



Healthy, local and sustainable food in all public institutions



October is Farm to School Month and this year, we're celebrating Land-based Learning!

"Every culture, no matter their location, is connected to the environment. It is that connection where cultures teach their people how their traditional ways connect and respect all things in their environment. Indigenous cultures have lived off the land for centuries so traditional knowledge and connection is deeply rooted in the original relationships." -- Learning the Land

Land-based learning, as an experiential approach, helps us foster a relationship with food and understand how we sustain ourselves. Land-based learning is rooted in Indigenous teachings and worldviews, which should be acknowledged whenever this approach is used.

As an organization that builds capacity to support vibrant and sustainable food systems, we see it as essential that more children and youth have the opportunity to think and learn about the land and their relationship with it, explore their own responsibility to the land, and consider how their own lives and health are interconnected with it. As F2CC works to envision how our own mandate, operations and institution can better honour and amplify Indigenous voices, perspectives, values, and ways of knowing, we acknowledge and celebrate the potential that land-based learning has to support both our mandate and reconciliation.

Throughout the month we'll be highlighting resources and sharing stories. We'll also host the first in a series of conversations with educators, Knowledge Keepers and others who are applying land-based Learning in their communities.

[Read our land-based learning blog post](#)

[and access our list of resources](#)

Meet Christina Smith - Indigenous Lead: local food to school



We are thrilled to introduce Christina Smith, the newest member of F2CC's core team.

Christina is a Mohawk/Algonquin from **Kitigan Zibi**. In the last twenty years, she has worked with the urban or on-reserve (in her community) Indigenous population in different capacities. She lives in the Algonquin territory where she enjoys traditional practices such as hunting, trapping and fishing as well as gathering other food and traditional material in a sustainable manner. Christina appreciates being outdoors in nature while learning and exploring. She enjoys gardening, cooking and making crafts.

[View Christina's profile](#)



Envisioning the many ways farm to school comes to life

We've developed 2 visuals to celebrate the many ways that farm to school takes shape in different communities, and to show how farm to school involves the whole local food system.

Thank you to Carina Nilsson, Illustrator and graphic recorder, for putting our vision into graphics!

Please enjoy them and share them widely!

For more information about the farm to school approach visit our [Farm to School](#) page.

Both PDFs can be found [here](#)



Teaching the Curriculum Through Food

Introduction

Teaching the Curriculum Through Food Video Series

Farm to Cafeteria Canada and Growing Chefs! Ontario are proud to share our new *Teaching the Curriculum Through Food* video series.

These short (5-20 min) videos have been developed, in a partnership between our two organizations, to support and inform teachers and volunteers across Canada who are looking to bring food literacy into their classrooms and engage students through food.

Check out our first videos in the series!



IMPLEMENTATION GUIDE

Improving local food
procurement in Quebec schools

Quebec farm to school resource guide

Équiterre has developed the guide **Improving local food procurement in Quebec schools**. This guide provides essential information and concrete tools to accompany Quebec schools as they develop healthy, local and environmentally responsible food initiatives.

[Check out the guide here!](#)

THE BACK 40 PODCAST

Episode #34: Farm to School Programs



Farm to School on The Back 40 Podcast!

Carolyn Webb, F2CC's Research & Knowledge Translation Lead and Coordinator of Sustain Ontario's Edible Education Network, and Nicole Hambleton, F2CC's Regional Lead for Ontario, were recently featured on Trillium Mutual's **The Back 40** Podcast where they spoke about the farm to school approach and how schools across the country are connecting with local farmers and food producers.

Check out this podcast episode, just released on September 28th



Maurita Prato, Executive Director of Lush Valley and co-facilitator for the Comox Valley's first learning circle.

Welcoming 2 New Farm to School Learning Circles!

Over the spring we had reached out to past grantee schools and their community partners and invited them to apply to coordinate a Learning Circle. Thanks to the support of [Whole Kids Foundation](#), it is our pleasure to announce the 2 organizations who will be initiating Learning Circles from 2021-2023:

- [Food For All NB](#) (New Brunswick) is a provincial food security network that envisions a New Brunswick that is informed, connected, and engaged in food security for all.
- [Headwaters Food and Farming Alliance](#) (Ontario) is a collaborative of community partners and volunteers that supports activities to enhance local food and farming and build a better food system in Dufferin County and the Town of Caledon in Ontario.

F2CC is so pleased to be able to work with both Food For All NB and Headwaters Food and Farming Alliance to advance farm to school in their regions.

For more information about the Learning Circle process visit our [Farm to School Learning Circle](#) page.

2 New Farm to School Learning Circles blog post



Birchwood Elementary School – Saint-Lazare, QC

Coming Soon: 2022 Farm to School Canada Grants!

In partnership with [Whole Kids Foundation](#), we are pleased to announce that we will be launching the fourth cycle of the Farm to School Canada Grants program on November 8th, 2021.

Delivered directly to schools, the grants are valued at up to \$10,000 each and are designed to bring more healthy, local foods into school communities. They support hands-on food literacy, including growing, harvesting and cooking food at school; and school meal services, such as salad bars, that allow students to build their own bowls or create their own plates. Since 2016, 133 K-12 schools in 9 provinces and 1 territory have received grants. Could yours be next?

To learn about our previous grant cycle or see our current list of grantees, visit our [grants page](#).

More details coming soon!



Glossary of Terms

“Food system”, “local food”, “healthy” — have you ever wondered exactly what it means when you see or hear these terms? We use a lot of specific terms in our work, but many don’t have a single definition. To help develop a common understanding we’ve developed a glossary of terms.



10 Ways to Get Involved!

Whether you are brand new to Farm to Cafeteria Canada, or a long-time member of the community, there are lots of ways to get involved!

[Get Involved](#)

Impacts of Farm to School



Community Connectedness

Farm to school fosters strong relationships and synergies between schools and a wide range of partners including families, Elders, growers, elected representatives and support organizations.

To learn more check out our [Benefits of Farm to School](#) resource

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](#).

Farm to Cafeteria Canada's team and project partners acknowledge that we live, work and play on the ancestral lands of the diverse First Nations, Inuit and Métis people of what we now call Canada. Farm to Cafeteria Canada is committed to reflecting, honouring and amplifying Indigenous voices, perspectives and values in our work. To learn more please visit our [Nourishing Relations page](#). To learn the traditional territories on which our individual team members are located, please visit our [team page](#).

Do you have a story to share for the next edition of our newsletter?
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