



**INDIANA  
FOOD DAY**

# HOW TO GET STARTED

This Toolkit will help you with planning your Indiana Food Day activities,  
so choose your team members and schedule your first meeting!

**CONTACT:** [f2s@doe.in.gov](mailto:f2s@doe.in.gov)

[FoodDayINSchool.com](http://FoodDayINSchool.com)



INDIANA  
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## ASSEMBLE YOUR TEAM

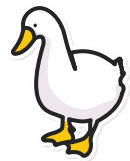
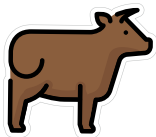
Invite teachers, cafeteria or foodservice staff, administrators, parents and students, your local extension office, and even a local farmer or more to participate in your event planning process. Do you have a wellness committee in your school? **Include them!**

The more ideas, the better, and the more the message about protein can resonate with your school — and community — audience!



## CHOOSE YOUR PROTEINS

This is the center of it all! Refer to the **“Find Your Local Proteins”** section for more on finding and selecting local farms and distributors to provide your meat- and plant-based proteins for Food Day.



Consider inviting the farmer/owner to talk about how they care for and raise their animals or grow the beans. It’s a prime opportunity for every age to learn about protein foods beyond the grocery store.

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## CHOOSE YOUR FOOD DAY ACTIVITIES

Choose fun activities to celebrate your school's Food Day. You can find suggested engaging and educational activities for various age groups here:

### BEEF-RELATED ACTIVITIES

Invite the Indiana Beef Council to visit your classroom: [Indiana Beef Council Classroom Presentations](#). Or view their video series here:

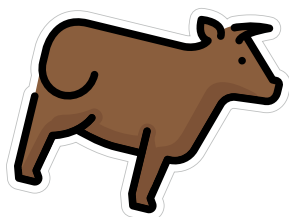
**VOLUME 1:** [Cuts of Beef & Cooking Methods](#)

**VOLUME 2:** [Consumer Beef Basics & Food Safety](#)

**VOLUME 3:** [Nutritional Information](#)

**COOKING WITH MAGGIE:** [Steak Demonstration](#)

**CHILDREN'S BOOK:** [The Cow in Patrick O'Shanahan's Kitchen](#)



### POULTRY/EGG-RELATED ACTIVITIES

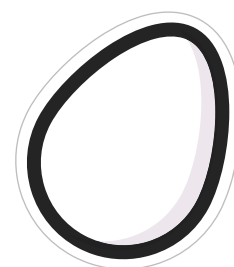
[Cooking Videos from the American Egg Board](#) (GRADES 6-12)

**CHILDREN'S BOOK:** [Chickens on the Farm](#)

**CHECK OUT VIRTUAL FIELD TRIPS FROM THE AMERICAN EGG BOARD FEATURING INDIANA PRODUCERS**

[Creighton Brothers Farms in Warsaw, IN](#) (GRADES K-5 AND GRADES 6-8)

[Midwest Poultry Services in Mentone, IN](#)



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## PLUS THESE EGG ACTIVITIES FROM THE AMERICAN EGG BOARD AVAILABLE FOR ALL AGE GROUPS:

[Preschool and Kindergarten](#)

[Elementary](#)

[Middle School](#)

[Eggs 101 Videos for Grades 4-8](#)

[High School](#)

## CHEESE/YOGURT-RELATED ACTIVITIES

Check out these yogurt tips and tricks from the American Dairy Association Indiana:

[Yogurt Brochure](#)

[Yogurt Nutrition Infographic](#)



## AND THESE COOKING DEMONSTRATIONS

[Cheesy Apple Croissants Using Cheddar and Yogurt](#)

[Greek Yogurt Bagels](#)

## VIRTUALLY VISIT THESE DAIRY FARMS TO LEARN HOW THE MILK USED TO MAKE YOGURT AND OTHER DAIRY PRODUCTS IS PRODUCED

[Indiana Dairy Farm Tour- For Kids, By Kids Videos](#) with the American Dairy Association Indiana

[Virtual Dairy Farm Tours](#) with the Dairy Excellence Foundation

• [In Spanish](#)

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## LEARN HOW MILK IS PROCESSED BEFORE BECOMING YOGURT OR CHEESE WITH THE AMERICAN DAIRY ASSOCIATION INDIANA

### Milk from Cow to You: Processing

Bring your class closer to the farm by adopting a cow with Discover Dairy

### Adopt a Cow Program

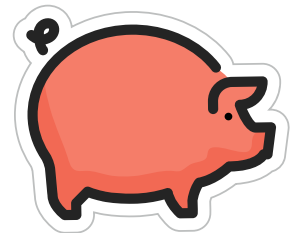
## PORK-RELATED ACTIVITIES

Bring these activities into the classroom from the American Pork Checkoff Program and Indiana Pork:

### Producers, Pigs, and Pork Coloring Book (GRADES 1-3)

### Pork Puzzlers (GRADES 4-6)

### Amazing Pig Video (GRADES 1-4)



## FISH-RELATED ACTIVITIES

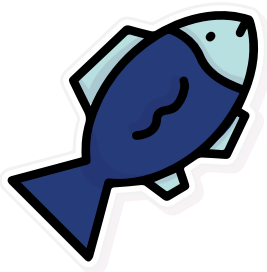
Find aquaculture farms and facilities in Indiana through the Indiana Aquaculture Association Map of Interest.

### **GYOTAKU**

Explore the Japanese art of Gyotaku, or printing fish, through the steps outlined here.

### **HOW DO YOU GROW A FISH SANDWICH? VIDEO**

How do you grow a fish sandwich? Find out with your students in this educational video (and check out the affiliated lessons!) here.



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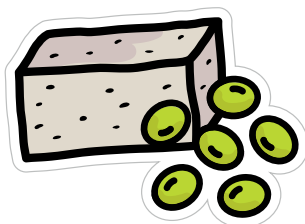
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## BEAN/TOFU-RELATED ACTIVITIES



Help students learn more about soybeans as the raw material in tofu, with activities provided by the Indiana Soybean Alliance and its Glass Barn Learning Center.

[LEARN MORE](#)

Learn more about pulses from legumes through classroom activities courtesy of the USA Dry Pea & Lentil Council.

[LEARN MORE](#)

## REACH OUT TO YOUR COMMUNITY

This is where you build excitement and spread the word about your school's Food Day! See "Promote Your Event" for tips to get the news out and find community volunteers for your event.

We've got flyers and posters coming your way to share the event AND some social media posts to get people in your school and community involved.

## SPREAD THE WORD

Share the news of your Food Day event with local media (newspapers, radio, and TV) ahead of the date, as well as on social media through posts with news, photos, and preset hashtags, so you can reach an even wider audience. Take a look at some of our ideas to get started.

**Remember**, the point of Indiana Food Day is to promote eating and purchasing local foods, which helps support the local community and to provide the healthiest meals possible for students.

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