

Farm to School Background & Resource List

What is Farm to School?

Schools buy and feature farm fresh foods such as fruits and vegetables, eggs, honey, meat, and beans on their menus; incorporate nutrition education; provide students experiential learning opportunities through farm visits; gardening and other activities. School districts implement programs in different ways:

1. Farm Fresh Salad Bars
2. One or more local food items featured in the cafeteria
3. One or more local food items featured at a fundraiser or special event
4. Local food used in hot lunch offering

Why Farm to School?

Childhood obesity epidemic

Excellent educational opportunity

Buying Local Food is good for business

Buying Local Food is good for the environment

Buying Local Food supports family farmers and communities

Fresh Local Food is healthful and nutritious

Purchasing Local Food enhances our food security

Tips for Starting a Farm to School Program

Research existing programs to see what's working

Contact local growers, farmer agencies; food service directors; school administrators

Facilitate dialogue between farmers and food service staff to understand each others needs better; convene a farm to school meeting

ID funding sources; develop and market program

Plan, Plan, Plan!

Take Small Steps

Contact Information

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Materials adapted from National Farm to School Program; Wisconsin Homegrown Lunch; and Personal Interviews.

www.farmtoschool.org