

Objective

We all eat and the USDA 2012 Food Away from Home data reveals that 43.1% of meals are eaten away from home. Restaurants are a driving force in Maine's economy providing 61,600 jobs (11% of employment) and have projected sales of \$2.2 billion in 2016. Maine's 7,931 farms are experiencing a 40% growth in farmers aged 34 and younger yet USDA data continues to document declining income.



This project focused on increasing Food Trade student's current and future impact on utilizing nutritious and local foods within food trade business.

Target Audience & Theory



Food Trade students at Maine Region Ten Technical High School (n = 30).

Experiential Learning Theory provided the framework for this programs' focus on an immersive experience.

Description

- Thirty Food Trade students each experienced 494 hours of food, nutrition and agriculture education.
- The Local Food Procurement program included: field trips, lessons and experiential activities through the Region 10 Café.
- Lessons included: nutrition, local food systems, seasonality, and sustainability.
- Field trips to local farms to experience the production, harvesting, and storage of vegetables, wild game and grain crops.
- Students utilized the information gained to improve existing practices of their café to focus on increasing local food procurement. Students planned, prepared and served a meal one day per week for six months at their café.

Conclusions

Educating tomorrow's food trade professionals on nutrition and local foods is a vital component towards sustaining an economically viable local food system.

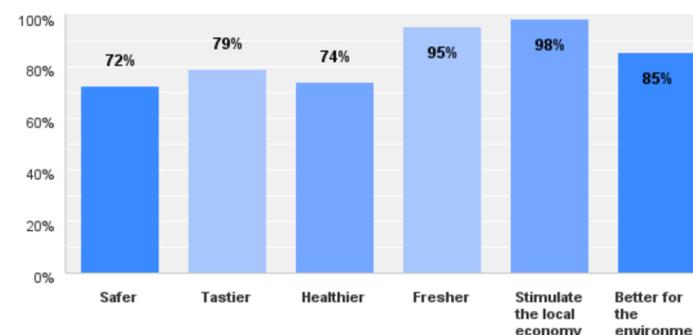


Evaluation

Students conducted a Consumer Food Preference Survey of their café diners to learn more about consumer demand.

Q2 Which of the following statements about local food do you believe to be true?

Answered: 130 Skipped: 3



Results:

Students increased the usage of nutritious, local foods on their café menu by \$2,000, representing a 25% increase of local foods purchased.

Analysis of student journals revealed that 100% of students gained knowledge of general nutrition, local foods, procurement and food systems.

