2021 Food Plate Fun Pass

Program Guide—For Teachers

Please read the information thoroughly as parts of the program have changed from previous years.

Challenge your students to make healthy food choices and reward their participation with a pass to Lowe Family Farmstead Corn Maze and Pumpkin Festival in Kuna. The Farmstead is home to Idaho's Original Corn Maze and includes dozens of other outdoor farm-based activities to get kids moving and having fun.

The visual student worksheet is based on "My Idaho Plate," as designed by the Idaho Department of Agriculture and the Idaho State Department of Education. My Idaho Plate encourages a healthy diet and features Idaho produce. This worksheet requires students to pay attention to what they eat, set a diet-related goal (include one Idaho product a day), and recognize the importance of Idaho agriculture in feeding the community. Students are then rewarded with a pass to a very popular and physically active event.

The September timing of the Food Plate Fun Pass coincides with a push to feature local and healthy choices through the Farm-to-School program. (http://idahopreferred.com/farm-to-school) Observant students will notice that Lowe Family Farmstead is part of a working production farm and the corn they see in the MAiZE will, in fact, be fed to cows which supply the meat and dairy products in their school lunch or home refrigerator.

Use the Food Plate Fun Pass to meet and reinforce the following Content Standards:

K-2, 3-5 Health Education Standard 1: Understand Core Concepts, including Nutrition and Physical Activity

K-2, 3-5 Physical Education Standard 3: Valuing a Physically Active Lifestyle

Food Plate Fun Pass

5 Easy Steps to Learning and Fun

1. Incorporate "My Idaho Plate" in your September lesson plans. Draw attention to the "Farm to School" concept applied in the school cafeteria. (September is Farm-to-School month and many local foods will be featured in school cafeterias throughout the state. If your school needs ideas or help implementing or advertising their Farm-to-School efforts, find resources at http://idahopreferred.com/farm-to-school)

2. Distribute worksheets to students and encourage them to keep track of what they eat from each food group for a week. Also encourage them to notice what types of foods they eat that are produced right here in Idaho, and set a goal to eat one food each day that was (or may have been) grown in Idaho. You decide on the due date for the assignment, but leave plenty of time for students to finish and return the worksheet so you can request passes in a timely manner. ***Passes must be requested by September 30th***. Passes are valid during the current fall season.

3. Request passes by completing the attached "Request for Passes" form. Mail in student worksheets and that form. ***Request forms must be postmarked by September 30th***. Passes will be mailed to the teacher within one week.

4. Hey, we know teachers like to have fun too, so every teacher who leads their students in the Food Plate Fun Pass exercise will also receive 2 complimentary general admission tickets to Lowe Family Farmstead.

5. Students will have the remainder of the season to use their passes (through October 30, 2021). Please note the tickets may not be used for Field Trips and are only valid for students ages 5-12.

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Frequently Asked Questions

Q: Why should I spend valuable class time on this program?

A: This is a tool to develop healthy lifestyle habits among children, recognize the benefits of eating local and the Farm-to-School initiative, and develop a well-rounded awareness of the local agricultural industry that sustains Idaho and influences much of the world. The exercise is designed to teach and reinforce principles in accordance with existing Idaho Content Standards. Last but not least, your students will be motivated by the reward of a fun trip to The Farmstead—Idaho's Favorite Farm!

Q: Why are you doing this? Is this just another way to somehow make money off the schools?

A: As farmers by trade, we have always seen the value of educating students about the importance of agriculture in their lives. Shrinking budgets have caused difficulty for classes to travel to a fieldtrip experience. This program is designed to connect students with the food they eat and recognize the farms and ranches that make up the fabric of Idaho. The hands-on aspect of this experience is left to parents as students use their free passes to The Farmstead. Of course, we hope that every student will have a wonderful experience and tell their friends, but each free admission is just that— FREE!

Q: Where do I find good lesson materials related to My Idaho Plate?

A: The Idaho State Department of Agriculture and Idaho State Department of Education Child Nutrition Programs are great resources.

www.sde.idaho.gov/site/cnp/nutritionResources

www.idahopreferred.com/educational-resources/teacher-resources

Also, check out our curriculum aids at www.farmsteadfestival.com/field-trips

Q: Will this cost the students or school any money?

A: No. This program is entirely free. ***The only requirement is that students participate, learn, and have fun!*** Lowe Family Farmstead admission includes all the main activities so students will not need to spend any money to enjoy the reward.

Q: Are there any restrictions on the passes issued?

A: The Food Plate Fun Passes are valid only for elementary school students age 5-12 completing the Food Plate exercise. Incomplete worksheets will not qualify for a pass. Each pass may be used during regular hours for one general admission, which includes the main attractions. No refunds, cash back, black market trades, or other shenanigans. Passes may not be used for field trips.

Q: Does the Food Plate Fun Pass program apply to private schools?

A: You bet! Participation in The Food Plate Fun Pass is limited to grades K-6. Homeschool Co-ops, Charter Schools, and Private Schools are welcome to participate. Unfortunately, it does not apply to individual homeschools, high schools, preschools or daycares.

Q: What resources are there for teachers who want to learn more about local agriculture?

A: The Idaho Ag in the Classroom organization hosts teacher workshops and other learning opportunities. Some even offer continuing education credits. Find out more at www.idahoaitc.org.

Q: I know some other teachers who would like to lead their classes in this exercise. How can they sign up?

A: Download the student worksheet and program materials from our website www.lowefamilyfarmstead.com/food-plate-program.

Q: Are there any fundraising opportunities for schools or organizations?

A: Yes, Lowe Family Farmstead has a popular fundraiser program that includes students voting for a teacher to “Kiss the Pig” or participate in a Teacher-vs-Teacher Pie Eating Contest, and a school night at The Farmstead during which a good portion of each admission is donated to the school. For more information visit www.lowefamilyfarmstead.com/school-fundraisers.

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Pass Request Form

Please note this form must be postmarked by September 30th

Number of Passes Earned by Students:_____

School Name: _____

School District: _____

Teacher Name: _____

Mailing Address (for student Passes): _____

City, State, Zip Code: _____

Teacher Email (if you would like to receive updates) _____

I hereby certify that the requested Fun Passes will be distributed only to students age 5-12 who have completed the Food Plate Fun Pass exercise and to no other person or purpose.

In the event that you end up with extra Passes, please destroy them.

Teacher Signature Date

Mail this form and all completed student worksheets before September 30.

VERY IMPORTANT: Please maintain a list of student names for YOUR records to use for accurate ticket distribution. We will not be sending a list to you.

Mail this form to:

Lowe Family Farmstead
2500 S. Eagle Road
Kuna, ID 83634