



OHIO FOOD GUIDE *for*

FOOD SERVICE DIRECTORS

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
communities and
our schools.

OHIO PROVIDERS IN SEASON



VEGETABLES

	JAN-MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Arugula			●	●	●	●	●	●		
Asian Greens			●	●				●		
Beans					●	●	●			
Beets/Greens				●	●	●	●	●		
Broccoli			●	●	●		●	●		
Carrots				●	●	●	●	●	●	
Cauliflower						●	●	●	●	
Celery					●	●	●	●	●	
Chard			●	●	●	●	●	●		
Corn			●	●	●	●	●			
Cucumber					●	●	●	●		
Eggplant					●	●	●			
Salad Greens			●	●	●	●	●	●		
Kale			●	●	●	●	●	●		
Kohlrabi			●	●	●	●	●	●		
Lettuce			●	●	●	●	●	●		
Leek					●	●	●	●	●	
Mushroom	●		●							
Onions				●	●	●	●			
Peas				●	●					
Parsnips						●	●	●	●	
Sweet Peppers				●	●	●	●	●		
Potatoes					●	●	●	●	●	
Pumpkins								●	●	
Radishes			●	●	●	●	●	●	●	
Rutabaga				●	●	●	●			
Scallions				●	●	●	●			
Spinach			●	●	●	●	●	●		
Sprouts				●	●	●	●			
Squash (Summer)				●	●	●	●			
Squash (Winter)						●	●	●	●	
Sweet Potatoes							●	●	●	
Tomatoes					●	●	●	●		
Turnips							●	●		

OHIO PROVIDERS IN SEASON



FRUITS & HERBS

	JAN-MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Apples					●	●	●	●		
Apricots										
Blackberries					●					
Blueberries				●	●	●				
Cantaloupe			●	●	●	●	●			
Cherries				●	●					
Cranberries							●	●	●	
Honeydew			●	●	●	●	●			
Grapes						●	●			
Nectarines					●	●	●			
Peaches						●	●			
Pears						●	●			
Plums					●	●	●			
Raspberries						●	●			
Strawberries			●	●						
Watermelon							●	●		

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