

Farm to School – Experiential Based Learning Components



Farm to school is a movement to improve the health of all school aged children and communities, while supporting local and regional farmers. Through access to nutritious food, and sensory-based garden education, youth learn to appreciate and connect with where their food comes from.

More Than Just Putting Veggies on a Lunch Tray!

- Produce Taste Tests - Students are introduced to new veggies and get the chance to sample during their lunch periods. Youth vote on how they enjoyed the new produce item and if should be served in the regular lunch line. Newsletters including recipes are sent home to parents to engage families.
- Farm Field Trips - Students connect with where food comes from, while learning about all the systems working together on an organic farm! Groups harvest their own snack and participate in garden chores and games.
- Classroom Visits or Lessons - Students participate in sensory-based learning activities while about healthy eating, how plants grow and out food system. Youth get to ask questions to the visiting farmer and of course, enjoy a fresh produce snack. Lesson examples: Food Origins, Root, Stem, Leaf or Seed, and Worm Composting
- School Gardens - Children plant, grow, harvest and learn in school gardens. Food raised is used for lunchroom samplings, served in school salad bars and lunch lines or donated to community organizations.

For additional resources or questions
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Want More Info on Farm to School Education?

Fresh Produce Tastings:

Program examples and templates for the "Harvest of the Month"

- <http://www.harvestofthemonth.cdph.ca.gov/>
- <http://www.greenmountainfarmtoschool.org/programs/harvest-of-the-month/>
- http://www.live54218.org/uploads/media_library/files/BrownCountyHOMOverview.pdf

Farm Field Trips:

To find a farm or learning center in your area:

- <http://www.farmfreshatlas.org/>
- <http://www.farmbasededucation.org/>

Classroom Lessons:

During the winter, invite a local farmer in to speak to students. Ask a farmer you are familiar with at the local farmers market. Put a request in to your CSA farmer. Call up you local extension office, they might be able to request a farmer open to education lessons.

Teachers can lead and integrate "Farm to School" lessons in to their regular curriculum too!

- Request a copy of "Got Veggies!" <http://www.dhs.wisconsin.gov/physical-activity/FoodSystem/Gardening/GotVeggies/index.htm>
- List of curriculum and lesson plans http://www.agri.ohio.gov/public_docs/FarmToSchool/F2S%20Lessons%20and%20Curricular%20Resource%20Links.pdf
- List of curriculum and lesson plans - <http://schoolgardenweekly.com/instructional-activities/school-garden-lessons-activities-and-curricula>
- If you are in the Madison Area: <http://www.reapfoodgroup.org/programs-events/farm-to-school>

School Garden Resources:

Starting a school garden:

- Request a copy of "Got Dirt!" <http://www.dhs.wisconsin.gov/physical-activity/FoodSystem/Gardening/GotDirt/index.htm>
- Resources and articles on getting started - <http://www.kidsgardening.org/school-gardening>
- A great book, every thing you need to know from gaining administration support to what to plant: <http://www.amazon.com/How-Grow-School-Garden-Complete/dp/1604690003>
- Planning your School Garden - http://www.csgn.org/sites/csgn.org/files/GFL_2.pdf

Great General resources:

- <http://edibleschoolyard.org/resources-tools>
- <http://www.farmtoschool.org/>



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