

SUSTAINABILITY
SUMMIT



Resource Provider Rapid Fire

May 5, 2023 | 1:45pm – 2:45pm | GS2

Session Presenters

Amanda Brockwell

Director of Development & Donor Relations, Association of New Jersey Environmental Commissions

Hayley Klein

New Jersey/New York Program Associate Director, FoodCorps

Julie DeSimone

Director of Community Health, Mayors Wellness Campaign & NJ Health Care Quality Institute

Elise McGaughran

Northern Region Coordinator, Tobacco Free for a Healthy NJ


SUSTAINABILITY
SUMMIT



Sustainable Jersey & Sustainable Jersey for Schools Resources

Program Website Pages

Municipal Website – Resources Page



A Better Tomorrow, One Community at a Time

Certification Actions Grants Events Resources Get Involved

- > Data Center
- > Publications
- > Green Team Resources
- > Presentations
- > Funding Database

New Jersey Community Solar Project Finder

[Tour the Sustainable Jersey Website](#)

Resources

Sustainable Jersey strives to connect elected and appointed officials, municipal staff, and green team volunteers with resources that can help them identify strategies, implement initiatives, and share their successes with others.

Data Center

View and download sustainability-related data and maps, useful for municipalities and Green Teams to better understand their communities, complete actions, and track progress.


[View All](#)

Publications

Sustainable Jersey has released reports which take an in-depth look into important sustainability issues. Learn best practices, review research and discover the current state of sustainability in New Jersey.

[View All](#)

School Website – Resources Page



Certification Actions Grants Events Resources Get Involved

- > Green Team Resources
- > Presentations
- > Resource Library

Resources

Sustainable Jersey for Schools strives to aid schools in developing comprehensive sustainability programs with resources that can help them identify strategies, implement initiatives, and share their successes with others.

Green Team Resources

No need to reinvent the wheel! Learn how to create, recruit, train, grow and promote your district or school green team. Use these resources to build a high-functioning green team.

[View All](#)

Presentations

Sustainable Jersey for Schools offers a wide variety of training and educational opportunities each year. View Sustainable Jersey webinars and presentations at conferences and partner events.

[View All](#)

Action Descriptions

Municipal Website

Community Education & Outreach

5 Points 10 Points 15 Points 20 Points

Print Get PDF

Why is it important?

Updated January 2020

Who should lead and be involved with this action?

Community education and outreach is an essential element of any effort to make change. It provides community members with an understanding of sustainability as it relates to their everyday lives by giving them an understanding of how the choices they make can lead to a more sustainable future for themselves and their communities. This action promotes sustainability literacy and builds awareness, understanding, and action by educating municipal staff, residents, business and non-profit sectors of the community about the need for sustainable choices and behaviors. In addition to promoting action outside of local government, it can build support within the community for local government to take bolder steps. Through various community education and outreach, the green team and other partners offer opportunities for stakeholders to learn about sustainability initiatives and to implement sustainable practices.

Timeframe

Project costs and resource needs

What to do, and how to do it ("How to")

What to submit to earn points for this action

Resubmission Requirements

Approved Action Expiration Date

Spotlight: What NJ municipalities are doing

Resources

This is a variable point action. A municipality can earn up to 20 points for providing active and ongoing education to its community that incorporates workshops, lectures, newsletters, social media campaigns, and other strategies outlined in the "What to do" section of this action. Initiatives that focus on current municipal services or programs related to topics covered under other Sustainable Jersey actions will not count for this action. See the "What to do" section for more details.

Why is it important?

Achieving sustainability requires contributions from local, state, national, and international entities as well as individuals. The collective impact of individual action will significantly change the world around us, and communities are key

School Website

Recycling Non-Mandated Materials

5 Points 10 Points 15 Points 20 Points School

Print Get PDF

Why is it important?

Updated October 2019

Who should lead and be involved with this action?

This action is now a variable point, allowing schools to earn up to 20 points for recycling non-mandated materials.

Timeframe

Project costs and resource needs

What to do, and how to do it ("How to")

What to submit to earn points for this action

Spotlight: What New Jersey schools are doing

Resources

This action enables schools to earn points for implementing recycling initiatives that target materials that are not designated as mandatory recyclable items as per state law, the applicable county recycling plan, or the applicable municipal recycling ordinance. **A list of the mandatory recyclable items by county is available here.**

This is a variable point action allowing schools to earn 5 points for each initiative **active in the current school year** up to a total of 20 points. The non-mandated recycling initiatives should be ongoing throughout the school year, with the exception of seasonal collection of certain items such as coats, prom dresses, and other important recycling collections that might not be run for the entire school year due to the scale of the collection and limited ability to store the materials for a long period of time. To qualify, collected non-mandated materials must be sent for recycling or reuse outside the school district. School initiatives to collect non-mandated materials can include but are not limited to:

- Recycling milk cartons
- Recycling/reusing old toys
- Recycling crayons/markers
- Plastic bag/film collection
- Battery/ink toner recycling

Please note that schools are not eligible for points for recycling any of the items above if it is mandated by the county/municipality. See lists of

Collaboration

Actions Municipalities & Schools Can Work on Together

- Anti-Idling Programs
- Community Education & Outreach
- Civic Stewardship Activities
- Community Asset Mapping
- Green Challenges
- Green Fairs
- Pedestrian and Bicycle Safety & Promotion Initiatives
- Safe Routes to School
- School Travel Plan for Biking & Walking
- Recycling Non-Mandated Materials
- Waste Audit



Participants Map Search

Use the [Participating Municipalities & Approved Actions](https://sustainablejersey.com/certification/search-participating-municipalities-approved-actions) (*sustainablejersey.com/certification/search-participating-municipalities-approved-actions*) page to find examples of documentation from certified towns and connect with municipal green teams

Search by action

By Certified Action

[Animals in the Community](#)

[Arts & Creative Culture](#)

- Establish a Creative Team
- Creative Assets Inventory
- Creative Placemaking Plan
- Municipal Commitments to Support Arts and Creative Culture
- Utilizing Your Creative Assets

View certified towns approved for that action

MUNICIPALITY	COUNTY	CERTIFICATION
Asbury Park City	Monmouth	SILVER
Atlantic Highlands Boro	Monmouth	BRONZE
Belleville Twp	Essex	BRONZE
Bogota Boro	Bergen	BRONZE
Bordentown City	Burlington	SILVER
Bradley Beach Boro	Monmouth	BRONZE
Brigantine City	Atlantic	BRONZE
Cape May City	Cape May	SILVER
Chatham Boro	Morris	SILVER

View certification report for example documentation

Bordentown City
Certification Level: Silver
Certified On: October 28, 2022
Total Points: 615
Certification Report: [View Report](#)
Applicant Profile: [View Profile](#)

SUSTAINABILITY
SUMMIT



Sustainable Jersey Grant Program Resources



SUSTAINABLE JERSEY GRANTS PROGRAM

Free program for participating schools and municipalities

- Offers \$2,000-\$20,000 grants to help complete program actions
- Since 2009, over **\$7.4 million** awarded to fund over **1,300** sustainability projects
- **202 / 383 (53%)** registered districts have received at least one school and/or district grant
- **277 / 464 (60%)** registered municipalities have received at least one grant
- **50%** of all funding is reserved for certified communities

MUNICIPAL GRANTS



SCHOOL GRANTS



Eligibility

- **New Jersey municipality or school/school district that is **registered** in Sustainable Jersey**
 - Registration is free and easy
 - Follow the guidance [here](#) for schools/school districts and [here](#) for municipalities
- **With an established **green team****
 - Follow the guidance via the [school](#) and [municipal](#) green team action
 - Can designate an existing group or use your project team as a starting point



Use of Funding

- Must be used for projects that could earn the municipality or school points in the Sustainable Jersey program
- \$2,000 grants that can also be used to support the green team's certification efforts by funding annual initiatives and promotional materials
- Eligible expenses include everything except
 - Facilities/administrative (overhead) costs
 - Reimbursement of a project that has already been completed
- If you are not sure if your project is eligible, do not hesitate to contact us to find out

NOTE: Some cycles have more specific requirements for funding usage

Energy Projects



Energy Efficiency Upgrades

- Energy audits and energy efficiency projects (i.e. lightning, furnaces, etc.) are NOT eligible



Electric Vehicle Charging Stations




- EV charging station(s) installation projects are NOT eligible



Electric Vehicle Purchases

- The purchase of electric vehicles (except for Class 4-8 medium and heavy-duty vehicles) is NOT an eligible project for this grants cycle.

CURRENT ANNUAL CYCLES

CYCLE SPONSOR	PROJECT TYPE	ELIGIBLE APPLICANTS	GRANT AMOUNTS	CYCLE LAUNCHED	FUNDING AVAILABLE
 <p>atlantic city electricSM AN EXELON COMPANY</p>	Env. Stew. and Resiliency	Munis in ACE Territory	\$5k	Late April	\$50,000
 <p>njea NEW JERSEY EDUCATION ASSOCIATION®</p>	General Sustainability	NJEA-Affiliated Schools	\$2k & \$10k	Late August	\$180,000
 <p>PSEG Foundation</p>	General Sustainability	Public Schools Munis	\$2k & \$10k \$2k, \$10k & \$20k	Mid-Oct Mid-Nov	\$100,000 \$200,000

Standard Grant Application

Grant Proposal Sections

- **All** Grant Applications Include:
 - **Project Title and Brief Description**
 - **Action Plan and Timeline**
 - **Budget Narrative**
 - **Detailed Project Budget**
- **Only** 10k/20k Grant Applications Include:
 - **Project Team**
 - **Community Engagement**
 - **Project Impact and Evaluation**

There are templates available to help you quickly and easily complete each section of the application, such as the action plan & timeline and budget sections.

Green Team Documentation

- Currently certified municipalities/schools **DO NOT** need to provide this information
- Otherwise, we need the following green team documentation:
 - List of green team members
 - Summary of green team activities
- If a green team was recently formed, you can submit your future plans in lieu of a summary of activities
- *Note: this documentation is not needed for the Sustainable Communities grant application*



Grant Authorization Doc

- **Upload a Grant Authorization Document in support of the grant project and application**
 - Municipalities must pass a resolution and schools have the additional option of submitting a letter from the principal, BA or superintendent
 - Must specify the specific grants cycle you are applying in
 - Must be signed and dated
 - Can use the same documentation for grant applications within the same program year

This resolution is DIFFERENT than the resolution required to register in the Sustainable Jersey certification program OR to establish a green team.



SUSTAINABLE JERSEY GRANTS PROGRAM



FUNDED BY:

PSEG
Foundation

Sustainable Jersey Grants Program Account

This grant account can be used from year to year to submit applications to be considered for funding by the Sustainable Jersey Grants Program. A municipality should use one account to submit its grant applications with. Below is more information on how to utilize your grant account.

Sign In

Email

Password



Log In

[Forgot your password?](#)

Need an Account?

Sign Up

✓ **Thinking about
Applying for Grants?**

Eligibility

Use of Funding

Application Tips

Required

Documentation

Online Application

Portal Instructions



Eligibility overview

Includes examples

Lists all application sections

Download templates

***Grant application portal and
account creation walkthrough***

Other Organizations

These are some of MANY organizations that can help with actions. View the **Resources** section of all actions for more information

New Jersey Sustainable Business Registry

- Green Business Recognition Program

New Jersey Institute of Technology & NJEDA

- Brownfields through the Technical Assistance to Brownfield Communities Program

Rutgers Cooperative Extension

- Community Gardens
- Green Infrastructure
- Water Conservation Education

Voorhees Transportation Center

- Complete Streets
- Bicycle and/or Pedestrian Plan
- Safe Routes to School
- School Travel Plan

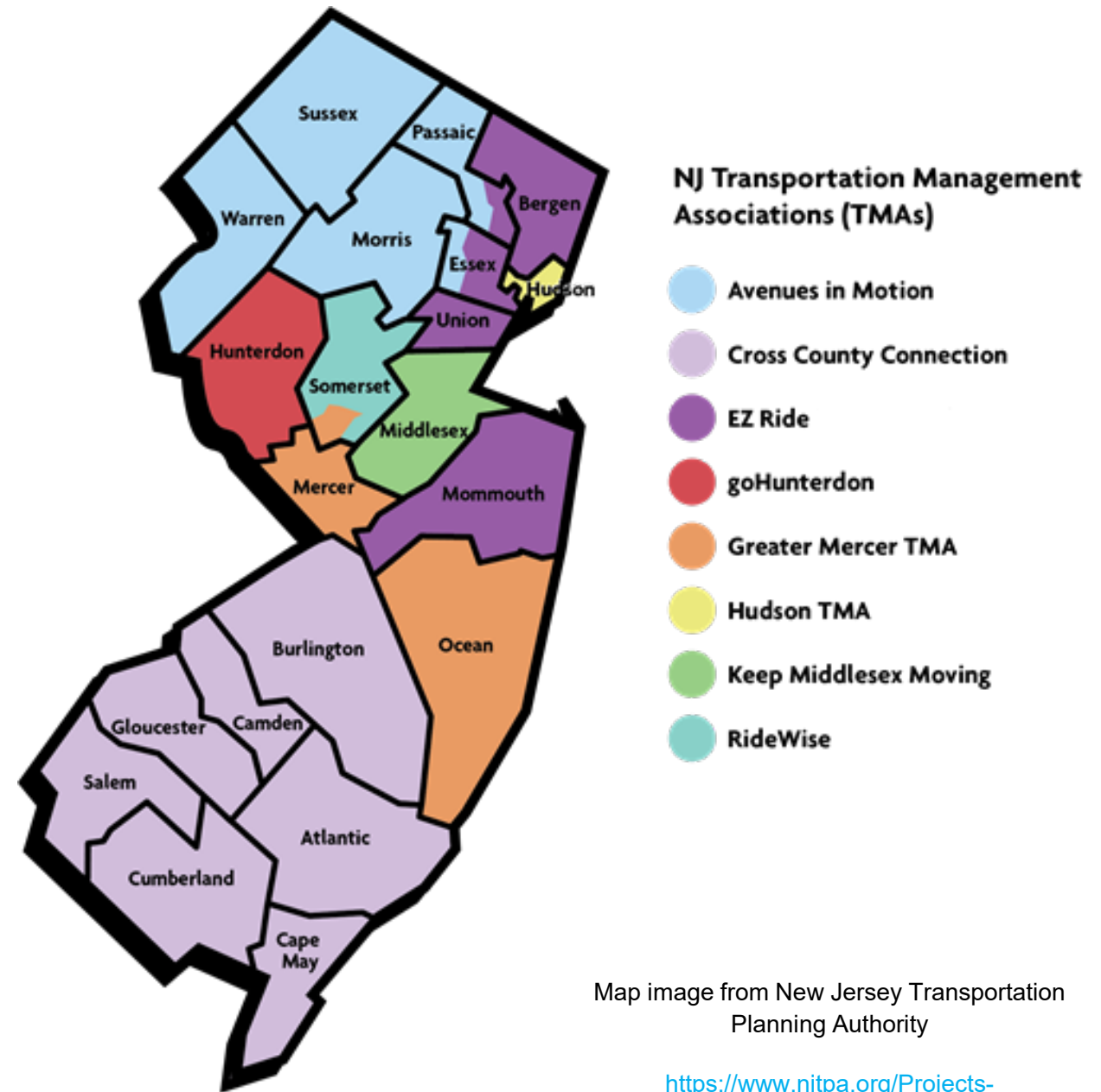
Watershed Associations

- Water-related actions
- Private Well Outreach & Testing
- Stream Clean Ups

Transportation Management Associations

Eight Transportation Management Associations (TMAs) that can assist with the Safe Routes to School, Anti-Idling Education and Enforcement, Smart Workplaces, bike/ped actions and other transportation-related actions.

Learn more and get contact information for each TMA on the North Jersey Transportation Planning Authority's [website](https://www.njtpa.org/Projects-Programs/Transportation-Management-Associations-(TMAs)/programs-activities.aspx).

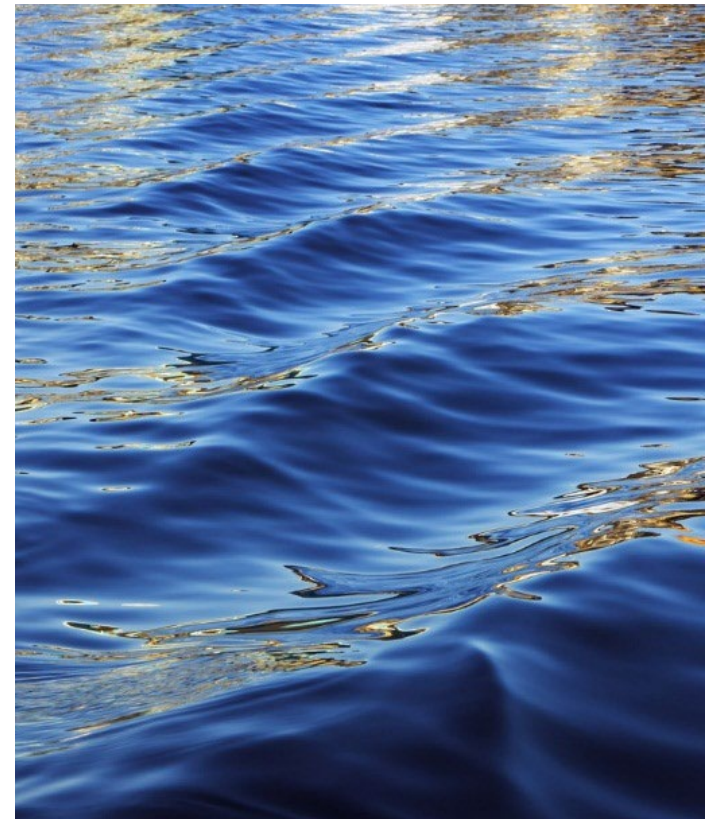


Map image from New Jersey Transportation Planning Authority

[https://www.njtpa.org/Projects-Programs/Transportation-Management-Associations-\(TMAs\)/programs-activities.aspx](https://www.njtpa.org/Projects-Programs/Transportation-Management-Associations-(TMAs)/programs-activities.aspx)

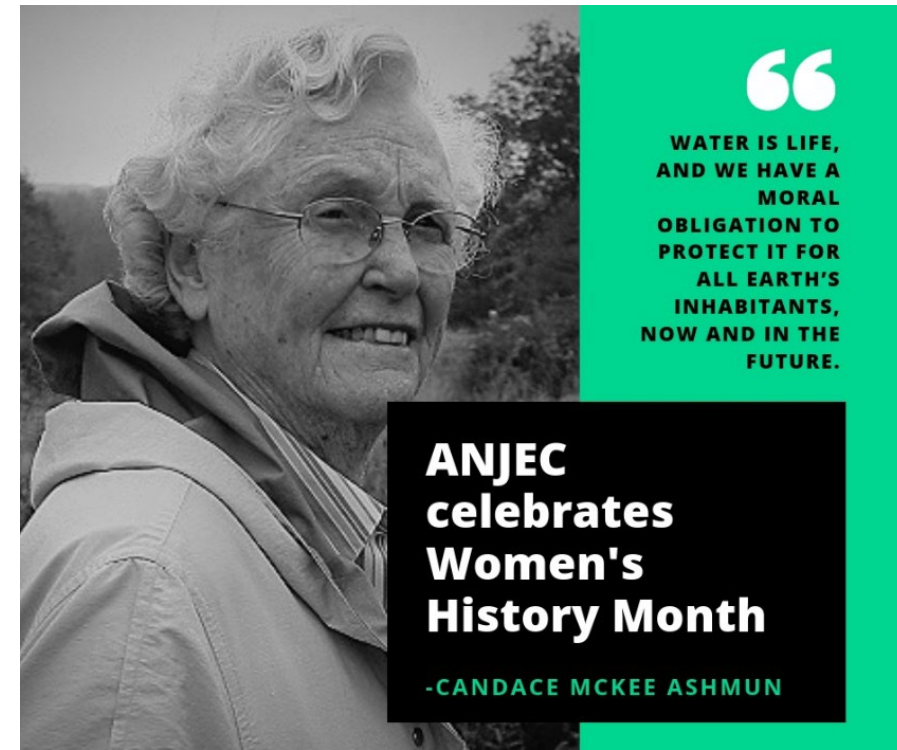
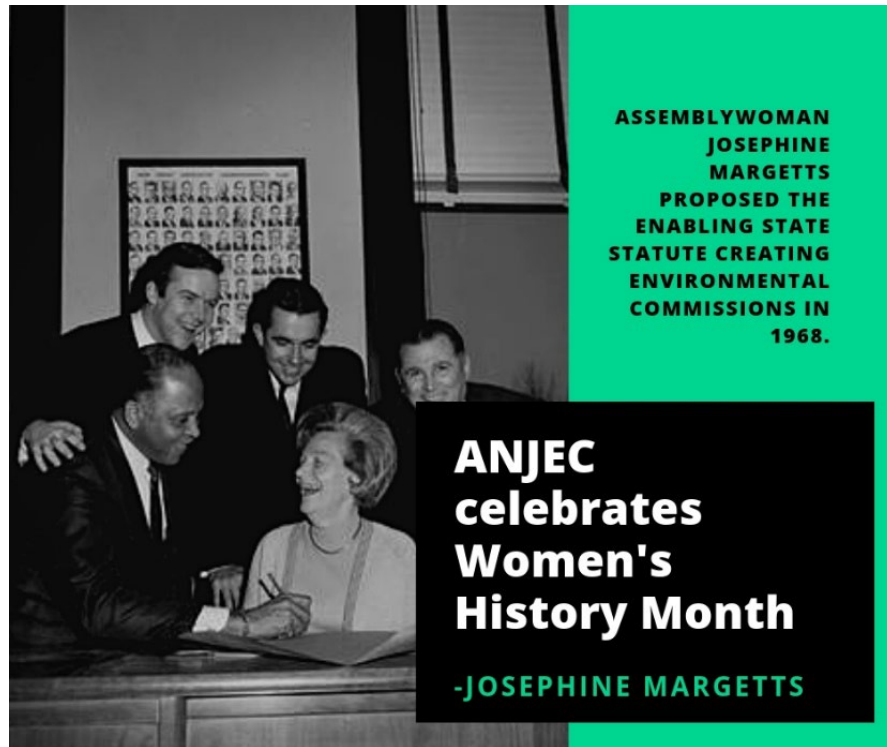


ANJEC
Local Environment Matters



54 Years of Education and Advocacy for NJ's EC's

Founded in 1969, the year after the enabling resolution was adopted in 1968 by the legislature to establish environmental commissions in municipalities by ordinance.



ANJEC's Mission

The mission of the Association of New Jersey Environmental Commissions (ANJEC) is to promote local action to protect and restore New Jersey's natural resources and ensure equitable, healthy communities. ANJEC advances its mission by engaging in diverse and inclusive practices through leadership, partnerships, education, advocacy for strong public policy and support of environmental commissions, public officials, and communities throughout New Jersey.

Education to Empower EC Action

- Resource Center – model ordinances, handbooks, manuals, and so much more
- Monthly virtual webinars and roundtable events
- The quarterly *ANJEC Report*, plus the biweekly ANJEC News. a biweekly environmental news digest
- The annual Fundamentals for Environmental Commissions Training offered each spring
- The annual Environmental Congress, our educational conference offered in October

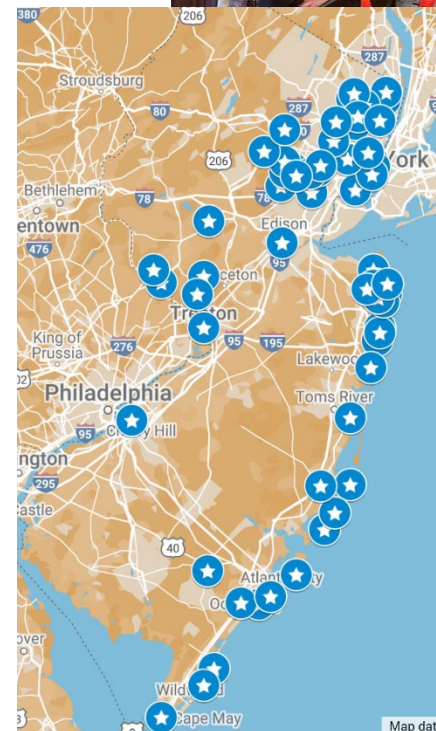


Advocacy on NJ's Most Critical Statewide Environmental Issues

ANJEC advocates for strong environmental policy in New Jersey. ANJEC takes positions on statewide environmental issues and represents environmental commissions at the regional and state level. Some recent examples of this work include the successful passage and implementation of the Plastic Pollution Reduction Act, passage of the Recycled Content bill, and establishment of the Environmental Justice Law.

Current policy focus:

- Packaging Product Stewardship Act - start getting producers to take responsibility for the full life cycle of their packaging
- Flood Hazard Protection Rule Adoption



Map of Plastic Ordinances Passed that led to PPRA

Open Space Stewardship Grants & Achievement Awards



ANJEC provided grant funding to help the Tinton Falls EC establish an Osprey Nest project.



West Orange EC created a pollinator garden with an apiary through an ANJEC grant.



Jen awarding an EC chair for an outstanding project.



Jen awarding a Mayor for his support of the EC.

Specialized Staff Expertise & Programs

**Restoring Water Quality &
Managing Stormwater Runoff**

Ending Plastic Pollution

Advancing Environmental Justice

Combatting the Climate Crisis

Upcoming Education Events

Monthly webinars on a variety of topics. Check out our YouTube Channel!

Climate Mini Series:

Wednesday May 10th, 7:00pm

Climate Change Impacts on NJ: Ocean Acidification & Sea Level Rise

Wednesday, May 31, 7:00pm

Offshore Research & Monitoring: What we know and what we're learning

Tuesday, June 20th, 7:00pm

Wind Project Updates – Orsted & Atlantic Shores

50th Annual Environmental Congress – Friday October 13th at Mercer County Community College

Sign up to receive our emails about upcoming events!

Keep in Touch



Resource Center Help - info@anjec.org



@Anjecviews5871



@ANJECpage



@ANJECposts



To visit anjec.org

FoodCorps New Jersey

CONNECTING ALL KIDS TO
THE JOY AND POWER OF FOOD



Our Mission

FoodCorps partners with schools and communities to nourish kids' health, education, and sense of belonging.

So that...

Every child, in every school, experiences the joy and power of food.

Our 3 Areas of Service



Hands On Learning



Nourishing School Meals



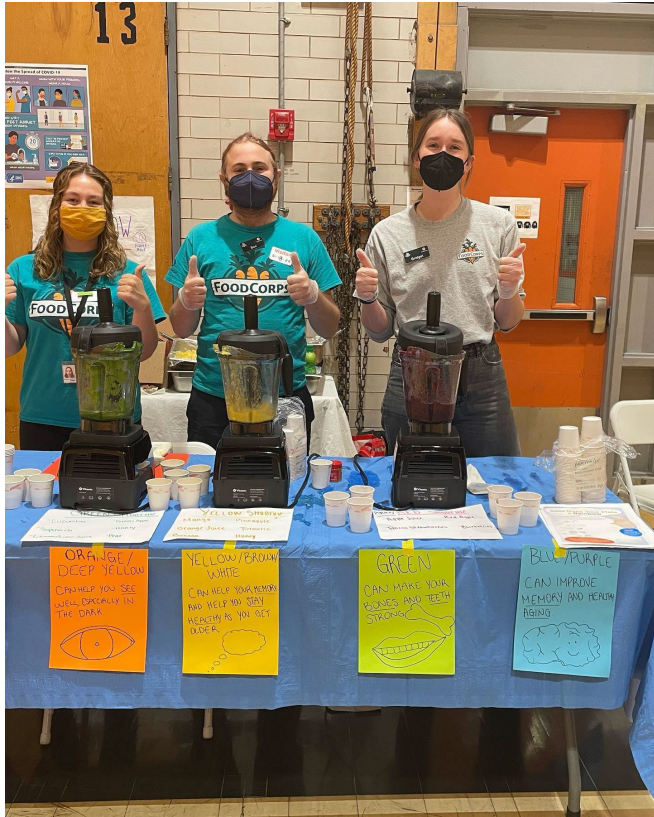
Schoolwide Culture of Health

Where We Serve in New Jersey

Our Service Site Partners:

- Greater Newark Conservancy (Newark Public Schools)
- New Brunswick Public Schools
- Jersey Fresh Farm to School Program, NJDA
- Camden City School District
- Bridgeton Public School District





Service members in Camden serve Rainbow Smoothies to students and staff during school Wellness Fairs across the district.

- Serving healthy options during **student award ceremonies, parent-teacher conferences, BOE meetings, and other school-based events**
- Supporting **Wellness Committees** in creating and adhering to **Wellness Policies**
- Leading **cooking classes/demos** with students as a **reward** or for **celebrations**

Food & Nutrition

Healthy Food Choices Beyond the Cafeteria (10 Points)



JERSEY TASTES! ACTIVITY SHEETS

Amazing Asparagus



ALL ABOUT NEW JERSEY!

Asparagus is in season in the spring, during the months of April, May, and June. It is grown largely in Salem, Gloucester, and Cumberland counties.

Tracing the Roots of NJ Asparagus

HOW DOES IT GROW:

How Does it Grow Asparagus Video

When you eat asparagus, you are eating the stalk or stem of the plant. Asparagus can be green, white or purple in color. The green variety is the most common in the United States. Asparagus is planted as crowns under the ground and it takes three years for the plant to mature or be ready to harvest. Asparagus is a perennial plant that comes back every year and one plant can produce asparagus for 15- 20 years.

RECIPES:

Garlic Roasted Asparagus

- Jersey Tastes! Cooking Series: Garlic Roasted Asparagus

Veggie Tacos Ole

- Jersey Tastes! Cooking Series: Veggie Tacos Ole

Asparagus Guacamole

Asparagus Tomato Salad

- Jersey Tastes! Cooking Series: Asparagus Tomato Salad

Asparagus is a good source of potassium and vitamins A & C.

ACTIVITIES:

Pre-K:

- Video Jean-Yves the Asparagus

Lower Elem:

- Plants Tops & Bottoms

Upper Elem:

- Creating an Asparagus Ad

Middle:

- Journey 2050: Intro to Sustainable Agriculture

High School:

- Article: "South Jersey farmers say Americans need to start buying local produce or they won't survive"

FUN FACT:

The Greeks and Romans believed asparagus had medicinal powers that could cure toothaches and prevent bee stings!

Tag us on social media: @farmtoschoolnj

#jerseytastes

MADE IN COLLABORATION WITH: FoodCorps, Fresh Fruit & Vegetable Program



- Participating in **Jersey Fresh Farm to School Week** (annually during the last week of September), and **Farm to School Month** (annually during October)
- **Local Food for School Fundings (LFS)**
- **Jersey Tastes!** Harvest of the Month Program
- Local Incentive for the **Fresh Fruit & Vegetable Program**
- **Promoting Local Foods & Farmers in the cafeteria and on social media!**



Food & Nutrition Promote Locally Grown Foods (10 Points)



FoodCorps Service Member, Bridgette Byrd, planting garlic with her students at Avon Avenue Elementary School in Newark, NJ.

- Supporting **indoor growing opportunities**, such as **aerogardens** and **hydroponic growing systems**
- Supporting **outdoor growing opportunities** such as **raised beds** and **container gardens**

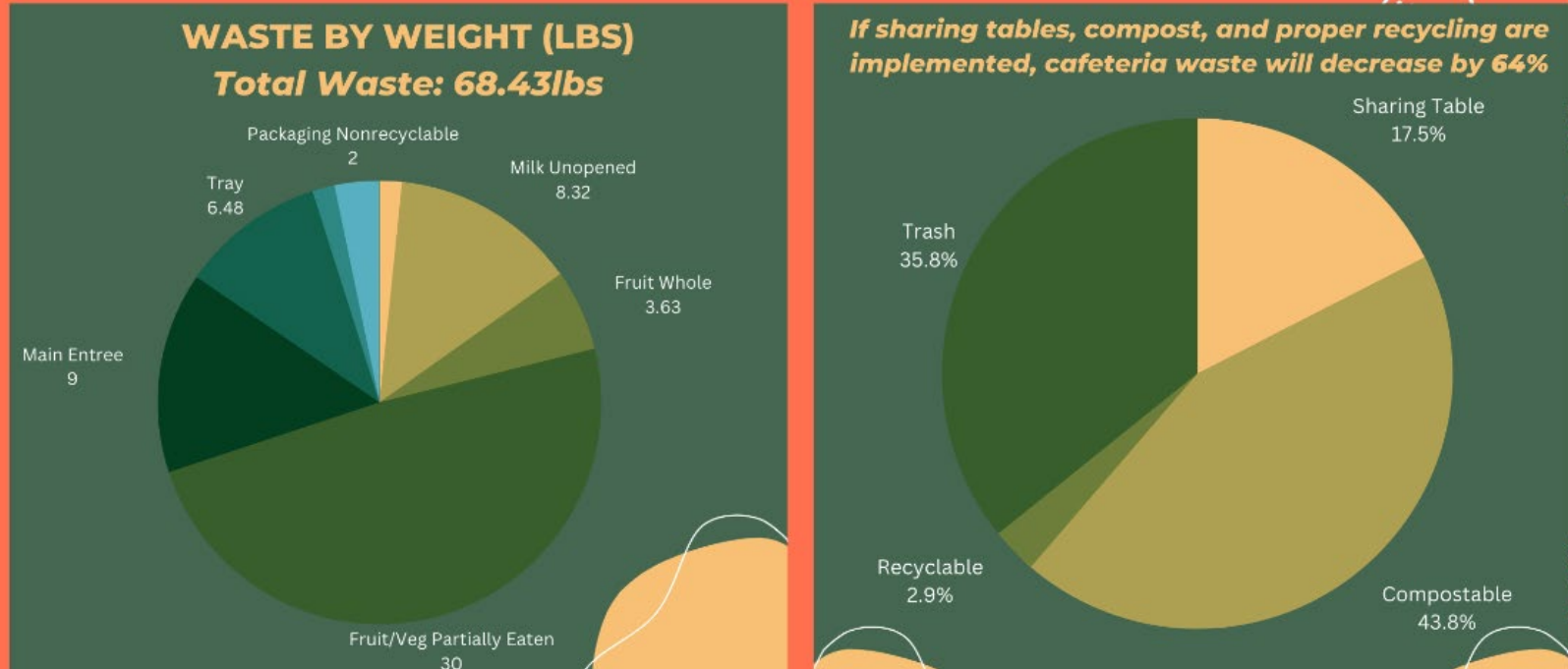


Hydroponic growing systems at Bridgeton High School.

Food & Nutrition

School Gardens (10 Points)

Results: Forest Hill Elementary



Results of the **Food Waste Audit** service members conducted across 3 schools in Camden this year.

Lessons and activities about **Composting & Worm Bins!**

Break It Down

THEME: GROWING AND ACCESSING HEALTHY FOOD

ESSENTIAL QUESTION

How is composting beneficial to our garden and our earth?

LEARNING OBJECTIVES

- ✓ Students will be able to describe the movement of matter among plants, animals, decomposers, and the environment.
- ✓ Students will be able to build a compost pile and explain the value of compost in a garden.

LESSON DESCRIPTION

In this lesson, students practice identifying and sorting biodegradable objects before they work in teams to learn how to build a compost pile in the school garden.

Waste Management & Recycling

Food Waste Management (15 Points)



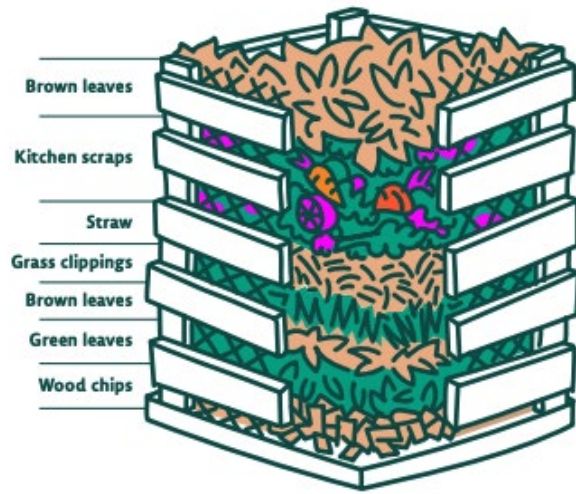
RWJ's Wellness on Wheels (aka the "WOW" bus) came to McKinley Elementary School in New Brunswick to teach students about sugar consumption and made Banana Breakfast Smoothies with the whole school!

America's Grow a Row came to Paul Robeson Elementary School in New Brunswick to lead a Pollinator Assembly and taught students about the importance of bees for our food system!



Student & Community Outreach

Enrichment Programs Through Partnership (10 Points)



- **“Meatless Mondays”** in the cafeteria
- **Compost Challenge** – classes/grades compete to see who can compost the most organic waste
- **Pollinator Challenge** – classes/grades compete to plant the most pollinators at school/in their community
- **Tasty Challenge** – classes/grades compete to try the most new fruits and vegetables each week
- **Reuse/Recycle Challenge** – classes/grades compete to practice consistent ways of reusing and recycling materials
- **March *Snackness*** – classes/grades compete to create the healthiest snack recipe!

Student & Community Outreach

Green Challenges (10 Points)

GREATER NEWARK CONSERVANCY
JERSEY FRESH
 Farm to School
 FOODCORPS
 NEW JERSEY
HAWTHORNE AVE SCHOOL PRESENTS
 9:00 AM - 1:00 PM
 GRADES PRE-K THRU 5
FALL FESTIVAL
THURSDAY SEPTEMBER 29TH, 2022
STATION 1
 CULINARY FRUITS WITH BRIDGETTE
 MAKE YOUR OWN FRUIT KABOB
STATION 2
 JAVA'S COMPOST
 MAKE YOUR OWN WORM BIN
STATION 3
 BUG STATION
 SEE WHAT INSECTS EXIST IN THE FARM
STATION 4
 TASTE TESTS
 TERRIFIC TOMATOES
 TASTE SEVERAL RECIPES
HAWTHORNE AVE. FARM
446 HAWTHORNE AVE, NEWARK NJ 07112
 QUESTIONS CONTACT: BRIDGETTE BYRD @973-642-4646 EXT. #14

Java's Compost, a local compost business, teaching kids about worms!



New Jersey Department of Agriculture's Jersey Fresh Farm to School team serving apple butter made with local apples!

Student & Community Outreach

Green Fairs (10 Points)

Camden School District's School Nutrition Team with Whitsons Culinary Presents:

LOCAL FOODS & SUSTAINABILITY FESTIVAL

**APRIL 22ND
FROM 11AM-2PM
AT MORGAN VILLAGE
MIDDLE SCHOOL**

Join us on Earth Day to celebrate sustainability efforts with a fun-filled day of eating, performance, and learning!

ACTIVITIES:

- Garden building and planting
- Waste watching education stations
- Free farmers market
- Composting activities
- Whitsons food truck featuring local items
- Music and Entertainment
- Student sustainability projects and **MORE!**

Interested in attending more Earth Day festivities in Camden on the 22nd?

[Click here to see the list and locations of events!](#)

A free shuttle service will be running between all events



Whitsons Food Service Management Company serving fresh tacos with local beef and locally procured toppings.

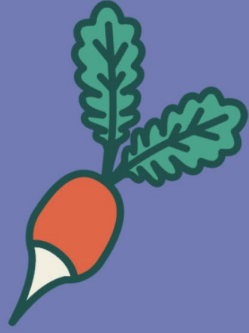
New Jersey hydroponic farmer, Desmond Hayes of Geogreens, tabling the Free Farmers Market.



Student & Community Outreach

“Green” Your Green Fair or School Event (10 Points)

FALL
Go, Grow,
Glow



Download

SPRING
People Who
Feed Us



Download

If Our Class
Were a Soup...




Download

FALL
Mindful
Tasting



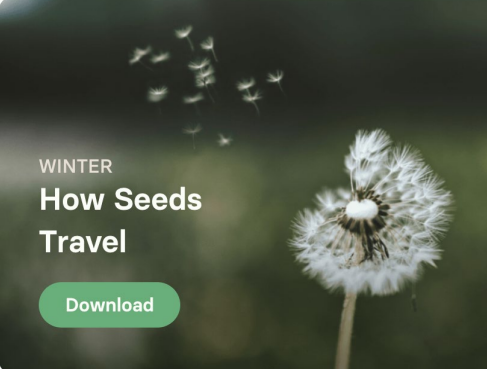
Download

WINTER
Bean Buddies



Download

WINTER
How Seeds
Travel

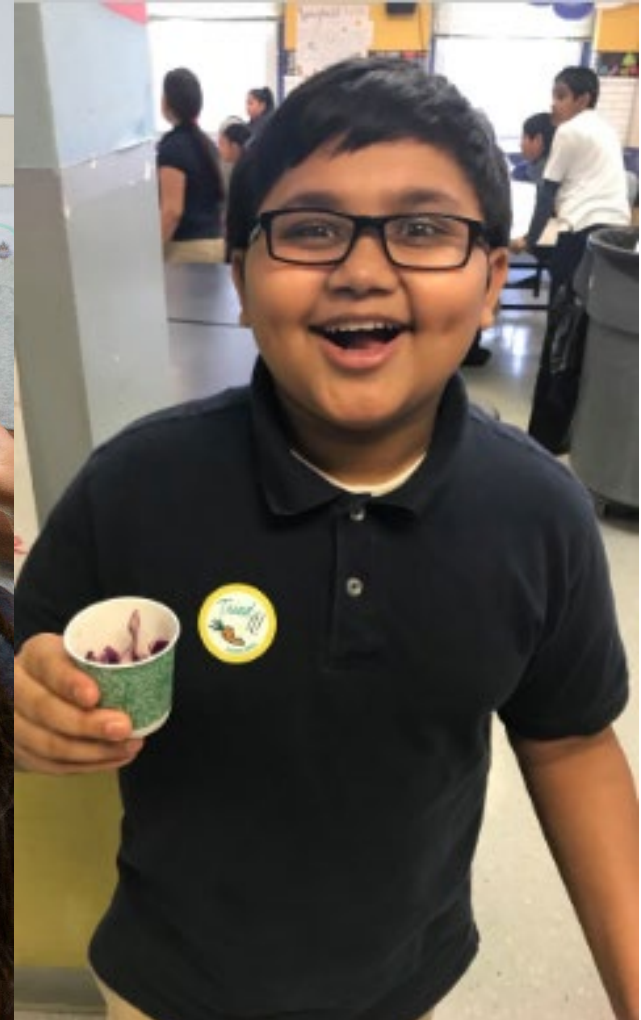


Download

FoodCorps' 96 Lesson Plans are aligned with NGSS and Common Core across subject areas and are available for free online!

Student Learning

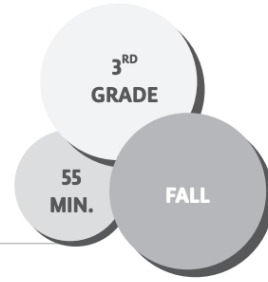
Education for Sustainability in Grades K-5 (5 Points *each*)



FoodCorps' Tools and Resources

Worm Bin Wonders

THEME: GROWING AND ACCESSING HEALTHY FOOD



ESSENTIAL QUESTION

How do decomposers play an important role in growing food?

LEARNING OBJECTIVES

- ✓ Students will be able to identify parts of the worm anatomy.
- ✓ Students will be able to construct a worm bin.

LESSON DESCRIPTION

In this lesson, students learn about the decomposition of food waste by observing worms, identifying parts of their anatomy, and working collaboratively to build a worm bin.

PREPARATION

- › If you are new to worm composting, research how to build and maintain a worm bin prior to teaching this lesson.
- › Collect approximately one quart of raw fruit or vegetable food scraps, perhaps from lunch or snack.
- › Use a permanent marker to mark and space out dots to drill holes along your bin's lid and the top third of the sides. Make sure there are enough dots so that each student can drill one hole.
- › Dampen paper towels to hand out to groups observing worms.

ACADEMIC CONNECTIONS

Next Generation Science Standards, Life Science Disciplinary Core Idea

NGSS LS.4.D

Populations live in a variety of habitats, and change in those habitats affects the organisms living there.

English Language Arts Common Core State Standards

CCSS.ELA-LITERACY.SL.3.1

Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 3 topics and texts*, building on others' ideas and expressing their own clearly.

96 FoodCorps Lessons

Aligned with Next Generation Science Standards and Common Core

**Activities to Engage Students
in the Cafeteria**



**Building and Maintaining
School Gardens**



**Meeting the Needs of All
Learners**



**Learning Models to Inform
Hands-On Education**



Tools, Resources, and Learning

Taste Test Guidebook



RECIPE CONVERSION CHART

1. Divide the desired new yield by the existing recipe yield:

$$\frac{\text{New yield}}{\text{Old yield}} = \text{conversion factor}$$

2. Multiply each ingredient quantity by the conversion factor:

$$\text{old quantity} \times \text{conversion factor} = \text{new quantity}$$

EXAMPLE:

You have a recipe for 10 portions of broccoli casserole with cheese sauce, requiring 3 pounds of broccoli and 2.5 cups cheese sauce. You want to convert to 15 portions.

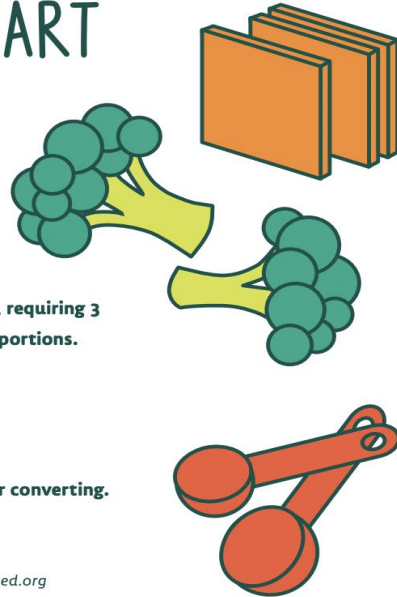
$$\frac{\text{New yield} = 15}{\text{Old yield} = 10} = 1.5 \text{ conversion factor}$$

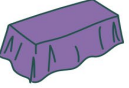

So, Broccoli: 3 lbs. x 1.5 = 4.5 lbs.

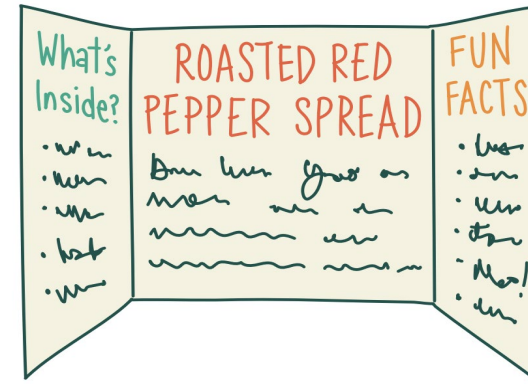
Sauce: 2.5 cups x 1.5 = 3.75 cups

NOTE: spices, salt, and pepper do not necessarily follow the same rule for converting. Use common sense when multiplying the amount of these.

Adapted with permission from VT FEED Guide To Tasting Local Foods In Schools www.vtfeed.org



Approach	Pros	Cons
Stationary Table 	<ul style="list-style-type: none"> Can be a private voting experience, so students aren't swayed by others 	<ul style="list-style-type: none"> Can cause bottlenecking, particularly if it's done while students are on their way elsewhere
Rolling Cart 	<ul style="list-style-type: none"> Can be orderly as students stay seated 	<ul style="list-style-type: none"> Increased chance you might miss someone Informal nature means some students will be influenced by peers



Questions to Consider

- Who will you engage in making this decision? Are students, cafeteria staff, community members, teachers, or other school staff involved in deciding the item or recipe?
- How much will it cost?
- Is it connected to the cafeteria menu? (Ideally yes; see more below.)
- Is the item linked to a specific season or culturally relevant holiday for students in the school community?

Taste Test Guidebook

FoodCorps Recipe Book



Kale Varieties

Red Russian Kale
Ruffled leaves
but with red or
purple stems



Lacinato (Dinosaur or Tuscan) Kale
Dark green tender leaves that are
long and narrow; a popular variety
to use for raw preparations



Curly Kale

The most common
variety; bright curly
leaves that crisp
nicely when sautéed



Siberian Kale

Ruffled green leaves;
is best when cooked

Sample Tasty Challenge Pairings

Style	Preparation 1	Preparation 2
Raw vs. roasted	Shredded Carrot Salad	Roasted carrots
Testing varieties of one product	Granny Smith apple slices	Honeycrisp apple slices
Veggie vs. veggie	Roasted Potato Wedges	Roasted Sweet Potato Wedges
Texture variation	Broccoli Salad	Raw broccoli (with hummus)
Testing a dip, sauce, or seasoning	Red Pepper Bean Dip	Sweet Potato Hummus

Salad Dressing Formula

Below is a formula for making your own salad dressing. See the recipe Create-Your-Own-Dressing Salad (p. 54) for more details.



2 tablespoons Fat + 1 tablespoon Sour
+ Small pinch of Salty + Small amount of Sweet
= DRESSING!

Recipe Book

Our Cafeteria Project Guidebook

SOUND BETTER
MORE CHOICES
FEEL BETTER
MORE FUN
LOOK BETTER



More Freedom/Rules

- Choose music
- Free-sit Fridays
- Choose "themed" days

Look Better

- Art
- Improving cafeteria cleanliness
- Twinkle lights or diffusers
- Mosaic
- Mural
- Posters
- Plants (indoor herb garden)
- Student artwork
- Table layout

Our Cafeteria Project Begins!

45 MIN.

ESSENTIAL QUESTION

Why is the cafeteria space worth our time?

OVERVIEW

Students will consider why the cafeteria is an important part of their school experience, review a road map of the project they're embarking upon, and establish group agreements.

LEARNING OBJECTIVES

- ✓ Students will be able to reflect on the role the cafeteria currently plays in their lives.
- ✓ Students will be able to establish group agreements.

SKILLS

Consensus building

MATERIALS

- Chart paper
- Student Road Map Poster

PREPARATION

- › Invite key school stakeholders to participate in this activity to meet students and become familiar with the program.
- › Place chart paper around the room to collect students' answers to questions.
- › Make photocopies or set up a projector to display the Student Road Map.

SAMPLE GROUP AGREEMENTS

- Take turns speaking.
- Use a talking piece.
- Wait until someone finishes before talking.
- Ask questions to others in the group.
- Encourage everyone to share their opinion.
- Be open-minded.
- Be kind.

Our Cafeteria Project Guidebook



Garden Joke Teller



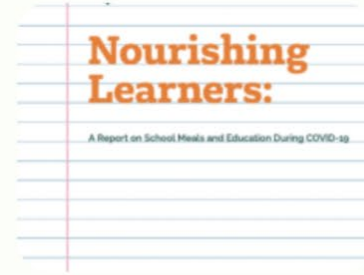
Veggie Valentines



Report: Nourishing Futures for Every Student



Education Outside Resources



Nourishing Learners Report



Foodcorps Action Brief



Sprout Scouts



How to Make Friends With a Carrot: Celebrating Our Differences in the Garden



Ingredient Guide for Better School Food Purchasing



Healthy School Toolkit

And more on our website!



This year's FoodCorps New Jersey cohort of service members!

Apply to Serve with FoodCorps New Jersey!

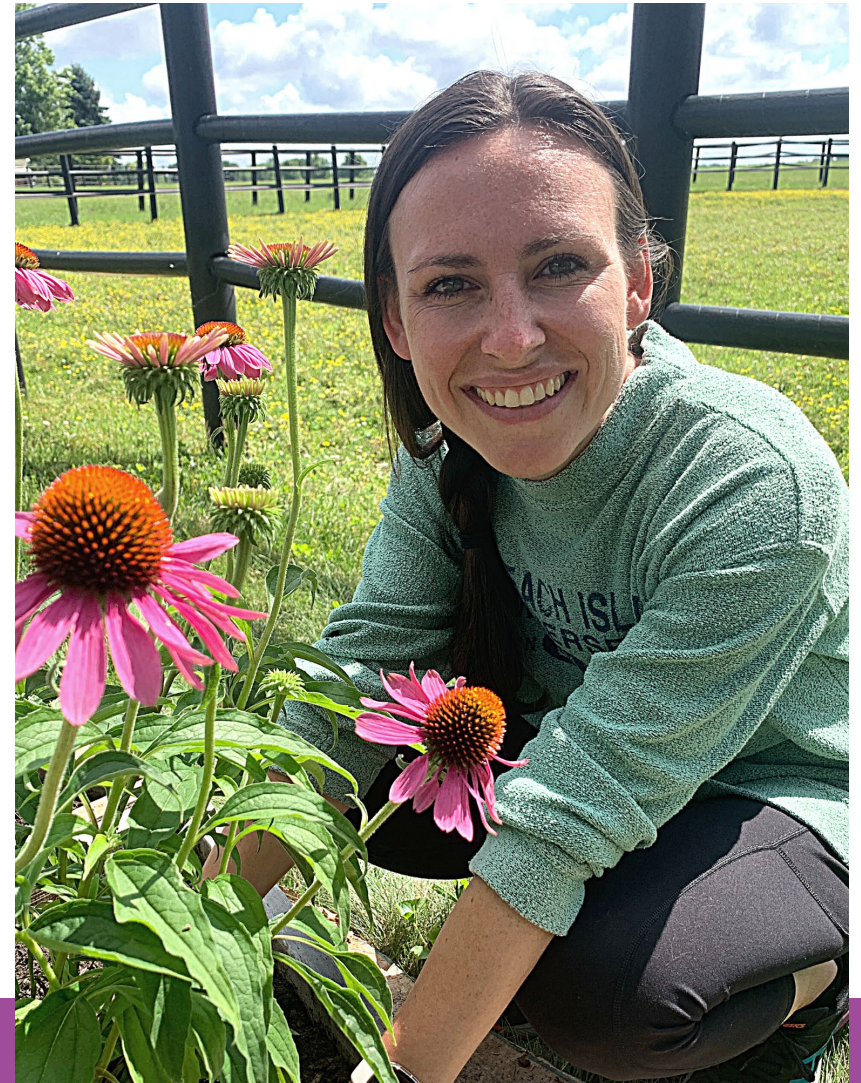
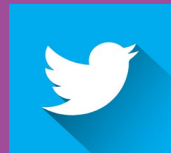
- **Stipend:**
\$33,000 for the full service term
- **Segal Education Award:**
An award of \$6,895, available after completion of your service term, for repaying qualified student loans and paying current educational expenses at eligible institutions of higher education and training programs
- **Health Insurance:**
Health, dental, and vision coverage
- **Professional Development:**
A year's worth of trainings—and a passionate community of peers—to prepare you for a career in food education, school nutrition, policy, or another relevant field



Contact me at:
hayley.klein@foodcorps.org

All resources can be found on our website:
foodcorps.org

Follow us on Social Media!



Bringing Wellness to Your Community with the Mayors Wellness Campaign



MAYORS WELLNESS CAMPAIGN[®]



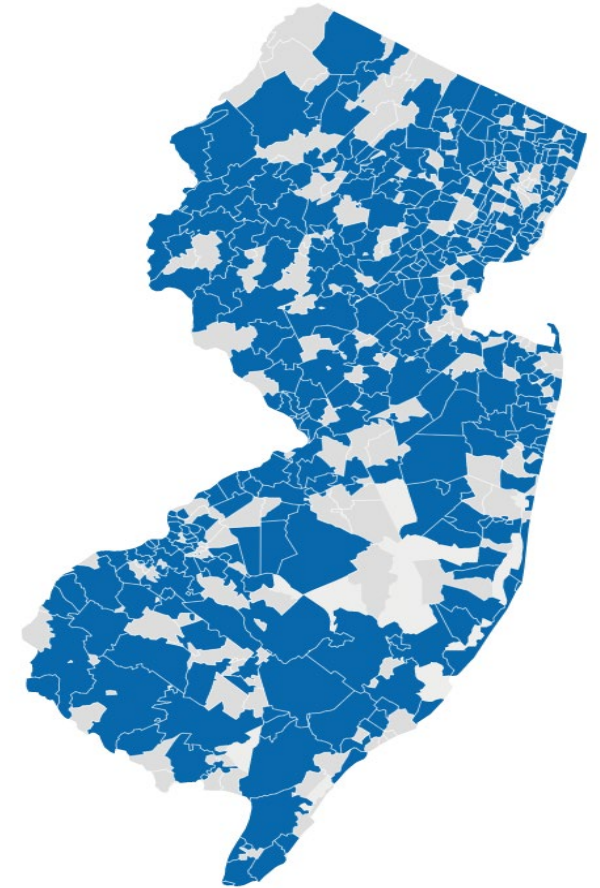
NEW JERSEY
HEALTH CARE
**QUALITY
INSTITUTE**



- Our mission is to improve the safety, quality, and affordability of health care for everyone.

Mayors Wellness Campaign (MWC)

- 400+ communities
- The MWC gives mayors and community leaders evidence-based tools and guidance to improve the health and wellness of their communities to help their residents live their healthiest lives.



Why Participate in the Mayors Wellness Campaign?

Benefits include:

- ✓ Support and technical assistance
- ✓ Strategies and tools
- ✓ MWC Quarterly Newsletter
- ✓ Connections to local partners
- ✓ Press kits
- ✓ Networking
- ✓ Information on funding opportunities
- ✓ Opportunity to receive a 'Healthy Town' designation

MWC Healthy Town Designations

Towns can be awarded one of three designations:

Healthy Town

Healthy Town to Watch

Healthy Town Up-and-Coming





MAYORS WELLNESS CAMPAIGN, 2022 NEW JERSEY HEALTHY TOWN DESIGNEES

HEALTHY TOWN

- BOROUGH OF BAY HEAD
- BOROUGH OF WILDWOOD CREST
- CITY OF ASBURY PARK
- CITY OF PATERSON
- CITY OF PLAINFIELD
- EVESHAM TOWNSHIP
- FREEHOLD BOROUGH
- HILLSBOROUGH TOWNSHIP
- JEFFERSON TOWNSHIP
- MUNICIPALITY OF PRINCETON
- SCOTCH PLAINS TOWNSHIP
- TOWNSHIP OF HAMILTON - MERCER COUNTY
- VERNON TOWNSHIP
- WOODBRIDGE TOWNSHIP

HEALTHY TOWN TO WATCH

- BELLEVILLE
- BERNARDSVILLE
- BOROUGH OF BERGENFIELD
- BOROUGH OF BRADLEY BEACH
- BOROUGH OF CRESSKILL
- BOROUGH OF FORT LEE
- BOROUGH OF FRANKLIN LAKES
- BOROUGH OF GLEN ROCK
- BOROUGH OF OLD TAPPAN
- BOROUGH OF ORADELL
- BOROUGH OF RUTHERFORD
- DEERFIELD TOWNSHIP
- HIGHLANDS BOROUGH
- MORRISTOWN
- NORWOOD
- STAFFORD TOWNSHIP
- TOWNSHIP OF SOUTH BRUNSWICK

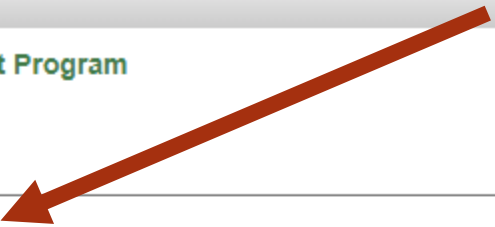
HEALTHY TOWN UP-AND-COMING

- ATLANTIC CITY
- BERKELEY HEIGHTS TOWNSHIP
- CLARK TOWNSHIP
- CRANBURY
- HANOVER TOWNSHIP
- TOWNSHIP OF DENVILLE
- TOWNSHIP OF MAPLEWOOD



Mayors Wellness Campaign and Sustainable Jersey

Health & Wellness
i Anti-Idling Education & Enforcement Program 10 Points
i Building Healthier Communities 5 Points ● This action has variable points: 5, 10, 15, 20, 25 ● Competitive funding available
i Health in All Policies Professional Development 10 Points
i Safe Routes to School 10 Points
i Smoke-Free and Tobacco-Free Public Places 10 Points ● Submissions for this action do not expire





Healthy Town Programs

EVIDENCE-BASED TOOLS TO BUILD HEALTHIER COMMUNITIES

NEW RESOURCE:
MAYORS WELLNESS CAMPAIGN HANDBOOK

Put Your Community In Motion

NEW JERSEY HEALTH CARE QUALITY INSTITUTE

Mayors Wellness Campaign, Put your community in motion.

NEW JERSEY HEALTH CARE QUALITY INSTITUTE

The graphic features a stack of handbooks with various covers, including one titled 'Put Your Community In Motion' and another with 'QUALITY INSTITUTE' branding. The background is a vibrant red with a white circular graphic element.

Mayors Wellness Campaign, Put your community in motion.

Reducing Social Isolation Program

TOOLKIT

WHAT IS SOCIAL ISOLATION?

Social Isolation is the lack of social connections which can lead to loneliness and have serious long-term effects on overall health and wellness. Health risks associated with social isolation and loneliness include premature death, increased risk of dementia, and increased rates of depression, anxiety, and suicide. Social isolation has increased because of the pandemic and the need for social distancing. Even prior to the pandemic, 43% of adults age 60 or older reported feeling lonely, and those numbers have only increased over the past year.

Residents can use [AARP's Social Isolation Risk Assessment](#) to gauge their risk.

BENEFITS OF CONNECTEDNESS

There are many benefits of being socially connected and integrated into a community. Individuals who have stronger social connections are happier, have fewer mental health concerns, and have better overall health outcomes. The [New Jersey Health Care Quality Institute's Mayors Wellness Campaign \(MWC\)](#) has developed a guide to creating a volunteer-based program to address the issue of social isolation in your community and get people connected. Older adults are the target recipients of this program; however, volunteer opportunities also benefit the volunteers themselves. Volunteering can reduce the risk of depression, create a sense of purpose, and helps individuals stay mentally and physically active, all of which are important supports needed at this time.

NEW JERSEY HEALTH CARE QUALITY INSTITUTE

1

The graphic includes a header with the Mayors Wellness Campaign logo and a blue banner for the 'Reducing Social Isolation Program'. Below the banner is a photo of a smiling man looking at his smartphone. The text is presented in a clean, sans-serif font with green checkmarks for the section headers.

Mental Health Initiative

- Development of a Mental Health Toolkit
- Mental Health First Aid Trainings for community partners
- Access to experts in the field to bring training and education to residents
- Community technical assistance



MWC Campaign – Upcoming Event



MAYORS WELLNESS CAMPAIGN.
***Putting Data to Work:
Workshop on Data-Informed Community
Health***

WellCare
of New Jersey

Date: Friday, June 16

Time: 10 a.m.- 2 p.m.

Location: RWJ Fitness & Wellness Center 3100 Quakerbridge Rd, Hamilton Township

Each participating municipality will be entered in a drawing receive funding and technical assistance from WellCare of NJ's Community Connections Community Impact Grant to leverage data to support community health work.

THANK YOU TO OUR 2022 - 2023 MAYORS WELLNESS CAMPAIGN SPONSORS

CRYSTAL



Hackensack Meridian Health



RWJ Barnabas HEALTH



Robert Wood Johnson Foundation

PLATINUM



AmeriHealth NEW JERSEY



Clover Health



DELTA DENTAL



FAMILY HEALTH INITIATIVES



HolyName



Horizon Humana



LEGACY TREATMENT SERVICES
 An Affiliate of Woods



njea NEW JERSEY EDUCATION ASSOCIATION



NJM Insurance Group



NJSNA IFN



Planned Parenthood
 Care. No matter what.
 Planned Parenthood of Northern, Central, and Southern New Jersey



RUTGERS Ernest Mario School of Pharmacy



Summit Health



United Healthcare



vna Health Group
 Moving Healthcare Forward

GOLD



New Bridge Medical Center
 A Clinical Affiliate of RUTGERS



capitalhealth



Catholic Charities DIOCESE OF TRENTON



ENGLEWOOD HEALTH



inspira HEALTH



Johnson & Johnson



Parker
 we make aging part of life



RCCA REGIONAL CANCER CARE ASSOCIATES



RUTGERS University Behavioral Health Care



St. Joseph's Health

SILVER



THE BURKE FOUNDATION



CJFHC Central Jersey Family Health Consortium



INTEGRITY HOUSE



NJDA New Jersey Dental Association



the NCA



RUTGERS Center for State Health Policy



ATLAS ASSOCIATION TREATMENT LOCATION, AUTONOMY, AND STANDARDS PLATFORM
 CREATED BY BRATKOPROOF



PerformCARE



TabulaRasa HealthCare



UNIVERSITY HOSPITAL Newark, NJ



Valley Health System



Virtua Health

BRONZE



blueOcean BENEFITS & CONSULTING



NJOCN

Thank You

Julie DeSimone, Director of Community Health
jdesimone@njhcqi.org

www.njhcqi.org | info@njhcqi.org
O: 609-452-5980 | F: 609-452-5983
Princeton, NJ 08540



A decorative background consisting of a network of interconnected nodes and lines, with some nodes highlighted in green and others in grey.

Tobacco-Free
FOR A HEALTHY NEW JERSEY



SUSTAINABLE JERSEY

THE TOBACCO-FREE
COMMUNITY DESIGNATION

Statewide Structure

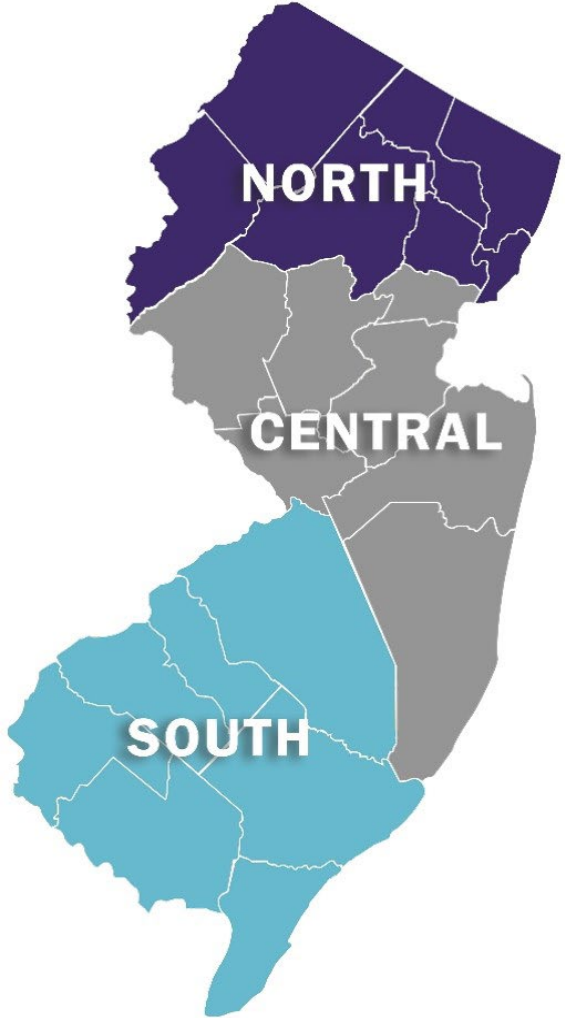
North
Center for Prevention & Counseling

Central
New Jersey Prevention Network

South
Atlantic Prevention Resources

Statewide
Southern NJ Perinatal Cooperative

**Statewide
Training Partner**
Partners in Prevention
Lindsey Meyer Teen Institute



Sussex, Passaic, Warren, Bergen, Morris, Essex and Hudson

Hunterdon, Somerset, Union, Middlesex, Mercer, Monmouth and Ocean

Burlington, Camden, Atlantic, Gloucester, Salem, Cumberland and Cape May

TFHNJ Initiatives



Working Well Tobacco Free

Employers and Employees

Incorruptible.U.s

County Specific Youth Tobacco Action Groups



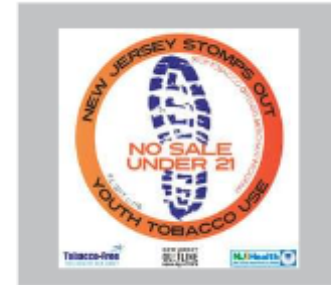
Smoke-Free Housing

Smoke-free Multi-unit Housing



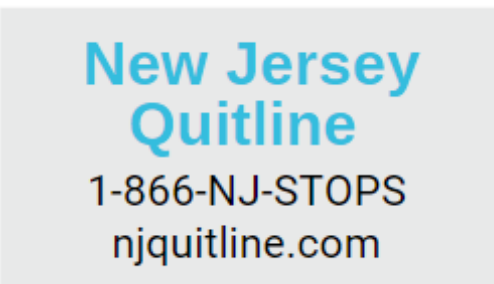
Point of Sale

Targeted at educating tobacco retailers



NJ C.U.I.T.S

Tobacco-Free College and University Campuses



New Jersey Quitline

1-866-NJ-STOPS
njquitline.com





**SUSTAINABLE
JERSEY[®]**

• CERTIFIED •

A Better Tomorrow, One Community at a Time

DID YOU KNOW

Earning a Sustainable Jersey Tobacco Free Community Designation Can Help Build a Healthier Community!

By adopting smoke-free ordinances and other policies limiting the sale and availability of tobacco in your municipality, your community can reduce its exposure to the harmful effects of tobacco products and secondhand smoke!



Tobacco Free Community Designation



WELCOME TO OUR
**TOBACCO
FREE**
COMMUNITY

Tobacco-Free
FOR A HEALTHY NEW JERSEY

**SUSTAINABLE
JERSEY[®]**
• CERTIFIED •
A Better Tomorrow, One Community at a Time

VISIT TOBACCOFREENJ.COM TO LEARN MORE

Tobacco Free Towns



Montgomery Township was the first community to receive the Tobacco Free Community Designation.



BREATHE EASY

TOBACCO FREE

Al Fresco



Join the growing number of New Jersey restaurants providing a smoke-free outdoor environment.

Adopting a workplace or municipal policy can help a municipality earn the Tobacco Free Community Designation.

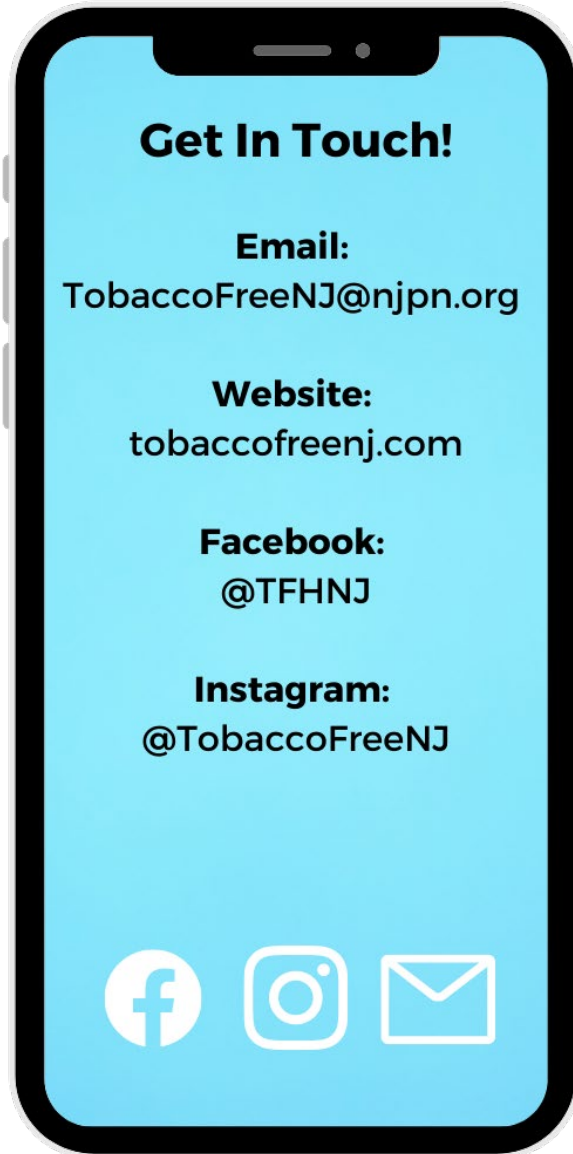
Tobacco-free
FOR A HEALTHY NEW JERSEY

Available Resources



Tobacco-Free
FOR A HEALTHY NEW JERSEY

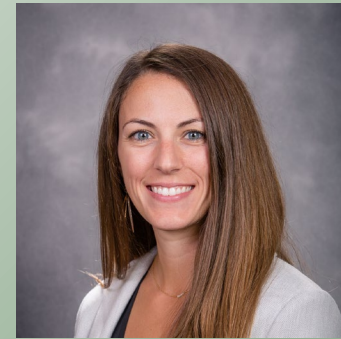




SUSTAINABILITY SUMMIT



Thank You



Samantha McGraw

Kaitlyn Vollmer

Amanda Brockwell

Hayley Klein

Julie DeSimone

Elise McGaughran

Sustainable Jersey
Certification Program

Sustainable Jersey
Grants Program

Association of New
Jersey Environmental
Commissions

FoodCorps

NJ Health Care Quality Institute

Tobacco Free for a Healthy NJ

mcrgraws@tcnj.edu

vollmerk@tcnj.edu

abrockwell@anjec.org

hayley.klein@foodcorps.org

hayley.klein@foodcorps.org

elise@centerforprevention.org

Session slides will be available on sustainablejersey.com by 5/12.

Upcoming Events and Opportunities

SUSTAINABLE JERSEY TECHNICAL ASSISTANCE

Sustainable Jersey staff can help your municipality or school district identify and apply for incentives that lower energy usage in your facilities and save money.

Email info@sustainablejersey.com to learn about current technical assistance options open to your school or municipality.

For more information please visit: bit.ly/EnergyTAforMunisandSchools

2023 MUNICIPAL CERTIFICATION CYCLE

The next deadline to apply for certification is **May 12, 2023**. The final application deadline is **July 27, 2023**. View the full cycle timeline on the 2023 Certification Cycle page.

For more information please visit: bit.ly/MuniCertCycle

2023 SUSTAINABLE COMMUNITIES GRANT PROGRAM

Atlantic City Electric and Sustainable Jersey are pleased to offer **\$50,000** to support municipal environmental stewardship and resiliency projects in Atlantic City Electric's service territory. Municipalities are encouraged to work with local organizations on applications, which are due **June 29, 2023**. An informational webinar will be held on **May 15, 2023 from 1:00pm - 2:00pm**.

For more information please visit:
<http://www.bit.ly/SustainableCommunitiesGrantProgram>

TRI-COUNTY SUSTAINABILITY GENERAL MEETINGS

This Sustainable Jersey Regional Hub will host virtual meetings on a variety of sustainability topics throughout the year. The next meeting is **May 31, 2023 from 7:00pm - 8:00pm**.

For more information please visit: <http://www.bit.ly/Tri-CountySustainability>

2023 SCHOOL CERTIFICATION CYCLE

The final deadline to apply for certification and Digital Schools Star Recognition is **June 15, 2023**. View the full cycle timeline on the 2023 Certification Cycle page.

For more information please visit: <http://www.bit.ly/SchoolsCertCycle>

TREES FOR SCHOOLS PROGRAM, TREE-PLANTING GRANTS FOR NJ PUBLIC SCHOOLS, COLLEGES AND UNIVERSITIES

The Trees for Schools program will provide **\$2.5 million** in grants to New Jersey public school districts, county colleges and state colleges and universities to fund the planting of trees on campuses across New Jersey. Competitive grants of **\$10,000 to \$500,000** will fund costs associated with planning, site preparation, trees, planting, watering, monitoring and related expenses over a three-year period. Applications are due on **July 13, 2023**, for spring 2024 plantings. An informational webinar will be held on **May 18, 2023 from 3:00pm - 4:30pm**. The Trees for Schools program is a collaboration of the New Jersey Department of Environmental Protection, The College of New Jersey and Sustainable Jersey.

For more information please visit: bit.ly/TreesforSchools

Sustainable Jersey Underwriters and Sponsors

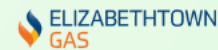
PROGRAM UNDERWRITERS



GRANTS PROGRAM



CORPORATE SPONSORS



*Digital Schools Sponsor