

Stay informed

Join our Network!

email:
farm2cafeteriacanada@gmail.com

Follow us!

Website:
www.farmtocafeteriacanada.ca

Twitter:
@farm2cafeteria

Facebook:
Farm to Cafeteria Canada (group)

WHAT is Farm to School?

Farm to School brings healthy, local food into schools, and provide students with hands-on learning opportunities that foster food literacy, all while strengthening the local food system and enhancing school and community connectedness.

Farm to School empowers students and school communities to make informed food choices while contributing to vibrant, sustainable regional food systems that support the health of people, place and planet.

Farm to Cafeteria Canada is proud to lead the pan-Canadian Farm to School movement.

Farm to School activity may differ by school, but it is always directed towards a common aim - more healthy local foods on the minds and on the plates of children. Farm to School models strive to include the following:

Healthy local food in School:

Schools source local food in many ways, including direct farmer relationships, through food distributors, schoolyard farms, or the harvesting of wild or traditional foods. When local food arrives in schools it is often served in the form of a salad bar, hot lunch program, tasting activity, fundraiser, or community celebration.

Hands-On Learning:

Food literacy is a critically important component of Farm to School. Step into any school offering Farm to School and you will find students learning about food in the school garden, greenhouse, kitchen or classroom. They may also be getting ready for field trips to local farms, forests, and shores.

School and Community Connectedness:

Farm to School is built upon strong relationships. Schools establish relationships with farmers, community members, and support organizations, tapping into local knowledge, passion, skills, and resources.



WHY Farm to School?

Students Win

Farm to School provides students access to nutritious, high quality, local food so they are ready to learn and grow.

Farmers Win

Farm to school provides farmers opportunities to educate and connect with students in their community and can serve as a new market opportunity.

Communities Win

Buying from local producers and processors helps stimulate the local economy, while engaging community members helps to foster deep community connections.

WHAT ARE the Benefits of Farm to School?

Farm to School has the potential to address key priorities within the education, health, agricultural, environmental and economic sectors:

Education:

- ✓ Develops opportunities for flexible, place-based learning.
- ✓ Assists schools in taking a whole school approach to food.
- ✓ Creates more green, sustainable schools.
- ✓ Promotes school and community connectedness.

Health:

- ✓ Promotes healthy eating habits, including increased consumption of vegetables and fruit.
- ✓ Promotes a positive relationship with food.
- ✓ Addresses issues of inequity in access to healthy food.
- ✓ Improves food knowledge and skills (food literacy).

Agriculture:

- ✓ Develops local markets for farmers.
- ✓ Inspires the next generation of farmers.
- ✓ Links schools to regional food systems.
- ✓ Creates new models and structures for regional food distribution.

Environment:

- ✓ Reduces food miles.
- ✓ Provides opportunities to grow a new generation of environmentally conscious citizens with a stronger connection to the land and water.

Economy:

- ✓ Contributes to the local economy.
- ✓ Creates new jobs.

The Evidence is IN!

When Farm to School is offered:

- ✓ Students eat more servings of fruits and vegetables (on average .99 - 1.3 more servings)
- ✓ Students are willing to try new and healthy food, and choose healthier options in the school cafeteria and at home
- ✓ Students are more knowledgeable about their food and the food system
- ✓ Food service staff have increased morale and knowledge about local foods
- ✓ Each new farm to school job contributes to the creation of 1.67 additional jobs
- ✓ \$2.16 economic activity generated for every \$1 spent

This data has been drawn from "The Benefits of Farm to School"(2014), The US National Farm to School Network www.farmtoschool.org

Start Farm to School in Your Community

If you would like to start or strengthen Farm to School activity in your school, be sure to download the following resources from the Farm to Cafeteria Canada website www.farmtocafeteriacanada.ca.

- ✓ Getting Started with Farm to School fact sheet
- ✓ Starting a School Garden fact sheet
- ✓ A Fresh Crunch in School Lunch – The BC Farm to School Guide
- ✓ Farm to School Learning Lab fact sheet

October 29, 2015

Farm to School is a part of growing momentum across the country to bring more healthy local and sustainable foods into hospitals, campuses and other public institutions. Check out the national conversation at these Farm to Cafeteria Canada links:

