

nueve THURSDAYS

A decorative border of various vegetables including a red bell pepper, green beans, a radish, leafy greens, a carrot, a cucumber, a yellow pear, a pumpkin, a strawberry, and a potato.

A New Mexico Farm to School Program

Program & Planning Guide

TABLE OF CONTENTS

<i>What is the Nuevo Thursdays Toolkit?</i>	3
<i>Introduction to Nuevo Thursdays</i>	
<i>What is Nuevo Thursdays?</i>	4
<i>How Does Nuevo Thursdays Work?</i>	5
<i>Program Components</i>	
<i>Fresh, Healthy and New Mexico Grown Meals</i>	4
<i>Cafeteria Promotions</i>	10
<i>Marketing Materials</i>	12
<i>Classroom Connections</i>	16
<i>Planning & Evaluating Your Nuevo Thursdays Program</i>	18
<i>Program Example: “Harvest of the Season”</i>	21
<i>Using the Digital Resources</i>	26

A Note of Appreciation

Nuevo Thursdays is a program of the NM PED’s Student Success and Wellness Bureau. The Nuevo Thursdays program follows in the footsteps of the Center for Ecoliteracy and the Nebraska Department of Education, who first conceptualized and implemented this program in their communities. A special thank you goes to NM PED’s core project partner, Cooking with Kids, for supporting development of promotional materials for New Mexico’s school cafeterias. NM PED also wants to thank Cooking with Kids for their openness to share lesson plans, recipes, and menu ideas with the wider student nutrition community in New Mexico. Finally, without financial support from the New Mexico Department of Agriculture, this project would not have been possible.

WHAT IS THE NUEVO THURSDAYS TOOL KIT?

This tool kit was designed to help you get started with the Nuevo Thursdays program. We designed this kit for New Mexico student nutrition practitioners, school staff, and community-based partners. Our goal is to help you get started, improve on, and innovate your school food programs by including New Mexico grown foods in school meals. Ultimately we hope you will be able to integrate local food into your school food programs. Think of this tool kit as your blueprint! In the pages that follow you will learn more about the Nuevo Thursdays program.

You will find:

- Program structure and guidance
- Menu inspiration
- Marketing and cafeteria promotion ideas
- Classroom connection ideas
- Planning and evaluation plan

This tool kit also includes a collection of beautiful printed resources that focus on New Mexico farmers, ranchers, crops, farming communities, and seasonality to help share what you're doing with students and the wider school community. Finally, you will find guidance on how to access the digital resource collection, which includes recipes, lesson plans, and student activities to enrich students' food literacy and learning. We recommend you review this entire document before you start digging in into the digital resource collection!

As you read through these pages and get started, the New Mexico Public Education Department (NM PED) is here for you. We are available to support you and offer technical assistance at any point in the process.

Please note, this tool kit is a work in progress. The materials available will continue to evolve and adapt over time. As the program grows and matures, we will address a number of areas that require additional time, resources, and program feedback to develop. These areas include the need for an expanded network of community partners, the addition of materials in languages beyond English and Spanish, and the development of more robust materials and resources that connect outdoor/garden classrooms to the Nuevo Thursdays program. Your feedback will be essential to addressing these and other areas that may need improvement. Our goal is to strengthen the overall Nuevo Thursdays program and to truly reflect the rich diversity of people and flavors our wonderful state has to offer.

INTRODUCTION TO NUEVO THURSDAYS

What Is Nuevo Thursdays?

Nuevo Thursdays is a farm to school initiative with the overarching goal of serving healthy, freshly prepared school meals that are made from and highlight the foods grown right here in New Mexico.

Nuevo Thursdays strategically weaves student nutrition into the fabric of daily life at school. This approach is rooted in harnessing the power and potential of student nutrition as a cornerstone for students' health and well-being. Students and staff are connected to New Mexico grown produce through various touch points—cafeteria tastings, visual storytelling, maps, and classroom curriculum—all of which provide opportunities for individuals to taste and learn about new fruits and vegetables. The program also integrates opportunities for students to learn about new varieties of fruits and vegetables, biodiversity, New Mexico agriculture, geography, literacy and language, math and science, and more.

Nuevo Thursdays also connects schools, districts, and students with their wider community. By increasing the purchase of local food, you connect with local growers, support your regional economy, and protect the environment and New Mexico growing traditions. High quality, locally sourced meals are comprehensively reinforced through all messaging and activities that take place in the school cafeteria and in classroom settings (both indoor and out). We hope that, in time, conversations around food become an essential narrative in New Mexico schools.

THINGS TO REMEMBER

- Nuevo Thursdays will look different for every school or district.
- Start small: Choose one local item to purchase and go from there.
- Involve cafeteria staff and students in your efforts.
- Play to your strengths.
- Focus on what's working.
- Positive experiences build on each other.
- Even the smallest changes can make a difference!



INTRODUCTION TO NUEVO THURSDAYS

How Does Nuevo Thursdays Work?

Nuevo Thursdays is composed of four key program components:

- Fresh, Healthy, and New Mexico Grown Meals
- Cafeteria Promotions
- Marketing
- Classroom & Garden Connections

At the beginning of each school year, participating schools and districts will design and tailor their Nuevo Thursdays program activities according to their vision and unique resources available for change. Each of the four key areas of program activity reinforce innovation in the school or district's student nutrition program and provide room for growth and change. While locally sourced meal components and food items are preferred, the Nuevo Thursdays program is also a vehicle for student nutrition programs to try something new. This could be something as simple as adding a new fruit or vegetable to the salad bar or as complex as providing a meal that consists of 100% New Mexico grown ingredients. Programs across New Mexico will not look the same, and that is okay! Participating schools and districts will determine the order, frequency, and intensity of their Nuevo Thursdays program based on:

- Financial and human resources available
- Types of locally grown products of interest
- Number of new recipes or foods that are slated for taste testing
- Interest and support from school and district leadership

You know what resources you have access to, and thus are trusted to start anywhere you like, choose your own adventure! Remember doing something no matter how small is better than nothing! You can do this! You will see more ideas, examples, and guides for how you can implement Nuevo Thursdays at your school or in your district throughout this tool kit.

Our vision is to provide structure and support for schools and districts, that allows an increased commitment to farm to school practices and increased local purchasing opportunities in New Mexico. We want to see the school and district's commitment for farm to school grow, extending and expressed beyond the walls of the cafeteria and into all sectors of the school community.

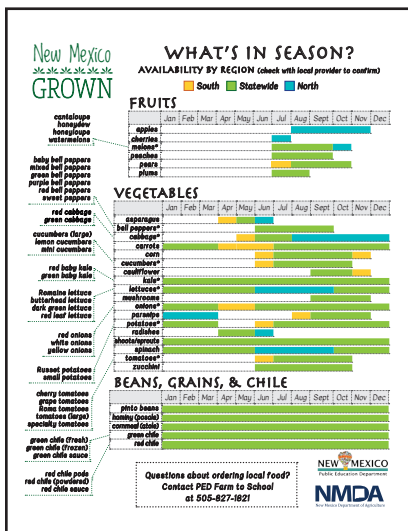
FRESH, HEALTHY, NEW MEXICO GROWN MEALS

Local Purchasing

Nuevo Thursdays promotes a new way of thinking about how we prepare and where we source foods served in New Mexico student nutrition programs. Locally sourced foods from New Mexico farmers, producers, and food processors will always result in high quality, fresh meal offerings for students. For this reason, locally sourced foods from New Mexico are the primary avenue for participating in the program.

“Local” for the Nuevo Thursdays program means: grown within the state of New Mexico. New Mexico grown and produced foods can be purchased directly from producers, through existing contracts with produce and broadline distributors, or from aggregators and food hubs. It is recommended that all New Mexico Grown grantees utilize their allocation for the purchase of local foods in alignment with this program. For more information about the New Mexico Grown Local Purchasing Grant, please visit the “Planning and Evaluating Your Program” section.

Fruit, vegetable, and grain production in New Mexico is expansive, and even with dramatic seasonality, high elevations, and drought, New Mexico produces a plethora of fresh produce. For schools and districts new to local purchasing – or for those wishing to expand their knowledge – the “What’s in Season” seasonality chart is available for menu planning. The produce items chosen for the chart are reflective of what is most often purchased by student nutrition programs, and is not a comprehensive list of what is available in communities and Nations across New Mexico. As always, your local vendors will have a better understanding of the types of products and produce that are available for school meals at any given time.



NM Grown “What’s in Season”

8.5 in. x 11 in.

Magnetic back allows easy posting for easy visibility and quick reference

Lists local produce available for school purchase

Use as a reference to assist with school meal planning and food ordering

Seasonality listed by region: North, South, or Statewide

FRESH, HEALTHY, NEW MEXICO GROWN MEALS

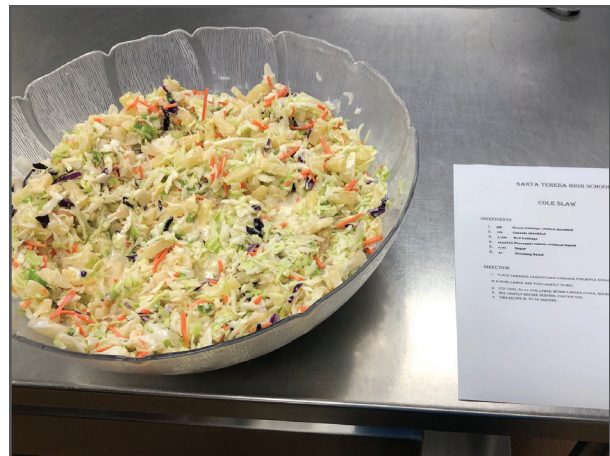
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FRESH, HEALTHY, NEW MEXICO GROWN MEALS

Menu and Recipe Development

An underlying assumption of Nuevo Thursdays is that innovation and improvement stems from trying new things. This line of thinking can be applied to students as well as the adults who make decisions within student nutrition programs. For this reason, a priority of this program is to shift local purchasing from a singular focus on fruit and vegetables that are served whole, sliced, or lightly processed on the line or in the salad bar to a more integrated approach that also uses local products in entrees and hot sides. Additionally, participating schools and districts are encouraged to try new foods that have not been served to students before. Kale, winter squash, and turnips are all examples of foods little explored by New Mexico student nutrition programs. To support participating programs in their journey to diversify and improve meal offerings for students, a compilation of recipes and meal preparation ideas is included in the Nuevo Thursdays digital resource collection.



FRESH, HEALTHY, NEW MEXICO GROWN MEALS

What If We Don't Purchase Local?

We understand that for some schools or districts, locally sourced meals are not always possible to provide. This could be due to financial constraints, geographic proximity to agricultural regions, or many other logistical challenges. To honor this reality, we still invite all New Mexico schools and districts to participate in Nuevo Thursdays. No matter your experience with local purchasing, schools and districts that wish to use Nuevo Thursdays as a vehicle to taste test new foods, try new recipes, and better connect student nutrition to the classroom will simply utilize the program resources to reflect their needs.



START SIMPLE

- Try a new ingredient or food.
- Highlight a food processed in New Mexico, like tortillas, salsas, etc.
- Locally purchase one to two New Mexico grown fruit or vegetable and serve whole or sliced on the salad bar or as side to the entrée(s).

TAKE ROOT

- Serve a traditional or cultural food that is unique to your community, Nation, or New Mexico.
- Locally purchase two or more New Mexico-grown or produced fruits, vegetables, proteins, and/or grains.
- Try a new recipe that promotes fresh fruits and vegetables.

BRANCH OUT

- Swap out processed foods for scratch cooked or freshly prepared foods.
- Adapt or create a standardized recipe that utilizes New Mexico-grown foods.
- Source 75% or more of your meal components from New Mexico producers, ranchers, dairies, and/or food processors.

CAFETERIA PROMOTIONS

Cafeteria Promotions

Cafeteria promotions are a great way to introduce students to new or unfamiliar local food items during the lunch period. A staff member or volunteer engages students outside of the lunchline to give samples, talk about the produce, and gather student feedback. Simply moving a food from the serving line to a different table, a cart, or colorful bowl can increase students' curiosity and willingness to taste the food (a friendly smile goes a long way, too!).

Tips for Engaging Cafeteria Staff and Students

- Include cafeteria staff from the start as you plan a promotion. Ask for their ideas.
- Provide training for new menu items.
- Recognize and honor staff for their extra efforts.
- Student taste-test voting with thumbs up/thumbs down or sticker voting.
- Hand out "I Tried Something Nuevo" stickers
- Invite older grades to make posters for an upcoming event



CAFETERIA PROMOTIONS



HIGHLIGHTING LOCAL

- **Go into the lunchroom:** Talk to kids about a new or existing menu item that is being served on the line.
- **Promote what's there:** Highlight a whole or sliced locally grown fruit or vegetable that is being served on the salad bar or as side to the entrée(s).
- **Offer an extra taste:** If you have cooked carrots, hand out raw carrots. If you are serving salsa, hand out cherry tomatoes.
- **Offer a special topping:** If pasta sauce is made with local tomatoes, offer a sprinkle of cheese. If salad greens are local, offer a sprinkle of sunflower seeds.
- **Prepare a simple recipe:** Offer a new salad dressing to highlight local salad greens.
- **Taste test a new recipe:** Use promotions to introduce new items before adding them to the menu.

MARKETING

Marketing Matters!

With the top priority of providing healthy meals to hundreds—sometimes thousands—of kids every day, telling that story may not feel essential, but it DOES matter, especially when kids are the audience! Marketing materials not only educate kids about where their food comes from, but also generate excitement and actually improve overall acceptance of new foods.

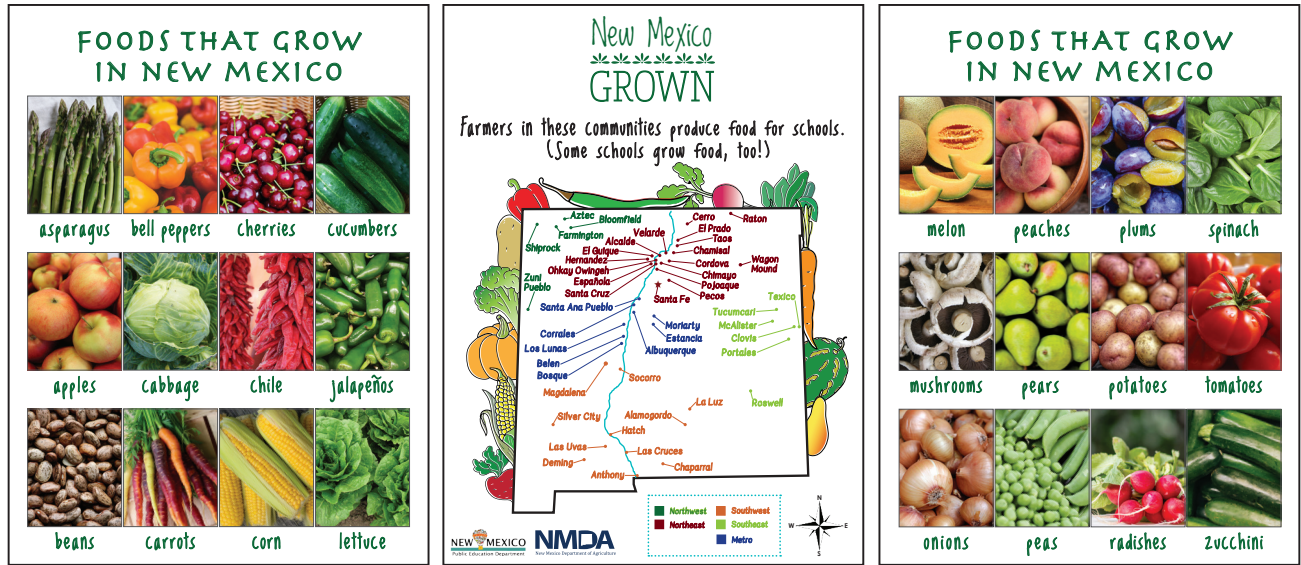
The printed marketing materials in this kit have been created to help you tell the story of how your cafeteria serves local food. Start simple, but feel free to get creative and ask for help! Consider finding an ally in your school or community to help you tell the story—it's worth the effort!



TELLING THE STORY

- **Use signage:** See poster and window cling options in Available Marketing Materials.
- **Find your marketing allies:** Who's in charge of your school's newsletter or morning announcements? Does your district have a social media presence? Request Nuevo Thursdays to be included!
- **Cafeteria promotions and taste tests ARE marketing!**
- **Engage students:** Hand out "I tried something nuevo" stickers. Invite older grades to make posters.
- **Engage families:** Feature Nuevo Thursdays on your menus. Send home a recipe with students (Stickers can start conversations, too!)
- **Engage the community:** Sometimes all you need to do is ask. People are excited to hear good news, and many will want to help.
- **Invite a special guest:** Invite the principal or PE coach to help with a promotion. Local chefs and farmers are often excited to help.

AVAILABLE MARKETING MATERIALS



NM Grown Map & Foods Poster

3 poster series (18 in. x 24 in. each)

Features many of the foods that grow in New Mexico.

IDEA: Use push pins or stickers on the map to mark where featured products were produced!

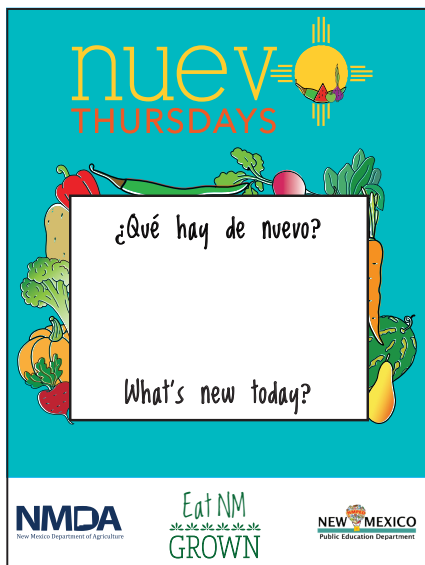


New Mexico Grown Seasonality Poster

12 in. x 18 in.

General Information

AVAILABLE MARKETING MATERIALS

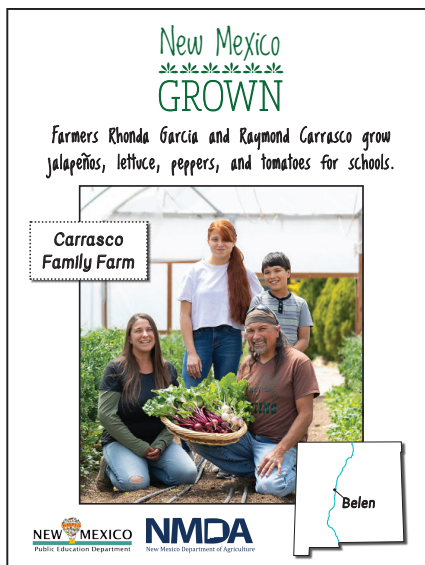


Nuevo Thursdays Poster

18 in. x 24 in.

Use white box to announce the item being featured.

IDEAS: write name/draw picture with dry erase marker OR tape a photo, picture, school menu



New Mexico Grown Farmer Posters

18 in. x 24 in. each

Switch out farmer posters to feature a particular region or product



"I Tried Something Nuevo" Stickers

2 in. x 3 in.

Hand out to students on Nuevo Thursday when they choose the featured menu item OR promotional item.

(actual size)

AVAILABLE MARKETING MATERIALS



"Pick me, I'm Local" / "¡Elígeme, soy producto local!"

Static Window Clings in English and Spanish

6 in. x 4 in. each

Available in yellow, purple, orange, or teal

Use to call attention to local items on the line

CLASSROOM & GARDEN CONNECTIONS

Getting Started

Integrating what you're doing in the cafeteria with students are learning in their classrooms takes time, effort, and additional support. Do not give up! Your efforts will make a lasting impact on the well-being of your students and your community. If your school does not currently do any hands-on food education or gardening, that's okay! Here are some ways to get started, find your allies, and support one another's efforts:

Generate interest and build relationships:

- Start by hanging the printed materials (farmer posters, map and crops of New Mexico) around your school.
- Ask a few teachers to hang a poster in their classrooms. Ask the front office or school nurse to do the same.
- Talk with principals and teachers about adding tastings or occasional hands-on cooking classes into the classroom lessons.
- Share this tool kit—especially the digital resources collection—with teachers and leaders at your school.
- Emphasize that teachers can use tasting lessons or cooking lessons to meet science, math or literacy standards.
- See if any teachers will host or let someone from student nutrition host a tasting lesson during class time.
- Once they feel more comfortable see if they might be willing to use a locally grown ingredient or two.

CONNECTING TO THE CLASSROOM

- Send home recipes with students that feature a Nuevo Thursdays food.
- Lead an activity page in class about how a particular food grows (coordinate with Nuevo Thursday produce)
- Lead a tasting lesson with two or more varieties of a featured fruit or vegetable.
- Lead a hands-on cooking lesson where students prepare a simple dish using fresh fruits and vegetables.

CLASSROOM & GARDEN CONNECTIONS

Why Hands-on Learning?

Offering integrated hands-on activities that center on food can help kids learn about and approach food with interest and curiosity. Most children need repeated, positive experiences with new foods in order to accept them. Hands-on activities in the classroom or garden give kids a chance to explore new or familiar foods with their other senses before it's time to taste. Hands-on activities in the classroom or in the garden help students:

- Develop practical, essential lifeskills
- Take ownership and responsibility for the food they eat and the way it is grown
- Gain a strong understanding of New Mexico's longstanding and rich agricultural traditions

IT'S ALL ABOUT
CREATING POSITIVE
EXPERIENCES.



CONNECTING TO THE GARDEN

If you have a school garden, connecting with the teacher or garden manager is a great place to find a potential ally! Invite them to participate in a Nuevo Thursdays cafeteria promotion. Their presence alone could help students connect the food on their tray with plants that grow in the garden. This individual might also be willing to contribute something from the garden (a pinch of herbs, a tasting of cut up green beans, pesto or something else they may have in abundance).

PLANNING YOUR NUEVO THURSDAYS PROGRAM

Nuevo Thursdays will look different for every school or district.

- Consider how often you currently serve local.
- Consider whether your program has the capacity to increase offerings and sustain local foods throughout the school year.
- Remember that your school or district has complete autonomy to design and tailor the activities as appropriate and necessary.

Make Nuevo Thursdays your own.

- Decide how much to do and how often. It can look different from season to season, month to month, or week to week.
- Identify and start with your strengths: If you're already serving local apples in the cafeteria, try adding a cafeteria promotion. If your school already has a garden, consider adding a classroom cooking component with some of the foods from the garden.
- If something isn't working, change it!

You can use Nuevo Thursdays even if you can't purchase local right now.

- Use the program to taste test new foods or try new recipes
- If your school or district begins to purchase local, you will be ready to jump right in!
- Use Nuevo Thursdays as a way of creating connections between student nutrition and indoor/outdoor classrooms.

START SIMPLE

- "Harvest of the Season"
- One Thursday per season
- 3 to 4 times per year

TAKE ROOT

- "Harvest of the Month"
- One Thursday per month
- 8 to 10 times per year

BRANCH OUT

- "Harvest of the Week"
- Every Thursday
- 35 to 40 times per year

EVALUATION MATTERS!

It's important to keep track of what you do! As seasonally requested by NM PED, you will be asked to submit updates on program data you've collected. Examples of data requested is as follows; frequency of program delivery; types of new recipes, menu items, or highlighted foods; number of students served; and types of activities implemented.

PLANNING YOUR NUEVO THURSDAYS PROGRAM

December - February

1 Celebrate Success and Look Forward

- Assess the school or district's level of capacity to participate in the program and what resources are needed to deepen impact (i.e. funds to procure local, ability to train school cafeteria staff, interconnection between the school cafeteria and classroom settings, access to a school garden or growing space, dedicated personnel available to support program).
- Identify the frequency of program delivery, which products you wish to highlight, and at least one activity from each program component that best serve your needs.
- Meet with other school and/or district stakeholders to discuss their role or involvement with the program.
- Meet with New Mexico producers to plan for next school year's menus and Nuevo Thursdays program.
- If returning, review last year's program and plan for improvement.

March - May

2 Apply for New Mexico Grown Local Produce Grant

- In March, apply for the New Mexico Grown Local Produce Grant using information that was gathered earlier in the year.
- Assure that your school or district's Business Manager includes the New Mexico Grown Local Produce Grant, Fund Code 27183, with budget submittal for the following school year.

June - July

3 Prepare for Program Implementation

- Confirm purchasing plan with New Mexico producers and assure that all required procurement documentation is on file.
- If administering the NSLP during K-5 Plus, or SSO for summer meals, begin purchasing for the Nuevo Thursdays program in July.

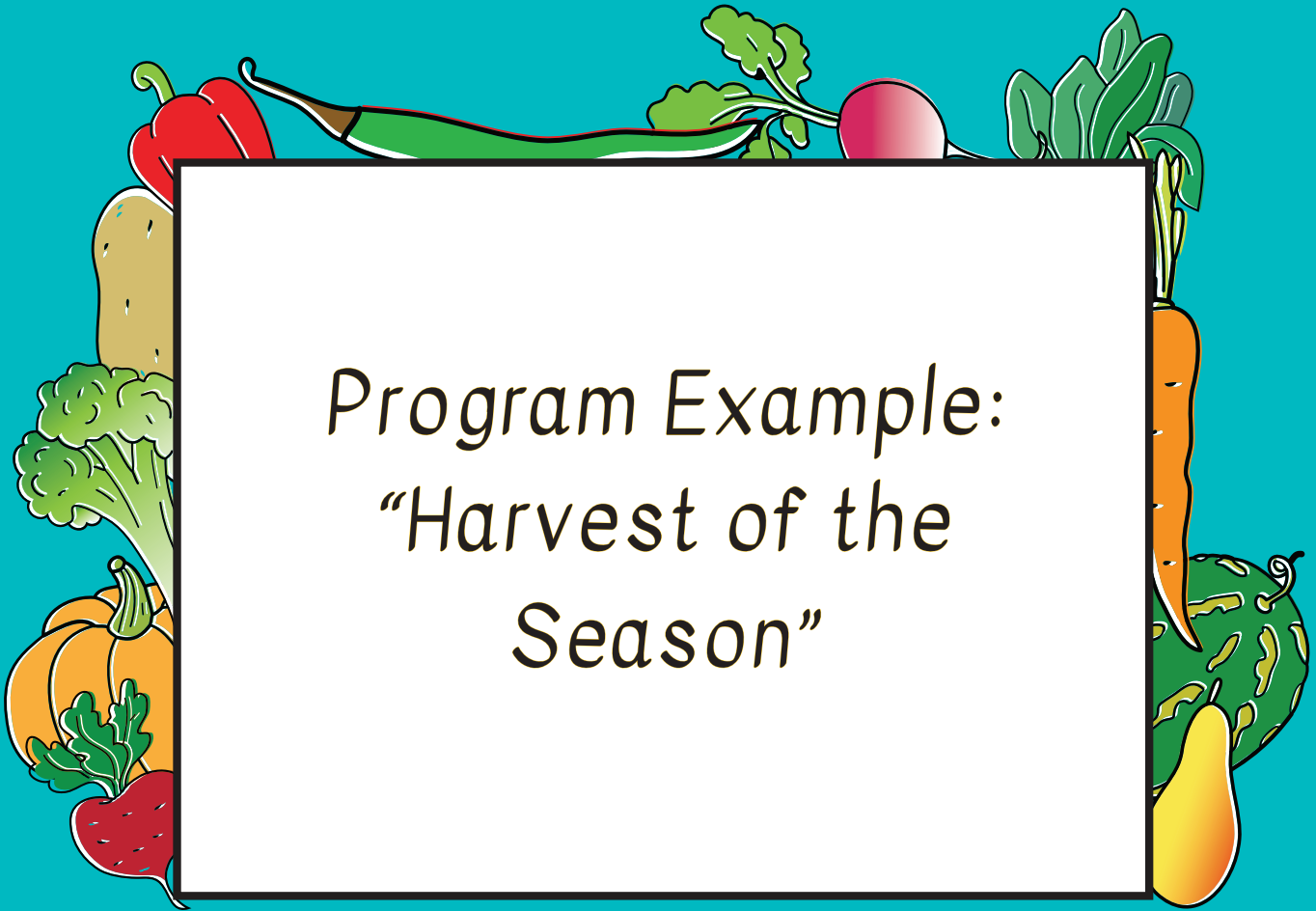
August - November

4 Promote Your Nuevo Thursdays Program

- Remember to highlight Nuevo Thursdays during New Mexico Grown Week (always the last week of September and first week of October).
- Invite school, district, or community leadership to visit school during scheduled Nuevo Thursdays activities.
- Nominate school or district for the "New Mexico Farm to School Awards" to highlight your school or district's program.

Program at a Glance	START SIMPLE	TAKE ROOT	BRANCH OUT
Fresh, Healthy, NM Grown Meals	<ul style="list-style-type: none"> • Try a new ingredient or food • Highlight NM-processed food • Serve 1 or 2 NM grown fruits or vegetables (whole or sliced) 	<ul style="list-style-type: none"> • Serve a traditional or cultural food • Purchase 2 or more NM grown items • Try a new recipe that promotes fresh fruits and vegetables 	<ul style="list-style-type: none"> • Swap out processed foods for scratch cooked or freshly prepared foods • Adapt or create a standardized recipe that utilizes New Mexico-grown foods • Purchase 75% or more of your meal components from New Mexico sources
Cafeteria Promotions	<ul style="list-style-type: none"> • Promote a new or existing menu item • Promote a whole or sliced local fruit or vegetable 	<ul style="list-style-type: none"> • Highlight a menu item by offering an extra taste or special topping 	<ul style="list-style-type: none"> • Prepare a simple recipe: Highlight local salad with a new salad dressing • Taste test a new recipe before adding to the menu
Marketing	<p style="text-align: center;">Marketing is a Spectrum . . .</p> <p>Use signage . . . Feature on menu . . . "I tried something nuevo" stickers . . . Cafeteria promotions ARE marketing . . . Use signage . . . Include in morning announcements . . . social media . . . feature in the school newsletter . . . invite older grades to make posters for a promotion . . . invite a special guest to help with a promotion (principal, PE coach, farmer) . . . Use signage!!!</p>		
Classroom Connections	<ul style="list-style-type: none"> • Hang a farmer poster in a classroom • Send home a recipe with students • Lead a student activity page about how a particular food grows 	<ul style="list-style-type: none"> • Hands-on tasting lesson • Take a tour of the school garden 	<ul style="list-style-type: none"> • Hands-on cooking lesson • Hands-on gardening lesson <div data-bbox="1055 1701 1437 1953" style="border: 1px dashed black; padding: 5px; text-align: center;"> <p>See example: "Harvest of the Season" pages 21- 25</p> </div>

nueve THURSDAYS



Program Example:
"Harvest of the
Season"

FALL: BELL PEPPERS

Lunch Menu Item

- Green salad with sliced bell peppers

Marketing Strategies

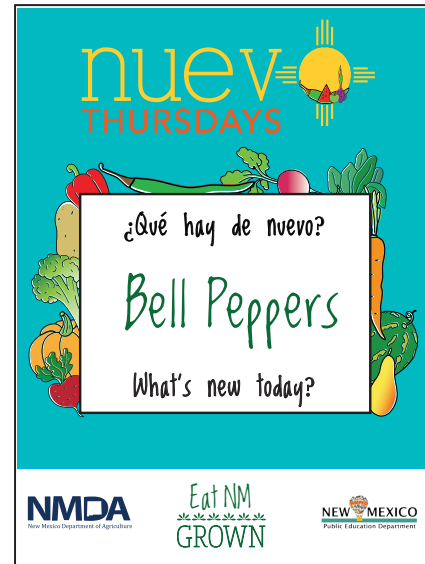
- Hang “Nuevo Thursdays” poster in cafeteria. Write/draw OR attach a picture of bell peppers.
- Request mention of Nuevo Thursdays during school’s morning announcements.
- Send home Sunset Salsa recipe.

Cafeteria Promotion

- Taste test Sunset Salsa and give kids the chance to vote “thumbs up” or “thumbs down” with a sticker.

Classroom Connections

- Option 1: Kids do a Bell Pepper Tasting lesson, where they read about, draw, and taste several bell pepper varieties
- Option 2: Kids prepare Sunset Salsa. Can be separate activity or in conjunction with Bell Pepper Tasting.



WINTER: APPLES

Lunch Menu Item Options

- Local apples

Marketing Strategies

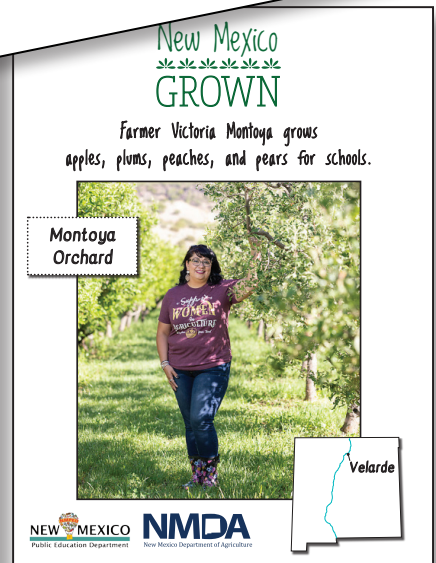
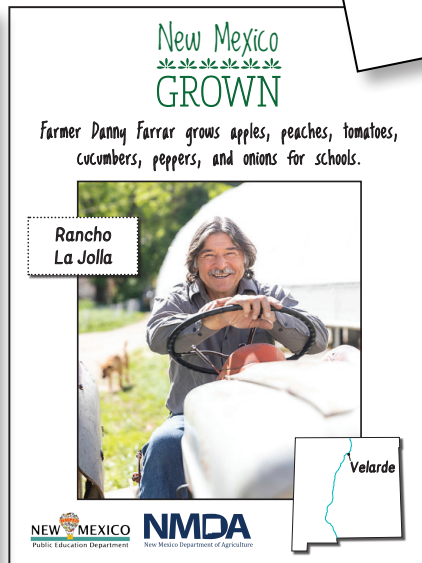
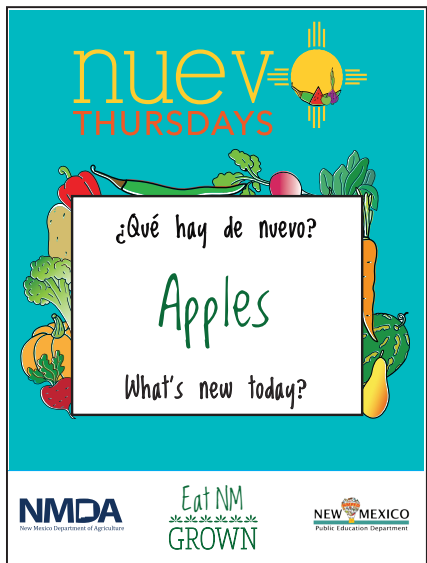
- Change “Nuevo Thursdays” poster to feature apples.
- Request mention of Nuevo Thursdays in school’s newsletter.
- Hang series of “NM Grown Farmer” posters that feature apple growers.

Cafeteria Promotion Options

- Series of Nuevo Thursdays with a different apple variety each week
- Students receive an “I Tried Something Nuevo” Sticker

Classroom Connections

- Option 1: Kids do an Apple Tasting lesson, where they read about, draw, and taste several apple varieties
- Option 2: Students prepare Homemade Applesauce. Can be separate activity or in conjunction with Apple Tasting.



SPRING: LETTUCE

Lunch Menu Item

- Green salad with local greens

Marketing Strategies

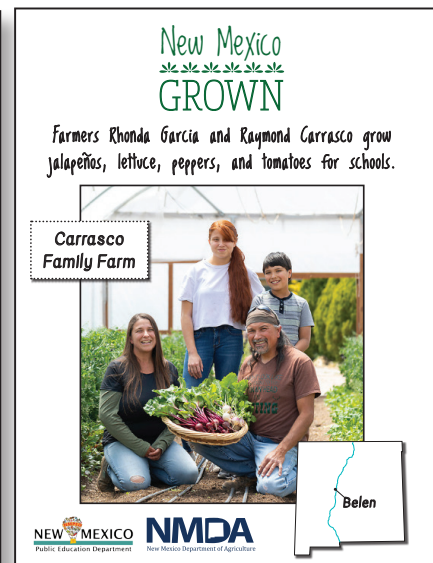
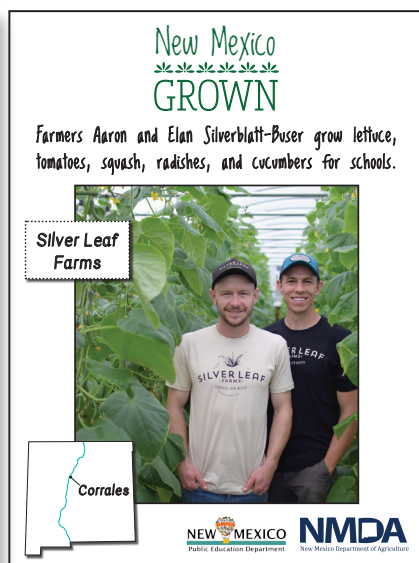
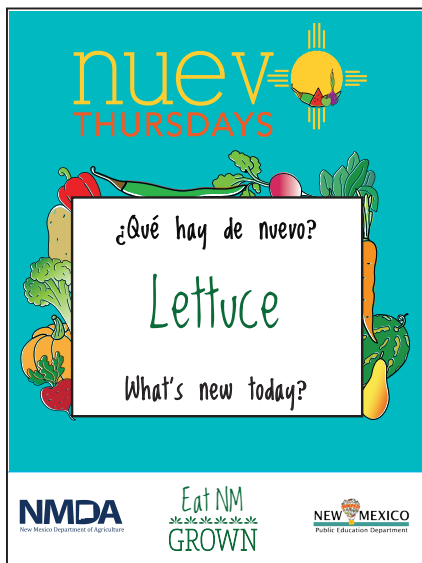
- Change “Nuevo Thursdays” poster to feature lettuce.
- Feature local lettuce on menus provided to families.
- Hang series of “NM Grown Farmer” posters that feature lettuce growers.

Cafeteria Promotion

- Offer a new salad dressing option

Classroom Connections

- Option 1: Kids do a Salad Tasting, where they read about, draw, and taste several varieties of salad greens
- Option 2: Kids make homemade salad dressing. Can be separate activity or conjunction with Salad Tasting.



SUMMER: WATERMELONS

Lunch Menu Item Options

- Watermelon slices

Marketing Strategies

- Change “Nuevo Thursdays” poster to feature watermelon.
- Request mention of Watermelon Salsa taste test in cafeteria during school’s morning announcements.
- Hang series of “NM Grown Farmer” posters that feature melon growers.

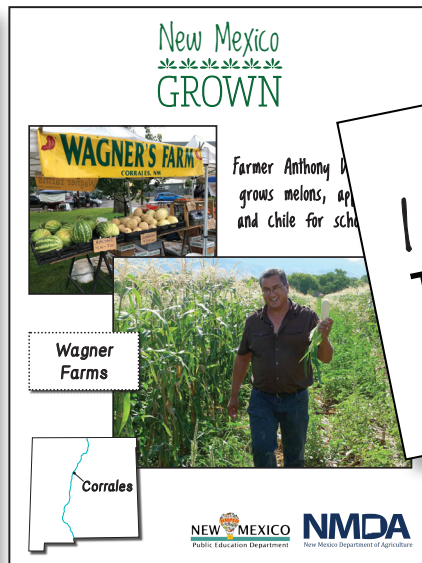
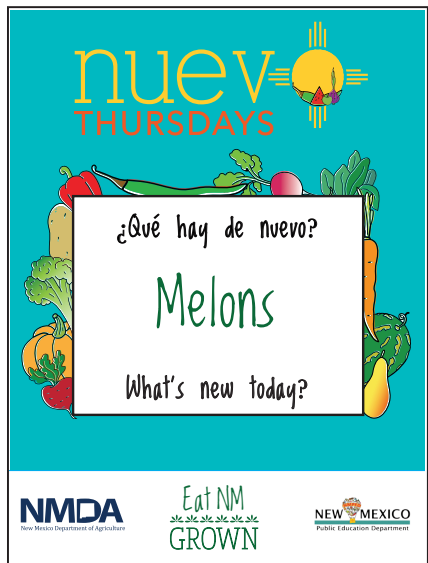


Cafeteria Promotion Options

- Taste test Watermelon Salsa
- Students receive an “I Tried Something Nuevo” Sticker

Classroom Connections

- Option 1: Kids do a Melon Tasting lesson where they read about, draw, and taste several melon varieties
- Option 2: Students prepare Watermelon Salsa. Can be separate activity or in conjunction with Melon Tasting.



USING THE DIGITAL RESOURCES

Digital Resources Collection



This tool kit includes a host of digital resources, which are broken down into cafeteria resources and student materials for classroom use. Look through these resources. Take what is useful for you! Share widely with your school and community!

Cafeteria resources

In this section you will find a collection of kid-tested recipes from schools and districts around New Mexico. All the recipes highlight local crops and are something you can scale easily to suit your needs. You can also find a guide to cafeteria promotions and tastings provided by Cooking with Kids, Inc. based on their 25 years of experience. We hope this will help you get started and give you inspiration for working with New Mexico's bounty of local produce!

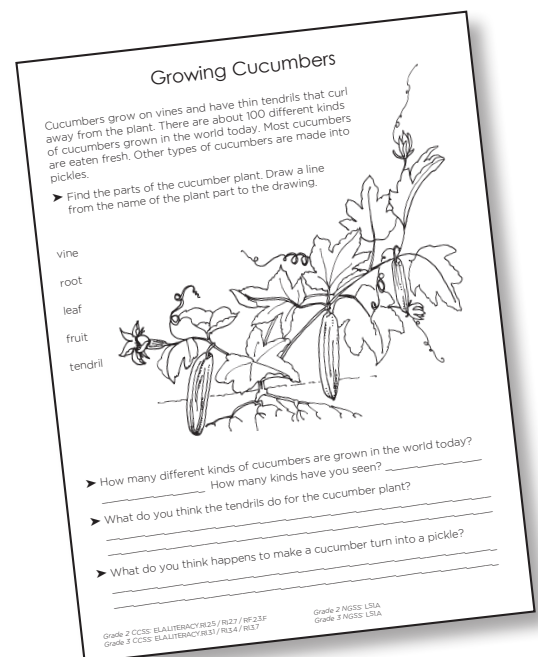
Student Materials

This section contains all the resources available to use in the classroom or send home with students. Folders are organized alphabetically by the name of the fruit or vegetable. Each fruit or vegetable folder contains some or all of the following (you may also find the occasional bonus pages folder):

- Plant Pages
- Take-Home Recipe
- Tasting Lessons
- Cooking Lessons

Cooking with Kids has graciously provided their nationally recognized curricula that is aligned with the Common Core standards and the Next Generation Science Standards. All of these materials are further broken down into grade level appropriate materials.

“Plant Pages” are an easy way to start connecting students with the food on their plate to the plant on the farm. These also help students begin to identify the plant parts and the role each part plays in the growth and health of the plant. It easily aligns with a quick science lesson!



USING THE DIGITAL RESOURCES

“Take Home Recipes” can also be an easy way to start connecting student with what is happening in the cafeteria on Nuevo Thursdays. Try sending home any of the recipes that feature one of the fruit or vegetables you’ve highlighted during Nuevo Thursdays. Take-home recipes are also there as a quick resource for teachers to send home with their students after completing a tasting or cooking lesson.

“Tasting Lessons” provide all the student materials necessary for teachers to lead a tasting lesson with their students. Try starting with 2 varieties of the given fruit or vegetable and then grow to trying 4 or more!

“Cooking Lessons” include the classroom recipes grade level lesson plans. Student materials for corresponding tasting lessons are meant to be used in conjunction with these lessons.

Tasting and cooking lessons are great opportunities to align with the cafeteria. Highlight a food they are serving on the line, or that they need more student “buy in”, or they plan on highlighting on Nuevo Thursdays.

Additional Student Materials

“Farmer Lesson” is a great lesson designed to introduce students to farmers. If you want to elevate the conversation, try inviting a local farmer into your classroom and use the Q & A to help guide students in learning about their work and the different crops they grow.

“Exploring Healthy Foods and Infused Water” is a very easy intro class that could be part of a tasting lesson or could be considered a cooking lesson. It would be a great way to feature local fruits, herbs and some vegetables.

