



*Healthy, local and sustainable food in all public institutions*



## Celebrate Earth Day Every Day with Farm to School!

Earth Day is coming up on April 22nd! The theme for 2021 is **Restore Our Earth**, with a focus on “natural processes, emerging green technologies, and innovative thinking that can restore the world’s ecosystems.”

Farm to Cafeteria Canada’s vision is **vibrant and sustainable regional food systems that support the health of people, place and planet**. We know that schools are a powerful space to support our environment and food system, and we’ve seen this power firsthand through farm to school programs.

Earth Day is a time to learn about and take action for the earth. For farm to school supporters, every day is Earth Day.

To celebrate on April 22nd, we invite you to find some farm to school inspiration through a list of curated resources and school stories on our website.

**Read the full post here:**

**Celebrate Earth Day Every Day with Farm to School!**



## **Call for Advisory Council Members!**

**Apply by April 30th**

**Are you passionate about food systems? Interested in helping to bring healthy, local and sustainable food into public spaces?**

We are seeking committed individuals to join the F2CC Advisory Council! The AC is responsible for stewarding the organization's direction, success, and ensuring long-term sustainability. Members guide and support the National Director and project teams by advising on program development, annual budget planning and fundraising, while helping to grow our national network and strengthening partnerships.

We are committed to building and sustaining an AC that is representative of the unique individuals, sectors, and communities we serve and we welcome applications from people of diverse abilities, cultures, ethnic origin, gender, age, lived experience, profession and educational background.

**Learn more and apply here**

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## **Upcoming Webinars**



## The Three Sisters: History, Culture and Ways of Growing

*"We can't have a meal without the Three Sisters," Elder Lix Lopez*

In this webinar, Elder Lix Lopez, a member of the [Maya in Exile Garden](#), will highlight the importance of the Three Sisters - corn, beans and squash - for Mayan diet and culture, and other Indigenous peoples on Turtle Island (also known as North America). Participants will learn of the technique used to successfully grow them in the Coast Salish territory.

This webinar is recommended for school community members ages 12 years and up who are interested in learning more about Indigenous food traditions, in particular the intertwined story of human and plant emigration and adaptation of the Three Sisters.

*Date: April 26th, 3:30 p.m. to 4:30 p.m. PST (+30min optional Question & Answer session)*

*Speaker: Elder Lix Lopez, Maya in Exile Garden member*

[Learn more & register here](#)

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## Sea to School

**Sea to School** is a concept used to describe programs that procure local sustainable seafood for schools.

Join **Food First NL** and **Fishing for Success** to learn more about Sea to School in North America, and opportunities and challenges experienced in developing these types of programs.

*Date: April 29th, 2.30pm-3.30pm NST*

*(+30min optional Question & Answer session)*

**Register here**

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## NEW Case Studies Series



We've documented stories of how farm to school leaders are creating successful programs in their communities.

Our new case studies follow a Q&A format and focus on details farm to school practitioners can apply to their own programs. Check out our first few case studies and stay tuned for more to come:

- **A Salad Bar Success Case Study: St. Dominic & St. Luke in Oakville, Ontario:** Shares how two schools in Oakville, Ontario, have made the logistics of their salad bar programs work (in a pre-COVID time)
  - **Huband Park Elementary's Salad Bar: Safely Adapting to COVID-19:** How Huband Park Elementary School, in Courtenay, BC, has been able to safely serve its salad bar this year.
  - **Roots to Harvest Case Study: Outdoor Food Literacy deemed an "Essential Service" during COVID-19:** Shares how Roots to Harvest, located in Thunder Bay, Ontario, has adapted its food literacy programs to an outdoor setting.
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## Join the Edible Education Community of Practice!

The Edible Education CoP aims to provide a supportive space for those working on Edible Education initiatives (e.g., farm to school programs, land-based learning, school gardens, cooking programs, outdoor education) to connect with, learn from, and collaborate with other practitioners across the country.

For more information, including:

- Highlights from the inaugural meeting, held March 10, 2021
- How to get involved
- AND to register for the next meeting

**visit our Edible Education webpage**



## Farm to Cafeteria Canada is now on Instagram!

Many of you follow us and share wonderful stories and images on our Facebook group. By doing so, you've helped us grow the Farm to Cafeteria movement to a much larger audience.

Now we're also on Instagram!, where we hope to reach even more people who share our passion to bring healthy, local and sustainable food to the minds and plates of students, families and whole communities.

If you're on Instagram, give us a follow and be sure to tag us in your own posts and share how you're connecting to local food in your community!

*Join us @farm2cafeteria*



## 10 Ways to Get Involved!

No matter if you're brand new to Farm to Cafeteria Canada, or a long-time member of the community, there are lots of ways to get involved!

*To learn more and get started, check-out our new*

Get Involved page

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# Farm to school benefits the environment!



## ENVIRONMENTAL OUTCOMES

Farm to school fosters environmental stewardship amongst students and the school community, and contributes to more sustainable ecosystems.

- ✓ Supports students to connect with nature and develop eco-friendly-attitudes: Students learn to care about plants and the earth; students learn to compost. <sup>8,12</sup>
- ✓ Increases student knowledge, awareness and interest about environmental, ecological, and food security issues. <sup>8,10</sup>
- ✓ Leads students to better value environmentally sustainable food systems and to understand the impacts of their own food choices on future generations. <sup>19</sup>

Learn more **about the impacts of farm to school!**

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## Stay connected!

Join our **Facebook Group** to stay connected to stories about farm to school, farm to campus stories as well as stories that touch on the many facets of food systems. You can also pose questions, share resources. We are also on **Twitter**.

If you know a colleague or friend who would like to know more about our farm to school work, invite them to **sign up here**.

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**Do you have a story to share for the next edition of our newsletter?**  
Email us at [info@farmtocafeteriacanada.ca](mailto:info@farmtocafeteriacanada.ca)

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