

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

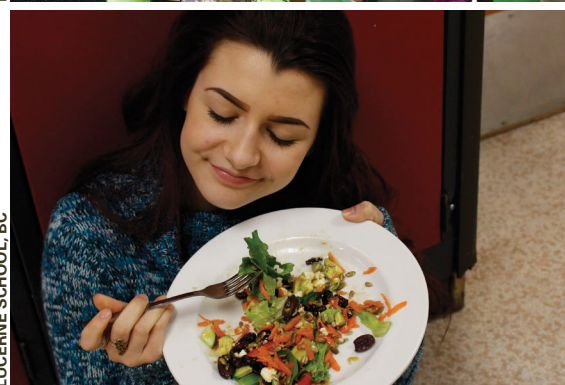
33% of students reported their confidence had increased

32% of students reported their focus in class had increased

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



ÉCOLE SAINTE FLORE, QC



LUCERNE SCHOOL, BC



CLEMENT CORMIER, NB

Farm to school supports student wellbeing and community connections. It brings curriculum to life and enables hands-on student learning. And students gain the skills and habits needed for a lifetime of healthy eating!

EVERGREEN INDEPENDENT SCHOOL, BC



“ 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

ÉCOLE ROBB ROAD, BC



“ 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.

K-8 TEACHER



COLLEGE HEIGHTS SECONDARY SCHOOL, ON

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



Public Health
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MEAL EXCHANGE



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