

Fresh Fruit and Veggies at Sherman Middle School

Sherman Students, with L'Etoile Chef Tory Miller, learn to cook with and enjoy fresh produce.

L'Etoile is proud that Chef Tory Miller and Pastry Chef Eva Ringstrom are prominently involved in C.H.O.W. (Cooking Healthy Options in Wisconsin). Tory and Eva devote two Mondays every month of the 2006-2007 academic year to working with the entire 7th grade class (175 students) at Sherman Middle School. C.H.O.W. is a part of the Wisconsin Homegrown Lunch Program which, according to the Research, Education, Action and Policy on Food Group web site, is "a grassroots program whose goal is to enhance the Madison public schools' existing meal programs by introducing fresh, nutritious, local and sustainably grown food to children, beginning in the city's elementary schools. The program, like similar "farm-to-school" programs around the country, will provide an opportunity for children to reconnect with their natural world and will help establish a stable market for local farmers and processors."

From Wisconsin Homegrown Lunch, Farm to School News, Spring 2006

Sherman Middle School students are enjoying fresh produce at school and learning how to prepare it at home, thanks to a grant from the U.S. Department of Agriculture. Sherman is one of 25 Wisconsin schools selected to participate in the USDA Fresh Fruit and Vegetable Program (FFVP). Wisconsin Homegrown Lunch (WHL) is working with Sherman and other Wisconsin FFVP schools to help procure as much locally grown produce as possible for this program.

The FFVP provides funding for schools to offer fresh fruit and vegetable snacks to students throughout the school day. The program was designed to help children develop healthy eating habits by introducing them to a variety of fruits and vegetables that they otherwise might not have a chance to taste, and will help many children consume the five to nine daily servings of fresh fruit and vegetables recommended by the USDA. Because FFVP fruit and vegetables might be their first exposure to some types of produce, nutrition education and promotion is critical.

Along with Friends of Troy Gardens and the University of Wisconsin-Extension Nutrition Education Program, WHL is helping Sherman provide comprehensive food and nutrition education and learning opportunities for their students in a variety of ways. Sixth and eighth graders learned how to prepare fresh fruit and veggie snacks in their Healthy Living class in March. In May, students learned about the value of eating seasonal, locally sourced vegetables while cooking with Executive Chef Tory Miller and Pastry Chef Eva Ringstrom of Madison's L'Etoile Restaurant. Between classroom work, school events and visits to nearby Troy Gardens, Sherman students will experience multiple hands-on food education opportunities.

<http://www.reapfoodgroup.org/farmtoschool/index.shtml>