FARM-TO-SCHOOL

Growing Healthy Kids, Farms and Communities

BECAUSE improving the health of our children and local family farms is vital to Minnesota communities. The farm-to-school movement ensures the health and well being of future generations while providing a more steady market for small- and medium-size farmers.

UNIVERSITY RESPONSE Extension works to increase the use of healthy, local foods in schools:

• Helping Minnesota communities organize farm-to-school programs by fostering new partnerships and working collaboratively with state departments, non-profits and professional associations.

• Partnering with the Minnesota Department of Health to provide schools with hands-on training to energize lunch menus with new ideas, tools and resources.

• Provides resources and toolkits to food service directors, teachers, parents, students and others interested in starting or enhancing farm-to-school programs.

• Integrating hands-on nutrition education to teach students and their families about the nutritional benefits and availability of Minnesota-grown products.

RESULTS Successful farm-to-school programs:

• Promote healthy eating habits and reduce the risk of obesity in children.

• Increase the consumption of fruits and vegetables at school and at home.

• Open up new markets and increase revenues and customer base for farmers.

• Develop community support and awareness about local food systems.

• Help children make connections about the food they eat, the health of their bodies, the land and the community.

DISCOVER MORE www.extension.umn.edu/farm-to-school