

Writing Sample: Karissa St. Pierre

Grant Funder: Massachusetts Department of Elementary & Secondary Education – MA FRESH (Farming Reinforces Education and Student Health) Grant

SAMPLE PROPOSAL RESPONSES:

Question 12)

Project Workplan: Identify three goals for your MA FRESH project, along with anticipated activities and associated impacts for each goal. Strong project work plans include at least two activities per goal.

Goal 1: Promote healthy eating habits and increase preschoolers' awareness and consumption of locally grown, seasonal foods through integrated cooking, tasting, and meal experiences.

Goal 1 – Action 1:

Monthly Classroom Cooking Activity: Each month, students and teachers will participate in a hands-on cooking activity featuring the designated Harvest of the Month item. This shared experience supports nutrition education and encourages food exploration.

Goal 1 – Action 2:

Menu Integration of Harvest of the Month: The featured item will be incorporated into at least one CACFP snack or meal each month, reinforcing the cooking activity and allowing children to experience the ingredient in multiple ways.

Goal 1 – Action 3:

Thematic Taste Tests: Bi-monthly tastings of Massachusetts-sourced foods will reinforce classroom themes such as color exploration, cultural dishes, holidays, and edible arts and crafts. Pairing new foods with engaging activities encourages children to try them.

Goal 2: Cultivate preschoolers' understanding of local agriculture and food systems through hands-on gardening and farm experiences that connect classroom learning with seasonal growing practices.

Goal 2 – Action 1:

Build and Maintain a Preschool Garden: Create and maintain an edible preschool garden with child-accessible raised beds. Children will participate in watering, weeding, and observing plant growth throughout the growing season. When possible, garden produce will be incorporated into cooking activities, taste tests, and classroom snacks.

Goal 2 – Action 2:

Field Trip to Kosinski's Farm: Organize a visit where children and families can pick apples, learn about apple farming, and take apples home for continued learning. In the classroom, apples will be used for taste tests, cooking activities (e.g., applesauce), and sensory exploration (e.g., sweet, crunchy, juicy).

Goal 2 – Action 3:

Visit to Firefly Fields: Coordinate a field trip for families to observe vegetable farming and interact with farm animals. Children will learn how produce is planted and harvested, and families will take home vegetables, eggs, and recipes to reinforce learning at home.

Goal 3: Strengthen family and community engagement in farm-to-preschool initiatives by creating shared local food experiences that connect families with educators, local farms, and food traditions.

Goal 3 – Action 1:

Pumpkin Fest Event: Host a fall "Pumpkin Fest" where each classroom prepares pumpkin pies using locally sourced ingredients. Families will be invited to taste the pies, participate in pumpkin-themed activities, and receive recipe packets featuring seasonal Massachusetts produce.

Goal 3 – Action 2:

Family Visit to the [Client City] Farmers' Market: Organize a guided visit where children identify fruits and vegetables they have learned about in class. Families will meet local vendors, learn how to use SNAP/HIP benefits, and complete a scavenger hunt that reinforces food literacy in a fun, interactive way.