

Storybook Cafe

A NEW JERSEY FARM TO SCHOOL RESOURCE
Earth Month

GARDEN STATE APPLE PIE CUPS (NO-BAKE)

INGREDIENTS

CLASSROOM TASTING:

- 10–12 medium apples (NJ-grown) 🍏
- $\frac{1}{4}$ or $\frac{1}{2}$ cup apple cider (optional)
- 6 cups graham cracker crumbs
OR granola
- $\frac{1}{2}$ cup local honey or maple syrup 🍯
- 2–3 teaspoons cinnamon

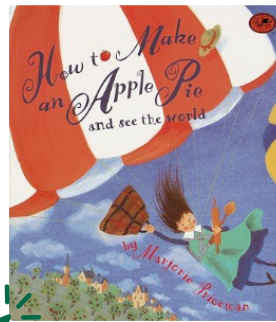
DIRECTIONS

1. Dice apples and mix with cider, cinnamon, and honey/maple syrup.
2. Crush graham crackers or granola for the base.
3. In small cups, layer crumbs, apple mixture, and topping.
4. Sprinkle a little cinnamon on top and serve.

Serving: $\sim\frac{1}{4}$ – $\frac{1}{2}$ cup per student

- Tip: Pre-chop apples for younger students to make assembly faster and safer.

TEACHER RESOURCES



Read Along

Getting to Know
the Food System

How to Make an
Apple Pie and See
the World

Lesson Plans

Did you know you can help the Earth just by choosing what you eat?

Just like the journey in *How to Make an Apple Pie and See the World*, food can travel long distances to reach us. When we pick local foods, we help protect the land, air, and water—turning everyday meals into Earth Day actions!

Earth as
an Apple

Video Resource



MADE IN COLLABORATION WITH: **JERSEY FRESH**
Farm to School



Storybook Cafe

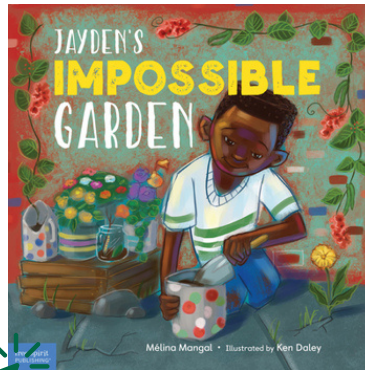
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SUNBUTTER

INGREDIENTS

CLASSROOM TASTING:

- Sunbutter
- Choose Sliced Dipping Produce:
 - Apple 🍏
 - Banana (possible share table item)
 - Carrots 🥕



Read Along

Student Lead
Research Project
Presentation on
Sunflowers

DIRECTIONS

1. Slice produce into bite size pieces.
2. Serve 1 Tbsp of sunbutter with the produce.

HOW TO MAKE SUNBUTTER VIDEO



Did you know that sunflowers are known as a bioaccumulator? This means sunflowers can be used to clean toxins from soil, water, and the air! Sunflowers have been used in places like Chernobyl to remove radioactive waste – this is called phytoremediation!

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Earth Berry Popsicle

INGREDIENTS

CLASSROOM TASTING:
SERVES 8,
4 OZ POPSICLE

- 1 cup frozen blueberries 🇺🇸
- 1 medium banana, diced (possible share table item)
- 2 cups nonfat vanilla yogurt
- 4 minced mint leaves 🇺🇸

DIRECTIONS

1. Blend blueberries, banana, and yogurt. Stir in minced mint after blending.
2. Pour mixture into popsicle molds or paper dixie cups. Place popsicle stick.
3. Freeze for at least 6 hours.
4. Run molds under hot running water until popsicles can pull out easily or tear away paper cups to serve.



Read Along

Earth is called the "Blue Planet" because 71 percent of the Earth's surface is covered in water.

TEACHER RESOURCES

A Toolkit for
Implementing
Share Tables in
Municipal Schools

SHARING IS CARING



Share tables
in K-12 schools help redistribute food between students and prevent food waste.



noun
A place where students can place whole, unopened food for other students to take for free.

Keys to share table success



Share tables are more likely to be used if placed in high traffic areas. They can be placed near the cashier or end of the food service line.

Talk to students about the importance of reducing food waste and how to use the share table through assemblies, flyers and lesson plans.



Items left on the share table at the end of lunch may be donated to local food pantries or soup kitchens.

MADE IN COLLABORATION WITH:



Learn more through the New Jersey
School Food Waste Guidelines
www.nj.gov/dep/seeds/stwg/
@NewJerseyDEP

