



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.



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