

Storybook Cafe

A NEW JERSEY FARM TO SCHOOL RESOURCE
Celebrating Women's History

GRAPE & APPLE SNACK CUPS

INGREDIENTS

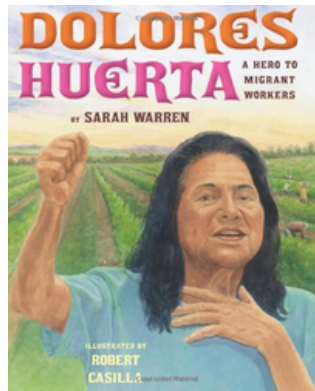
CLASSROOM TASTING:

- 2 cups of seedless grapes, halved
- 2 large apples, diced
- 2 cups of granola or crushed graham crackers
- 2 cups of low fat vanilla yogurt
- Optional: a drizzle of local honey

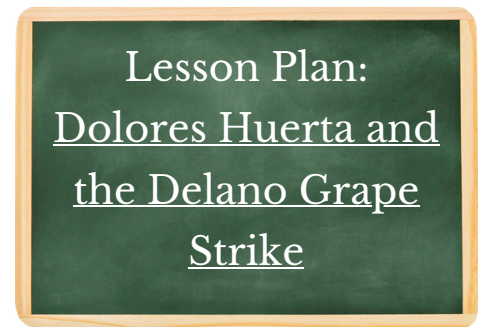
DIRECTIONS

1. Place a tablespoon of yogurt in the bottom of each small cup or bowl.
2. Add a layer of grapes and apples.
3. Sprinkle a tablespoon of granola or crushed graham crackers on top.
4. Repeat the layers if the cups are large enough and you desire more layers.
5. Optional, drizzle a little honey on top for extra flavor.
6. Serve immediately or refrigerate until ready to enjoy

TEACHER RESOURCES



Read Along 



Lesson Ideas 

Dolores Huerta is a famous leader who worked to help farm workers get better pay and working conditions. She started a group called United Farm Workers (UFW) to fight for fair treatment. One of the most important things Dolores did was help organize the Delano grape strike in 1965. During this time, grape workers stopped picking grapes to get better pay and working conditions.

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KALE CHIPS

INGREDIENTS

CLASSROOM TASTING:

- 1 bag of washed kale, destemmed 
- 2 tsp. lemon juice
- 1 Tbsp. nutritional yeast
- 1 Tbsp. tahini
- 1 tsp garlic powder
- pinch of salt

DIRECTIONS

1. Preheat oven to 250 degrees and line two baking sheets with parchment paper.
2. In a large bowl, combine the tahini, lemon juice, nutritional yeast, and garlic powder. Mix well.
3. Add the kale and lightly massage the kale into the seasoning blend using gloves. Massage leaves until well coated.
4. Place kale on prepared baking sheets in a single layer. Bake for 20-25 minutes until kale is dry and crispy.

TEACHER RESOURCES



Read Along 

Lesson Plan:
School Gardens
Across America

Lesson Ideas 

Michelle Obama started a special garden at the White House as part of her "Let's Move!" program. The goal was to help kids and families be healthier and more active. Kids from all over the country helped plant and pick vegetables from the garden. Michelle Obama says, "You know, instead of potato chips, a healthy choice is kale chips!"

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WONTON PIZZA

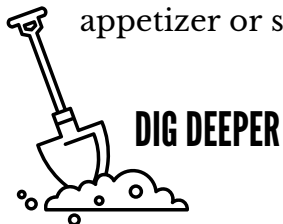
INGREDIENTS

CLASSROOM TASTING:

- 24 square wonton wrappers
- 1 cup Jersey Fresh pizza sauce 
- 1 cup shredded mozzarella cheese
- Garden grown basil leaves, chopped (about 1/4 cup) 
- Olive oil or cooking spray

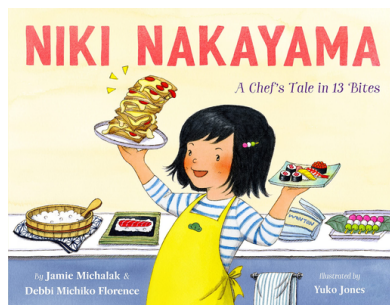
DIRECTIONS

1. Preheat your oven to 375 degrees.
2. Lightly spray a mini muffin tin with cooking spray or brush with olive oil. Press a wonton wrapper into each cup of the muffin tin to form small cups.
3. Spoon about 1 teaspoon of pizza sauce into each wonton cup. Add a sprinkle of mozzarella cheese and a few pieces of chopped basil.
4. Place the muffin tin in the preheated oven and bake for 8-10 minutes, or until the wonton edges are golden brown and the cheese is bubbly.
5. Remove from the oven and let them cool slightly. Garnish with a sprinkle of Italian seasoning or oregano and a few fresh basil leaves. Serve warm as a delicious appetizer or snack



Alice Waters & the Edible Schoolyard
Julia Child facts for kids

TEACHER RESOURCES



Read Along 



Classroom Activities:

Niki Nakayama A Chef's
Take in 13 Bites
Classroom

Lesson Ideas 

Celebrating Women Chefs

Alice Waters, Julia Child, and Niki Nakayama are chefs who have changed the way we think about cooking. Julia Child, made French cooking fun and easy for everyone to try at home, showing people that cooking can be a joy. Alice Waters loves using fresh ingredients from nearby farms, like basil, to make her dishes extra tasty and healthy. Niki Nakayama is a creative chef who tells stories through her Japanese dishes. These chefs teach us that cooking is not just about making food but also about exploring new tastes and ideas. They inspire people everywhere to enjoy cooking and try new things in the kitchen!

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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) 🍏
- 2 cups apple cider
- 6 cups graham cracker crumbs
OR granola
- ½ cup local honey or maple syrup 🍯
- 2–3 teaspoons cinnamon

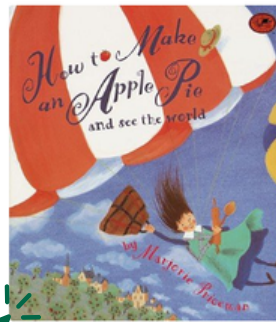
DIRECTIONS

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: ~¼–½ 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



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Earth Month

SUNBUTTER

INGREDIENTS

CLASSROOM TASTING:

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

DIRECTIONS

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

HOW TO MAKE SUNBUTTER VIDEO



Read Along

TEACHER RESOURCES

Student Lead
Research Project
Presentation on
Sunflowers

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 Month

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



Read Along

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.

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.



share ta-ble
/SHer/ /tábal/

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.

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

