Storybook Cafe

Universal Human Rights Month

Growing and Recovering Food

Through farming, food recovery, community partnerships, and school meals, we can work together to build a food system where everyone has access to nourishing food.



Read Along

Harlem Grown: How One Big Idea Transformed a Neighborhood
by Tony Hillery

Teacher Resource

Lessons Associated with Harlem Grown K-5

Explore NJ



Gleaning - the practice of collecting leftover, unharvested, or surplus crops from fields and orchards after the main commercial harvest.

Map of Gleaning & Food Recovery

The Human Rights Connection

The United Nations adopted the Universal Declaration of Human Rights on December 10, 1948. Article 25 recognizes everyone's right to adequate standard of living, including food.

Think About It

Why might good food be left behind in a farmer's field?
How can growing food as a community help make sure everyone has food to eat?

NJ Winter Harvest Pasta Salad

CLASSROOM TASTING
SERVES 24

INGREDIENTS

- 1 lb rotini pasta, cooked and cooled
- 4 cups finely shredded green cabbage
- ½ cup olive oil
- 1 tablespoon dried Italian herbs
- ½ teaspoon salt

DIRECTIONS

1. Add cooled pasta to a large mixing bowl.
2. Add shredded cabbage.
3. Pour in olive oil.
4. Sprinkle with Italian herbs and salt.
5. Mix everything together.
6. Scoop ½ cup into each tasting cup and enjoy!

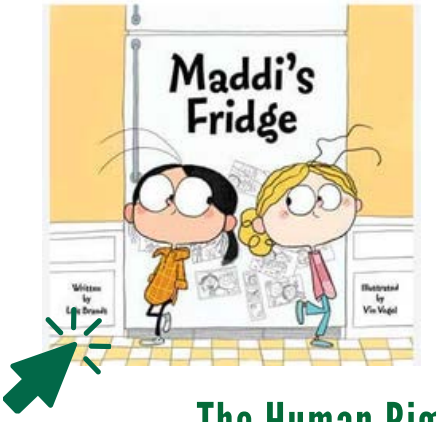
JERSEY FRESH Farm to School

Storybook Cafe

Universal Human Rights Month

Sharing and Accessing Food

Through farming, food recovery, community partnerships, and school meals, we can work together to build a food system where everyone has access to nourishing food.



Read Along

Maddi's Fridge
by Lois Brandt

Teacher Resource

Lessons Associated with Maddi's Fridge 3-5

Explore NJ

Food access and food security:

- NJ Office of the Food Security Advocate
- NJ Farm to School Commitment



The Human Rights Connection

Article 2 of the Universal Declaration of Human Rights states that everyone is entitled to the rights and freedoms in the Declaration without discrimination.

Think About It

Why is it important for everyone to have access to nutritious food?
How can schools help families in their communities access food?

Pantry Power Chickpea Salad

CLASSROOM TASTING
SERVES 24

INGREDIENTS

- 4 cans (15 oz each) chickpeas
- 2 cans (15 oz each) corn
- 2 cups local shredded cabbage
- 2 cups local shredded carrots
- ¼ cup lemon juice
- ¼ cup olive oil

DIRECTIONS

1. Drain and rinse the chickpeas. Drain the corn.
2. Wash and finely shred the cabbage and carrots.
3. Add chickpeas, corn, cabbage, and carrots to a large mixing bowl.
4. Add lemon juice and olive oil.
5. Stir until all ingredients are evenly mixed.
6. Scoop ½ cup into each serving cup.
7. Keep refrigerated until ready to serve. Enjoy

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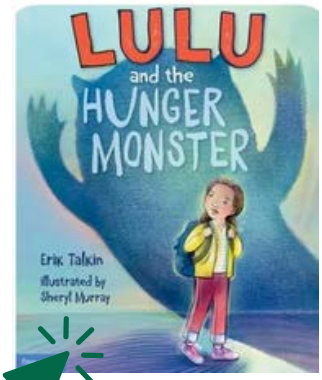
Universal Human Rights Month

Nourishing Children

Through farming, food recovery, community partnerships, and school meals, we can work together to build a food system where everyone has access to nourishing food.



Read Along

Lulu and the Hunger Monster
by Erik Talkin

Teacher Resource

Lulu and the Hunger Monster Leaders Guide

Think About It

How do school breakfast and lunch programs help students during the school day?

Why might offering breakfast after the bell make a difference for students?

Explore NJ



Discover NJ programs that help students access nutritious meals at school.

- Breakfast After the Bell
- School Nutrition Programs
- Fresh Fruit and Vegetable Program

The Human Rights Connection

The Universal Declaration of Human Rights recognized everyone's right to adequate standard of living, including food.

School breakfast and lunch programs help put this idea into action by making nutritious meals available to students. In NJ, programs like Breakfast After the Bell help ensure more children have access to meals during the school day.

School Breakfast Apple Oatmeal

SCHOOL FOOD SERVICE PORTION SERVES #50

INGREDIENTS

- 1 gallon + 1 quart + ½ cup low-fat (1%) milk
- 2 quarts water
- 6 oz margarine
- 1½ cups brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 2 teaspoons salt
- 3 lb 15 oz rolled oats
- 1 lb 8 oz local apples, diced
- 1 lb 4 oz dried cranberries

DIRECTIONS

1. Add cooled pasta to a large mixing bowl.
2. Add shredded cabbage.
3. Pour in olive oil.
4. Sprinkle with Italian herbs and salt.
5. Mix everything together.
6. Scoop ½ cup into each tasting cup and enjoy!

PORTION SIZE: ¾ cups with apples = 1 oz. grain equiv.; ¼ cup fruit

JERSEY FRESH Farm to School