THE MANY FACES OF
KNOW YOUR FARMER,
KNOW YOUR FOOD:
A LOCAL/REGIONAL FOOD SYSTEM CONFERENCE

by Barb Mechura, Director of Student Nutrition Services
Our Mission:
We provide school meal programs that nourish our students of Hopkins Public Schools. What we eat becomes the cells that make up our brains, our organs – our very body! If we want a happy, healthy body, we must feed it well! Indisputable science and research results tell us that in order to be healthy and happy we need the following:

1. Whole foods – minimally processed
2. Plant-based Diet
3. Regular Physical Activity
4. Healthy Relationships

These are all vital for both our physical and mental wellness! Food is one of the most important influences on everyday brain skills from concentration, to memory, to your mental health.

A variety of services are offered under the guidance of the nutrition department. Breakfast and lunch programs, a restaurant quality menu, a la carte lines, a catering & concessions service and student wellness/education resources represent the major services.

Breakfast and lunch programs are offered at all schools. All meals served in school cafeterias must meet patterns established by the U.S. Department of Agriculture.
We focus on creating scratch recipes for our menus

- High School is currently at 90% scratch food
- Elementary & Junior High Schools are at 70% scratch

We focus on eliminating....

- High Fructose Corn Syrup
- Artificial food dyes
- Foods high in sugar
We believe...

“... THE ONLY THING THAT WILL CHANGE KIDS MINDS ABOUT WHAT TO EAT IS BY CHANGING WHAT YOU OFFER THEM.”

Arthur Pruneda, a health consultant & parent
Basil – 5 lbs
Beets – 30 lbs
Carrots – 125 lbs
Celery – 20 lbs
Greens – 256 bunches
  • Collards
  • Arugula
  • Lacinato Kale
  • Mizuna
  • Red & Green Mustard Greens
  • Senposai
  • Yukina Savoy 3 bunches
Connecticut Field Pumpkin – 192 lbs
Cucumbers – 30 lbs
Eggplant – 24 lbs
Muskmelon – 270 lbs
Okra – 10 lbs
Peppers – 75 lbs
  • Red, Yellow, & Green
  • Jalapeno
  • Smoked Cherry Bomb
Potatoes – 2000 lbs
Radishes 220 lbs
  • Cherriette
  • Dalkon
  • French Breakfast
  • Watermelon Radish
  • Turnips
Rapini (Broccoli Rabe) – 24 lb
Squash – 400 lbs
  • Butternut
  • Delicata
  • Kabocha (Red & Grey)
  • Rouge Vif D’Etampes
  • Winter
  • Musque de Provence
Tomatoes
  • Grape Tomatoes
  • Orange Tomatoes
  • Heirloom tomatoes
Watermelon – 90 lbs
Zucchini – 150 lbs

Hopkins Public Schools, Hopkins, Minnesota
This is our farm...
This is our farmer...
These are his field hands digging our potatoes
...clipping our kale...
picking our tomatoes...
...our basil...
...and zucchini & yellow squash
This is our cook chopping the kale
...and baking “Kale Chips”
...and eating “Kale Chips”

Hopkins Public Schools, Hopkins, Minnesota
One of our chefs making Zucchini Tomato Sauté

Hopkins Public Schools, Hopkins, Minnesota
...and here's our “Zucchini Tomato Sauté”
Here’s a cook preparing our local chicken

Hopkins Public Schools, Hopkins, Minnesota
...and here’s our “Local Roasted Chicken Leg”

Hopkins Public Schools, Hopkins, Minnesota
...and local
“Garlic Mashed Potatoes”
We believe...

“...THE ONLY THING THAT WILL CHANGE KIDS MINDS ABOUT WHAT TO EAT IS BY CHANGING WHAT YOU OFFER THEM.”

Arthur Pruneda, a health consultant & parent
Roasted Delicata Squash

Roasted Radishes in Brown Butter with Sautéed Spinach & Onions

Rapini

Pickled Turnips

Cauliflower

Beets

Roasted Okra

Hopkins Public Schools, Hopkins, Minnesota
School Gardens
Typical fresh fruit & vegetable bars”
But.... Do they eat it?
Let’s make it the right food...

Food Matters!

Food is one of the most important influences on our everyday brain skills. From concentration to memory.
Because...

FOOD MATTERS!

HOPKINS
PUBLIC SCHOOLS

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