



**MICHIGAN
HARVEST**
— TO TABLE™ —
MICHIGAN FITNESS
FOUNDATION

ENSURING SUCCESS

USER GUIDE



**MICHIGAN
FITNESS
FOUNDATION**



About

Welcome to Michigan Harvest to Table™ (MIHarvest™), a supplemental nutrition education resource designed to motivate, inspire, and empower participants to consume a variety of Michigan grown fruits and vegetables.

Home to nearly 50,000 farms, Michigan is a prominent leader in U.S. agriculture. According to the USDA Economic Research Service, "...about 90 percent of the U.S. population does not meet the recommendation for vegetables and 80 percent consumes too little fruit." The Centers for Disease Control and Prevention (CDC) has found perceived barriers to fruit and vegetable consumption include access, availability, cost, and time constraints.

MIHarvest™ addresses barriers and bridges the distance from farm to table as it supports Michigan agriculture and aligns with the 2020–2025 Dietary Guidelines for Americans (Dietary Guidelines) and CDC recommendations. It does this by providing learners across the age spectrum with the information and tools needed to access, purchase, prepare, and consume affordable, nutritious fruits and vegetables.

Michigan Harvest to Table™ provides participants with information and skills to make healthy food choices.

Digital and Traditional Educator Resource

Available by digital subscription, MIHarvest™ is easily accessible and flexible. Educational materials for each fruit and vegetable allow educators to explore content and create customized plans. Designed for audiences from early childhood to older adults, educators will find a variety of information, concepts, and activities to deliver a robust learning experience to participants.

How it Works

MIHarvest™ content may be delivered digitally from the website using a computer, tablet, or smartphone; traditionally by downloading materials to print and have on hand; or through a combination of digital and traditional methods to suit educator needs. After subscribing, educators have access to all digital and traditional materials for each featured fruit and vegetable for the length of their subscription.

Once logged onto the MIHarvest™ website, educators have access to the interactive platform that makes it easy to review and select activities, gather supplies, and prepare planned activities. Educators will find recipes, history, fun facts, nutrition facts, and a wide selection of tasting and nontasting activities for each fruit and vegetable. To extend learnings, materials for each fruit and vegetable include a companion recipe card and community newsletter for participants to use at home and share with their household.

Digital downloads in PDF format are provided for each fruit and vegetable and include:

Tasting Activities

Nontasting Activities

Recipe Cards

Community Newsletters

Nutrition Facts Labels

Educators will also receive **Michigan Seasonality Posters** and **USDA MyPlate Posters** to display and reinforce learnings. For more details, including a list of the fruits and vegetables featured to date, visit [About Michigan Harvest to Table™](#).





Supplemental Nutrition Education Resource

As a supplemental nutrition education resource, MIHarvest™ can be used by health and nutrition educators, teachers, and food service professionals to reach participants where they live, learn, work, play, eat, and shop. It is designed to be delivered in a variety of settings like community centers, gardens, grocery stores, farmers markets, food pantries, libraries, PreK-12 schools (public, nonpublic, and home schools), senior centers, Tribal health organizations, and more.

MIHarvest™ materials may be used to:

- Support and strengthen general educational and/or cooking programs to highlight Michigan grown fruits and vegetables.
- Supplement or reinforce nutrition education programs such as Farmers Market Food Navigator™, Fork & the Road™, Healthy Schools, Healthy Communities™, Linking Lessons for Schools™, and other programs.
- Introduce or feature produce available at learning sites such as community centers, community gardens, CSA farms, farmers markets, food pantries, school cafeterias, school gardens, and more.
- Support health-related events like National Nutrition Month®, Michigan Apple Crunch Day, or in conjunction with other food themes or celebrations.

Getting Started

- Identify nutrition programming being delivered at each planned program site.
- Consider how MIHarvest™ can be integrated to supplement learning.
- Communicate with stakeholders, such as site and program coordinators, school administrators, foodservice staff, volunteers, potential participants, parents and/or caregivers, and others as needed at each program site to introduce MIHarvest™ and make a plan for use.
- Select the fruits and vegetables to feature based on seasonality, availability, and cost.
- Review the Educator Guide for each selected fruit and vegetable and select tasting and/or nontasting activities for participants that will also be easy to manage at the program site.
- Deliver MIHarvest™ programming to participants.
- Provide updates to interested groups and identify opportunities to collaborate and integrate learnings.

Evaluation

MIHarvest™ does not have a specific evaluation tool. If a core nutrition education resource is used with MIHarvest™, use the evaluation tool from the core resource. It is also advisable to collect feedback informally to assess and improve the learner experience by asking learners what they found interesting and informative about the program.

