



Growing healthy keiki, schools, and communities

A program of the Kōkua Hawai'i Foundation

School Closures Lead to Creative Adaptations

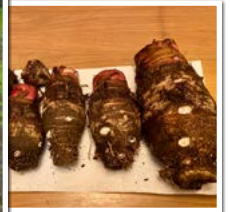
With the shift to distance learning in April, students, educators, and parents found new ways to bring 'ĀINA home. Many families have started growing food at home--some for the first time. Others have been cooking more, utilizing local and close to the source ingredients. Our 'ĀINA community has been busy creating fun videos based on our 'ĀINA Curriculum:

- **Hold and Pick It Song** - Sunset Beach Elementary students Toa and Tama sing the "Hold and Pick It" song from the Grade 1 Good Buddy Garden Unit to remind us how to gently harvest from our garden plants. See their video at bit.ly/holdandpickit.
- **Butterfly Life Cycle** - SBES Gr. K docent Marilyn Roitman and her daughter Chloe created a collection of butterfly life cycle models using craft items they had at home. Watch Chloe show off her collection at bit.ly/butterflylc.

'ĀINA School Blanche Pope teacher Lily Uta'i has maintained her focus on aloha 'āina through the sudden shift to distance learning. Through social media, she's taken her students and friends on virtual field trips, and provided tutorials and inspiration on home-made static aquaponics, lei making, and limu restoration. Follow along by searching for Blanche Pope School Gardens on Instagram and Facebook.

Several 'ĀINA Schools have found ways to continue caring for and harvesting from their gardens while maintaining social distancing and taking extra safety precautions. Kainalu volunteers masked up to harvest kalo from their Grade 4 Hawaiian Gardens. Kahala donated their kalo harvest to school staff and the Chef Hui Community Give & Go Program where 'ĀINA Chef Mark Noguchi will add to meals for those in need. Sunset Beach has regularly harvested and donated beans to Open Kitchen O'ahu, another Community Give & Go Program partner. Kalo huli harvested from SBES and Solomon is being planted at the Kōkua Learning Farm in Hale'iwa for distribution to schools in Fall.

Check out our blog (kokuahawaiifoundation.org/blog) for more activities, videos, and resources to help bring 'ĀINA In Schools into your home!



From top: SBES brothers sing the Hold & Pick It Song; butterfly lifecycle models to make at home; Ms. Uta'i sharing her home aquaponics system; SBES and Kainalu teams harvest from their gardens.

Garden Workday Special Projects

This school year we were lucky enough to support a few of our schools through some exceptional garden projects and collaborations. Over 60 volunteers, from groups like the Kahuku High School Varsity Soccer Team, BYU RM Club, and the Lā'ie 14th Ward YSA, brought a strong presence to Lā'ie Elementary School's January garden build. A group of students in the Politics of Food class at UH West O'ahu's UH West O'ahu Sustainable Community Food Systems restored a large chunk of the Kamaile Academy garden and prepared it for wauke and yucca plantings. Ka'a'awa Elementary, through a partnership with both Kualoa Ranch and landscaping architects HHF Planners was able to establish the location for their Piko Project. This project will grow to become a communal learning farm for the entire school a short walk away from their classrooms. If you work with a group that is looking for volunteer opportunities, please reach out to us at volunteer@kokuahawaiifoundation.org. We will need help as we work to restore our gardens after this extra long summer break!

Top: Ka'a'awa Elementary establishes their Piko Project garden with the help of Kualoa Ranch and HHF Planners. Bottom: A wide variety of community groups came together for Lā'ie's mid-year garden party.



We Grow Hawai‘i: Youth Gardening (and Cooking!)

The 5th Annual We Grow Hawai‘i Youth Garden Conference was held in February 2020 at Island Pacific Academy in Kapolei. The conference was filled with excited and knowledgeable students who were ready to share their awesome projects. Students represented schools and organizations from all over O‘ahu including Mālama Learning Center, Campbell High School, Island Pacific Academy, Kailua Elementary School, Kā‘ohao Public Charter School, SEEQS, Kapolei High School, ‘Iolani School, and more. One exceptional group from ‘ĀINA School Blanche Pope Elementary shared three ways that their students live aloha ‘āina, describing their work in stream restoration at Muliwaiolena, kapa garden at Kamalalani, and other work in Waimānalo. Congratulations to all of the incredible presenters! At the end of the day, students broke up into groups and learned how to cook simple, close-to-the-source snacks, using donated produce from Aloun Farms. Together, students, parents, and teachers ate what the students cooked as well as some ‘ono dishes from Down To Earth. Mahalo for all of the schools, partners, and sponsors that worked so hard to put on this successful event!

From Top: Blanche Pope Elementary and Ka‘ohao students were recognized for their presentations to the conference participants; BPE students shared their project through poster presentations; Ka‘ohao keiki prepare a delicious, locally grown dish that was part of the conference snack.

Field Trips into our Local Food System

In celebration of Farm to School Month, over 1,600 students from 11 schools participated in ‘ĀINA Farm Field Trips to see and experience first hand where their food comes from, learning from the farmers who grow food around the island. ‘ĀINA Farm to School Field Trip destinations included Mari’s Garden, MA‘O Organic Farm, Kahuku Farms, Nā Mea Kūpono, Waihuena Farm, Waiāhole Nursery and Garden Center, Kahumana Organic Farm, Hawaiian Earth Products, and Sweet Land Farms. Mahalo to all the farmers who shared their valuable wisdom with our keiki and made these Farm to School Month ‘ĀINA Farm Field Trips a success!

Clockwise from top left: SBES Gr. 4 at Nā Mea Kūpono; Hau‘ula students touring Kahuku Farms, SBES keiki exploring the soil at Mari’s Garden, and Lā‘ie Gr. 1 checking out the harvest at Waihuena Farm.



‘ĀINA School Fundraisers

Several ‘ĀINA schools held fundraisers this year that celebrated buying local and green. Ka‘ohao sixth graders and Sunset Beach third graders continued their student farmers’ markets, selling produce from the school gardens and home garden donations. Liholiho and Sunset Beach both sourced O‘ahu grown pumpkins from Aloun Farms for their Halloween sales. SBES and Nu‘uanu also held Holiday poinsettia and Valentine’s Day anthurium sales with flowers sourced from Alluvion on the North Shore. Kainalu Elementary’s ‘ĀINA Team held a successful fundraiser selling salads at one of their family nights. At Kainalu Spring Carnival, the ‘ĀINA Team sold plants propagated by the Garden Club.

Sunset Beach developed a pilot program with Farm Link Hawai‘i, where families could purchase a Farmer’s Choice Bag with a selection of fresh, local produce every other week. The \$5 delivery fee was donated to the school. We are working to make this program available to more schools next year.

From top left: Ka‘ohao 6th graders show off their ‘ono produce; SBES third graders run a once-a-month Student Farmers’ Market with the Sustainability Club; the Kainalu ‘ĀINA team sold delicious fresh salads at a school event early in the year; SBES keiki create a “pick your own” pumpkin patch for their Halloween fundraiser; locally grown anthuriums, poinsettias, and other flowers and plants make great no-waste, healthy fundraisers; a rainbow of fresh goodies in Farm Link Hawai‘i’s Farmer’s Choice Bag.



'Aina Pono Lunchtime Waste Audits

The 'Aina Pono Program is a multi-year DOE project to bring fresh, locally sourced foods to all of Hawai'i's DOE schools, while also reducing food waste and operating cost neutral. The program has been rolled out in pilot phases in Kohala on the island of Hawai'i, Mililani in Central O'ahu, and, most recently, the entire island of Kaua'i! An essential function of the program is to identify how much of the current menus are being thrown away and wasted so that it can be compared to what is thrown away when the new menus are served. Kōkua Hawai'i Foundation has partnered with the DOE School Food Service Branch to conduct waste studies at a majority of the DOE schools on the island of Kaua'i. The weight, type and volume of the food and milk thrown away was recorded, as well as surveys from students on what they do and do not like about each meal and what meals they would like to see served.

In partnership with local partners Mālama Kaua'i and Zero Waste Kaua'i, Kōkua Hawai'i Foundation conducted 62 waste study days at 9 elementary, middle and high schools. These studies are the first comprehensive efforts to identify the scale of the food waste problem in Hawai'i schools. The data gathered will be used directly to craft the new 'Aina Pono menus and will serve as the baseline to determine if the new program meals are a success once they are rolled out on Kaua'i. We look forward to seeing the program grow statewide.



Snack Programs

This year's Healthy Snack Programs were very successful! Sunset Beach Elementary and Nu'uuanu Elementary deepened the 'ĀINA partnership with Farm Link Hawai'i, using their services to purchase locally sourced snacks for all of their students. Some successful, close to the source, and delicious snacks provided this year included zucchini noodles, cherry tomatoes, and bell peppers! This spring, Wai'alae Elementary joined for the first time, serving tomatoes and pineapple in January and February respectively.



Nu'uuanu and SBES volunteers prep healthy snacks;
Wai'alae keiki enjoy sweet, local cherry tomatoes.

Recipe: 'Ulu Poke

In 4th grade, 'ĀINA In Schools students cultivate their Hawaiian Garden, which includes 'ulu (breadfruit) and other native and Polynesian-introduced plants. Nutrition students will recognize 'ulu as an Energy Food, providing complex carbohydrates for long lasting energy. This recipe comes from Dr. Summer Maunakea, 'ĀINA Educational Specialist. It's so flavorful and was a huge hit at a recent teacher training!



Wondering where to purchase 'ulu? Check out your local co-op or Farmers Market, or ask a neighbor who has an 'ulu tree! Hawai'i 'Ulu Cooperative is working hard to procure and distribute the fruit and sells it raw, cooked, and frozen. Check eatbreadfruit.com for a list of retailers and download our 'Ono 'Ulu Recipes guide from the resources section of our website.

Ingredients

- 2 cups 'ulu, steamed and cut into 1/2-inch cubes
- 2 tablespoons coconut oil or olive oil
- sea salt
- 1 thinly sliced green onion
- 3 tablespoons ground macadamia nuts
- 2 tablespoons furikake
- 1 tablespoon shoyu or low-sodium soy sauce
- 2 teaspoons sesame oil
- juice and zest from 1/2 lime
- Additional options: 1 tablespoon or to taste inamona, 1/2 cup diced tomato, 1/2 cup diced cucumber

Directions

1. In a large bowl, mix the 'ulu with the coconut oil and sea salt.
2. Toss in the rest of the ingredients.
3. Serve on well-cleaned ti leaf plates!



Become a Member!

ĀINA In Schools is supported by volunteers as well as paid annual memberships. Kōkua Hawai'i Foundation memberships help to offset the cost of programs to schools. Check your membership status, renew your membership, or become a member of the Kōkua Hawai'i Foundation at kokuahawaiifoundation.org/membership

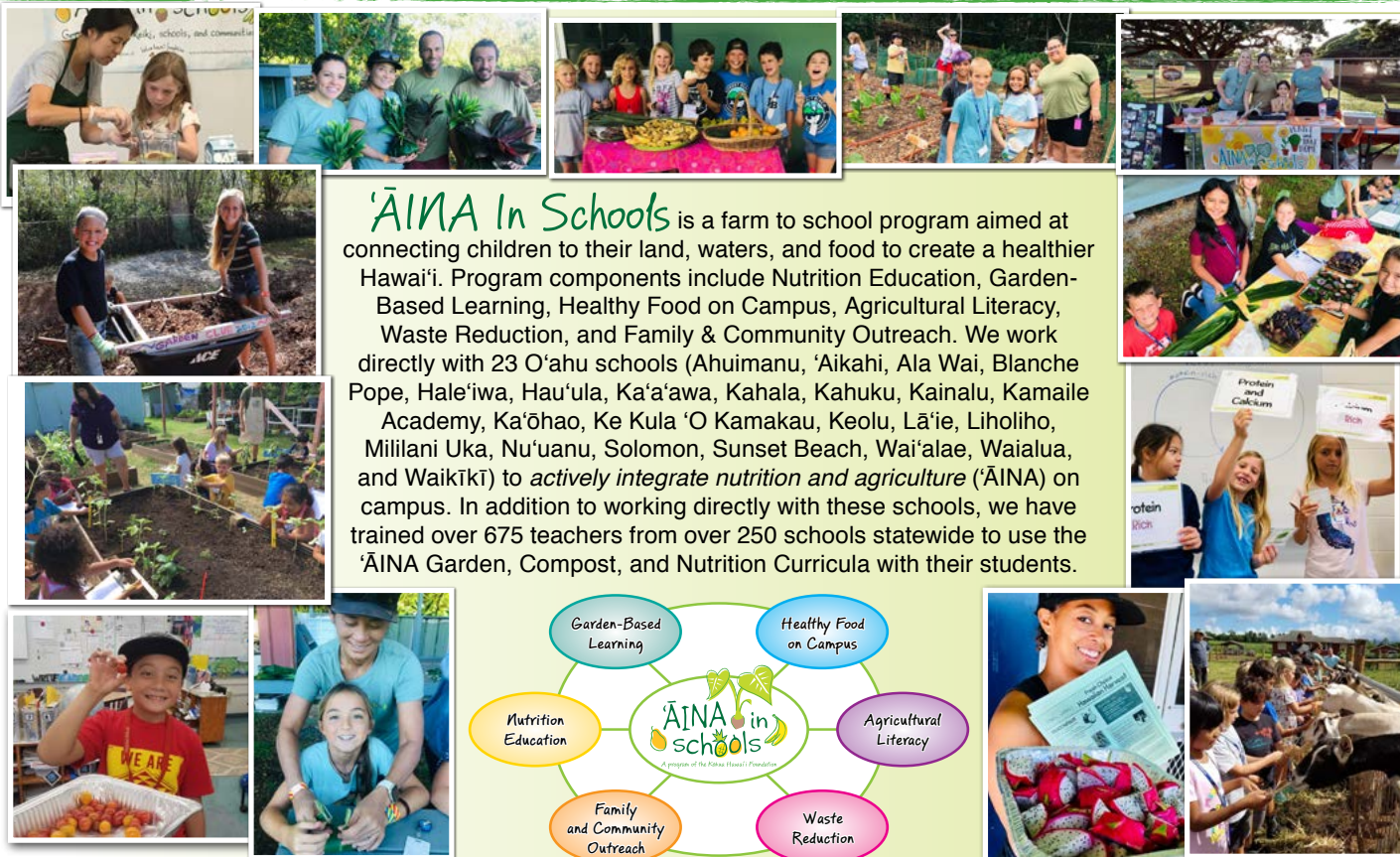
Mahalo to our Volunteers!

Mahalo to 389 volunteers who made ĀINA In Schools programming possible this year! Volunteers from student families as well community members lead ĀINA lessons, prepare snacks, host family nights, provide chef & farmer visits, and support garden clubs. To become a volunteer and for more information, contact volunteer@kokuahawaiifoundation.org.



Trainings & Resources for Educators

Dates for future ĀINA In Schools Curriculum Trainings for Educators, including PDE3 opportunities, and Neighbor Island workshops will be announced in future e-newsletters. In addition to our Kōkua Hawai'i Foundation and ĀINA In Schools newsletters, we have one just for Hawai'i Educators that's filled with resources and training opportunities just for teachers. Subscribe at kokuahawaiifoundation.org/mailglist.



ĀINA In Schools

is a farm to school program aimed at connecting children to their land, waters, and food to create a healthier Hawai'i. Program components include Nutrition Education, Garden-Based Learning, Healthy Food on Campus, Agricultural Literacy, Waste Reduction, and Family & Community Outreach. We work directly with 23 O'ahu schools (Ahuimanu, 'Aikahi, Ala Wai, Blanche Pope, Hale'iwa, Hau'ula, Ka'a'awa, Kahala, Kahuku, Kainalu, Kamaile Academy, Ka'ōhao, Ke Kula 'O Kamakau, Keolu, Lā'ie, Liholiho, Mililani Uka, Nu'uuanu, Solomon, Sunset Beach, Wai'alae, Waialua, and Waikīkī) to *actively integrate nutrition and agriculture (ĀINA)* on campus. In addition to working directly with these schools, we have trained over 675 teachers from over 250 schools statewide to use the ĀINA Garden, Compost, and Nutrition Curricula with their students.

