



SY 24-25 upLIFT Initiative:

School Year 2024-2025 upLIFT Topics



Webinar Topic

Taste AZ Promotion

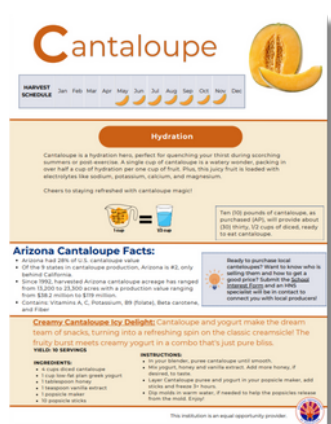
Nutrition Knowledge Fact Sheet

Monthly Bulletin

September 2024

Introducing Fresh Futures: Farm to Table School Meals Initiative!

(Recording) (Slides)



Cantaloupe



Soil Science!

#1

Welcome to What's Up With upLIFT SY 2024-2025! Fresh Futures and New Resources!

October 2024

Central Arizona Growing Season Highlight

(Recording) (Slides)



Winter Squash



Edible Desert

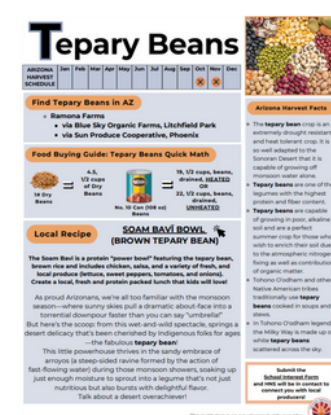
#2

Farm-To-School Month Celebrations, Winter Squash, and Edible Desert Foods!

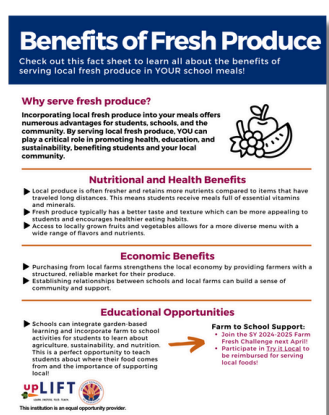
November 2024

Northern Arizona Growing Season Highlight

(Recording) (Slides)



Tepary Beans



Benefits of Fresh Produce

#3

New Standardized Recipe, Tepary Beans, Northern AZ Webinar, and Local Produce!

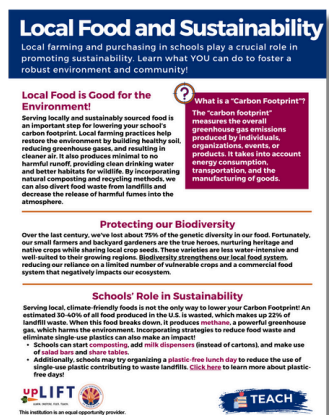
January 2025

Southern Arizona Growing Season Highlight

(Recording) (Slides)



Spinach



Local Food and Sustainability

#4

Enchilada Recipe, Southern Arizona Webinar, Local Lettuce, and Sustainability!

February 2025

Connecting with Farmers and Growers with Pivot Produce!

(Recording) (Slides)



Beets



Milk Science

#5

School Lunch Competition, Pivot Produce, Beets, and Milk Science!

March 2025

Procuring Local Beef - A Success Story with Osborn School District

(Recording) (Slides)



Ground Beef



Preservation Methods

#6

Local Beef Webinar, Blender Bike Celebration, Preservation Methods, and more!

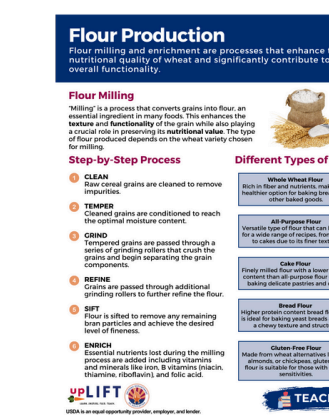
April 2025

Rural Procurement - Featuring Palominas Elementary School District

(Recording) (Slides)



Carrots



Flour Production

#7

Local and School Garden Greens, Rural Procurement Webinar, Flour Types, and More!

May 2025

upLIFT Summer Edition: Utilizing USDA Foods to Your Advantage for Summer!

(Recording) (Slides)



Cheese



Organic vs Non-Organic

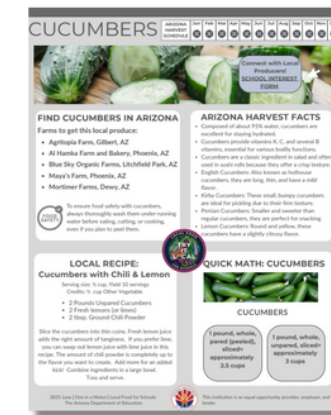
#8

Ice Cream Bars, USDA Foods for Summer Webinar, Organic Comparison, and More!

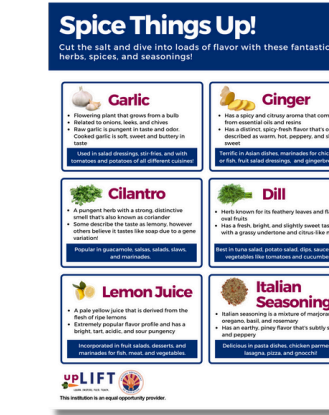
June 2025

upLIFT Summer Edition: All about Summer Farm Fresh Challenge and Turnip the Beet!

(Recording) (Slides)



Cucumbers



Seed to Plate: Parts of a Plant

#9

Parfait Recipe, Beef and Broccoli Feature, Cucumbers, and Parts of a Plant!

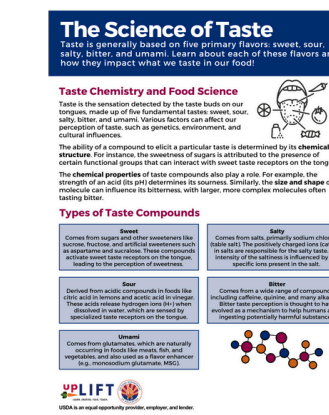
July 2025 (SY 25-26)

upLIFT Summer Edition: Scratch Cooking with Local Foods

(Recording) (Slides)



Blue Cornmeal



The Science of Taste

#10

Blue Corn Meal, Turnip the Beet Winners, Scratch-Made Pasta and Taste Science!