



PORTLAND PUBLIC SCHOOLS

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NUTRITION SERVICES

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Farm-to-School & the Abernethy Cafe

Portland Public Schools (PPS) is a leader in innovative Child Nutrition programming. Whole grains, fresh fruit and vegetables, low fat and nonfat milk have been staples on the menu since the early '80s.

Abernethy and PPS share the goal of putting great food on the tray to help students be "ready to learn."

PPS was the first district in Oregon to eliminate a la carte snack foods in cafeterias and soda in vending machines and focus attention on serving high quality meals for all students.

Abernethy and PPS share the goal of making the healthy (nutrient rich) choice the easy choice for students. Increasing access to local fresh fruits and vegetables is a high priority.

In 2005-06, Portland's Abernethy Elementary piloted a school wellness model connecting the *Garden of Wonders* with the classroom and the cafeteria.

Abernethy and PPS share the goal of helping children learn about where food comes from or teaching them how to grow foods in a garden to increase their acceptance and interest in local fresh fruits and vegetables.

Abernethy's Café was the stepping-stone to farm- to-school purchasing district-wide.

The Harvest of the Month program which began in 2007 is now a regular feature on PPS menus and with the addition of *Local Flavors* promotions, Portland purchases 34% of current foods from the local region.

The award-winning Abernethy model is now ready to be taken to scale if additional resources are made available. A district-wide pilot program will instruct and inspire institutionalization of farm-to-school concepts across Oregon and the country.

District-wide menu items developed or tested in the Abernethy demonstration kitchen:

Harvest of the Month fruits and vegetables

Hand made quesadillas

Hand made bean & cheese burritos

Hand made grilled cheese sandwiches

Dragon Dressing

Cilantro Rice

Indian curry with chicken or garbanzo beans

Beans and Rice Dish

Pizza with sustainably produced Shepherds Grain Flour

Three bean vegetarian Chili from Truitt Bros in Salem

Zac Bars with Shepherds Grain Flour