Institution: Seabrook School in Seabrook, New Hampshire

Food Service Operation Type: self-operated

Dining Operations: The district has a total student enrollment of 680. Sixty-two percent, or 422 students, participate in the lunch program on average. The school has a 49% free and reduced lunch rate. The school district has an elementary school and a middle school, which are in conjoined buildings. The food service staff prepare meals for both schools, which share a cafeteria, using a similar menu. Both the middle and elementary menus include fish.

Meals Served Per Day: 180 breakfast, 420 lunch, and 55 supper meals.

Species served as a part of residential dining program: Acadian redfish, haddock and flounder

Total Volume Served: 80 to 100 pounds per month

Frequency Seafood is Served: fresh fish is served once per month at lunch
OVERVIEW OF THE SEAFOOD PROGRAM

Starting in the 2013/14 school year, the Seabrook School District in New Hampshire began sourcing more local varieties of seafood. They had several goals for the program, including educating children about some of the fish they could eat from the nearby ocean, supporting the local economy, and offering fresh, healthy alternatives to meat. They have found that not only do their students like the taste of redfish, haddock, and flounder, but also that these species are versatile in that they can work well in a variety of recipes. They have also focused on these species because they can be caught off the coast of New Hampshire, Maine, or Massachusetts. They are interested in sourcing more shrimp, but due to limited supply, they are unable to do so locally.

Seabrook’s Kindergarten students have been offered the choice between fish sticks that meet the USDA Healthy Hunger Free Kids Act/National School Lunch Program requirements or the fresh fish that is prepared. Typically, the students have chosen the fish sticks because they prefer foods they can pick up and eat with their hands.

The nutrition director plans to do cooking demos for the students in the future so that they can see the versatility of these species in different recipes.

Chef Kimberly Adkins, School Nutrition Director, and Seabrook Elementary School students participate in a “Fun with Fish” event.
HOW THE SEAFOOD PROGRAM WORKS

Seabrook purchases its seafood through Yankee Fisherman’s Cooperative and Fish George and the Filet. The vendors they work with are able to trace the fish back to the boat. They have found that the local seafood purchases are slightly higher in price compared to their local beef, and higher than their other seafood purchases as well. The average price is $4.50-$6.00 per pound for the local products.

Yankee Fisherman’s Cooperative, based in Seabrook Harbor, NH, was founded in 1990 and is comprised of over 60 members who are ground fishermen (cod, pollock, haddock, flounder, etc.), lobstermen, tuna fishermen, and shrimpers. These fishermen all operate dayboats, meaning they leave in the morning and return at night, allowing for the freshest product to be delivered to customers. Fish George & the Filet is a seafood wholesale company based in Gloucester, MA, which primarily sells to restaurants in Massachusetts, but also sells to some institutions as well. They sell and deliver locally sourced seafood and their products are processed by Ocean Crest.

Seabrook School markets the fish on their menus and on their website. They also held an event where they invited the local fishmonger to come to the school and bring whole uncooked fish for the children to hold and inspect.

LESSONS LEARNED

Invite your fishmonger to help carry out educational activities with the children about the species you are serving.
The Northeast Region of the National Farm to School Network is an active group of farm to school innovators who work within their states and regionally to advance farm to school through networking, peer sharing, project implementation, policy, and convenings. Learn more about the regional Network and get connected by visiting [www.farmtoschool.org/our-network/northeast-region](http://www.farmtoschool.org/our-network/northeast-region).

To learn more about farm to institution efforts across New England, visit [www.farmtoinstitution.org](http://www.farmtoinstitution.org).

To see the Seabrook School website, and to find out more about their Cafe, visit [www.sau21.org/ses/](http://www.sau21.org/ses/).

You can learn more about the Yankee Fisherman’s Cooperative on their website: [www.yankeefish.com/](http://www.yankeefish.com/).


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**RECIPES**

- **Blackened Redfish**
  [www.farmtoinstitution.org/recipe/blackened-redfish](http://www.farmtoinstitution.org/recipe/blackened-redfish)

- **Seafood Stuffing**
  [www.farmtoinstitution.org/recipe/seafood-stuffing](http://www.farmtoinstitution.org/recipe/seafood-stuffing)

- **Crumb-Baked Haddock**
  [www.farmtoinstitution.org/recipe/crumb-baked-haddock](http://www.farmtoinstitution.org/recipe/crumb-baked-haddock)

For more farm to institution recipes, go to [www.farmtoinstitution.org/tools#recipes](http://www.farmtoinstitution.org/tools#recipes)