance the diet. Dairy Council believes that sharing family meals on a regular basis improves the diet and health of children and adolescents. Enjoyable family meals are an important aspect of people's lives since they build and sustain cultural and family traditions.

Customize and individualize. Dairy Council values individual choice and recognize that there are multiple factors influencing food decisions, including taste, cultural and family traditions, cost, convenience, nutritional value, safety, sustainability or local production. They recognize that, on an individual basis, food choices must be customized to realistically meet varied needs and preferences.

Dairy Council believes that 30 to 60 minutes of daily physical activity, along with a nutritious diet, enhances one's overall health and well-being. Physically active individuals are more able to maintain their body weight and enjoy more flexibility in food choices.

Dairy Council of CA/Mobile Dairy Classroom demonstration at the Fair.





Did You Know?

The following are **Common Core Lesson Plans** available at the 48th DAA (Materials courtesy of CA Foundation for Agriculture in the Classroom)

Fruits & Vegetables for Health Grades 4–6 Science, Math, Reading/Language, History/Social Science, Health/Nutrition

“Steer” Toward STEM, Careers in Animal Agriculture Grades 3–5 Science, Math, Reading/Language, Health/Nutrition

Chemistry, Fertilizer and the Environment Grades 8–12 Science, Math, Reading/Language

California Educator’s Guide to Fun with the Plant Nutrient Team Grades K–3 Next Generation Science, Science, Math, English/Language, History/Social Science, Health/Nutrition

Edible Plant Parts Grades 2–3 Next Generation Science, Science, Math, English/Language, History/Social Science, Health/Nutrition, Visual/Performing Arts

From “STEM” to Plate: Careers in Food Science Grades 6–8 Next Generation Science, Science, Math, English/Language, Health/Nutrition, Visual/Performing Arts

Too Much? Too Little? Grades 5–8 Next Generation Science, Science, Math, English/Language, History/Social Science, Health/Nutrition, Visual/Performing Arts

What do Plants Need to Grow? Grades 2–4 Science, Math, Reading/Language, Health/Nutrition

Stem Connections, Energy and Agriculture: Careers in Sustainable Energy, Grades 9–12 Next Generation Science Standards

California Walnuts: A Walnut Orchard Through the Seasons, Grades 2–3 English Language Arts

Food Safety: From Farm to Fork Grades 5–7 Science, Mathematics, English Language Arts, Health/Nutrition

Alien Invader Detectives Grades 3–5 Next Generation Science

Bon à la Beef Grades 3–12 Next Generation Science, English Language Arts and Math

California Almonds: An Almond Story Grades 3–5 Next Generation Science

California Walnuts: The Importance of Grafting Grades 4–5 English Language Arts

From Genes to Jeans II Grades 6–12 Next Generation Science, Science, Math, English Language Arts

Visit the office or call us at **909-865-4633**. Lessons are free of charge; equipment, books, DVD’s and videos can be borrowed.

The 48th also has Cotton’s Journey Kits; Bread making kits; Trout in the Classroom supplies, and incubators to hatch chicks. Visit www.agfair.org for additional available lessons and materials.

The materials furnished by the 48th DAA are **free of charge** to teachers, in exchange for participation by teacher/students in the annual Schools’ Agriculture and Nutrition Fair. Submit a minimum of one entry for each of the materials (projects) checked out from the 48th DAA office.

The 48th DAA is open year round and works with teachers from Pre K to 12th Grade. Teachers and parents – we look forward to meeting you!

The office is open Monday to Thursday; 8:30 a.m. to 5 p.m. (closed 12 to 1 p.m. for lunch). Friday, please call ahead at **909-865-4633**.