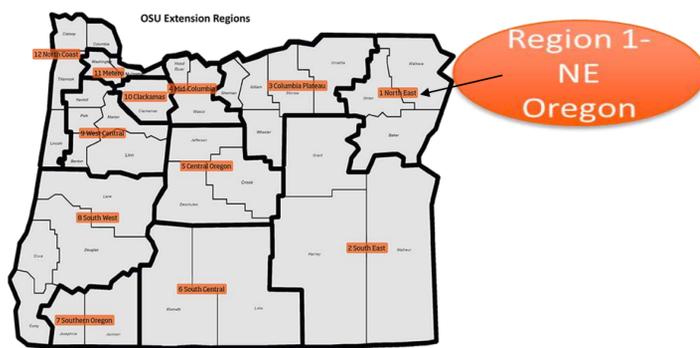


From Farm to Plate: Whole Grains for Breakfast, Lunch & Dinner

Moore Family Center, Healthy Communities Outreach Project

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Background

Eastern Oregon has areas of fertile soils that make agriculture an important part of our economy. We grow various cereal grains including wheat, barley, oats, triticale and spelt. A grant from the OSU Moore Family Center received in July 2014 has enabled us to expand our whole grain educational outreach throughout the region. Our programs allow us to share the importance of whole grains to individual, family & community health.

Objectives

In Union, Baker and Wallowa Counties we connect with students, parents, and teachers in classrooms, 4-H camps, county fairs, food banks, summer food program sites, and community and teacher training programs.

Classroom and 4-H programs focus on the importance of a varied diet and eating each of the food groups as well as incorporating physical activity into every day. Kids learn basic cooking skills and the importance of including whole grains in their diet. Adults and kids learn baking and food preservation skills as a way to save money and eat healthier.

The *Field to Fork* program in Baker County connects local farmers and natural resource specialists with 5th graders exploring the steps and resources needed to grow, harvest, and distribute crops like potatoes, wheat, and beef.

The *Summer Ag Institute* introduces teachers to wheat market classes, grain characteristics and end uses of flour.

Our Programs

- Field to Fork: 5th graders in Baker County
- Fuel Your Body to Win: 5th-8th graders in Union County
- Wallowa, Union and Baker County Fairs
- 4-H Survivor Camp: Teens from all 3 counties
- Tri-County 4-H Summer Camp: All 3 counties
- Baking & Food Preservation Classes: Wallowa County
- Summer Ag Institute Grain Lesson: Open to all Oregon teachers
- Food Hero in the Classroom: All 3 counties
- Summer Food Program Site Cooking, Nutrition & Physical Activity
- Food Bank Recipe Demonstration & Tasting: All 3 counties



Preliminary Results

- Over 1,000 middle school youth from Union County participated in *Fuel Your Body to Win* and the *OHSU/OMSI Let's Get Healthy! Exhibit*.
- 194—5th grade students from Baker County, representing six schools, participated in the *Field to Fork* Event.
- 212—4th and 5th grade students from South Baker Intermediate School tasted Food Hero recipes like Almond Rice Pudding, and Carrot Bread.
- 36 Kids Club participants (grades K-5) in La Grande used a grain grinder to make flour, and then ate home made whole wheat tortillas served with tomatoes, cilantro and green onions fresh from their garden.
- About 500 people every month see the *Food Hero* display at the Salvation Army Food Pantry in Baker City getting recipes and sampling foods like Potato Soup and Orange Brown Rice Salad.
- At 4-H Survivor Camp and Summer Camp over 130 teens, and youth aged 9-12, learned cooking skills using whole grains like flax, brown rice, and whole wheat flour to make smoothies, noodles, and pies.
- Annually 20 teachers participate in the Summer Ag Institute learning about the different grains that grow in the Grande Ronde Valley.



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