

Benefits for School Communities

Farm to school gets students eating, cooking, growing, and embracing healthy local food. Through farm to school activities students connect with their broader communities and learn food literacy, all while strengthening vibrant, sustainable, economically viable regional food systems.

Implementing farm to school can be as simple as having a farmer visit a classroom, and can be as big as having students grow, cook, and serve food for their entire school.

As part of the *Farm to School: Canada Digs In!* Initiative, 86 farm to school salad bar programs were established in five provinces across Canada. Students ate local and healthy food, participated in hands-on food literacy activities, and connected with local food providers, growers, chefs, knowledge keepers, public health professionals and many other community partners.



The Farm to School Approach

Between 2016-2020:

87% of schools reported the salad bar created a greater sense of vibrancy and excitement

87% of schools reported they had increased connections, partnerships and participation within the school and the broader community including with Indigenous communities, local farmers and chefs, other schools, neighbouring preschool programs and seniors residences, and groups such as the local Boys & Girls Club

85% reported students were more excited about healthy eating

33% of students reported their confidence had increased

32% of students reported their focus in class had increased

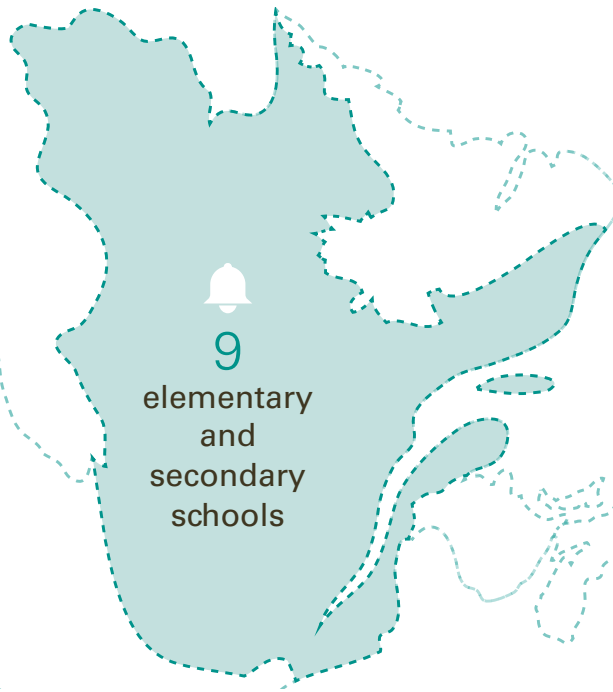
26% of students reported they had more desire to be at school

“The salad bar is visually appealing and teachers note some students are opting for the salad bar rather than going to the store for pop and chips. Students are better focusing in class after lunch and look forward to the salad bar.”

ELEMENTARY SCHOOL TEACHER

“The garden is a great opportunity for my class to be out there learning about local foods and then to take these foods and prepare them in my class. This makes the curriculum so much more relevant to the students.”

SECONDARY SCHOOL TEACHER



3,342 + \$94,500
students given directly to Québec schools

= 9 farm to school salad bar programs where students eat local and healthy food, participate in hands-on food literacy activities, and connect with local food providers, growers, chefs, knowledge keepers, public health professionals and many other community partners.

Growing farm to school in Québec and across Canada

équiterre The lead organization championing the farm to school movement in the province of Quebec is **Équiterre**, an organization which offers concrete solutions to accelerate the transition towards a society in which individuals, organizations and governments make ecological choices that are both healthy and equitable. Équiterre is one of 11 partners in the *Farm to School: Canada Digs In!* initiative. Learn more at www.equiterre.org/en



Leadership and coordination of Canada's national farm to school movement is provided by **Farm to Cafeteria Canada**, a partnership-based organization that collaborates to educate, build capacity, and influence policy to put more healthy, local and sustainable food on the minds and plates of students. Farm to Cafeteria Canada manages *Farm to School: Canada Digs In!* and is proud to partner with Équiterre and 9 other organizations on this exciting initiative.



“ From the first day, when the new salad bar equipment was placed in the cafeteria, the students looked at the salad bar with wide open eyes and attentiveness! There was excitement and an increased interest in trying new food due to the beautiful new salad bar presentation.

WATERLOO ELEMENTARY SCHOOL

Farm to School: Canada Digs In! is a pan-Canadian multi-sectoral chronic disease prevention initiative.



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