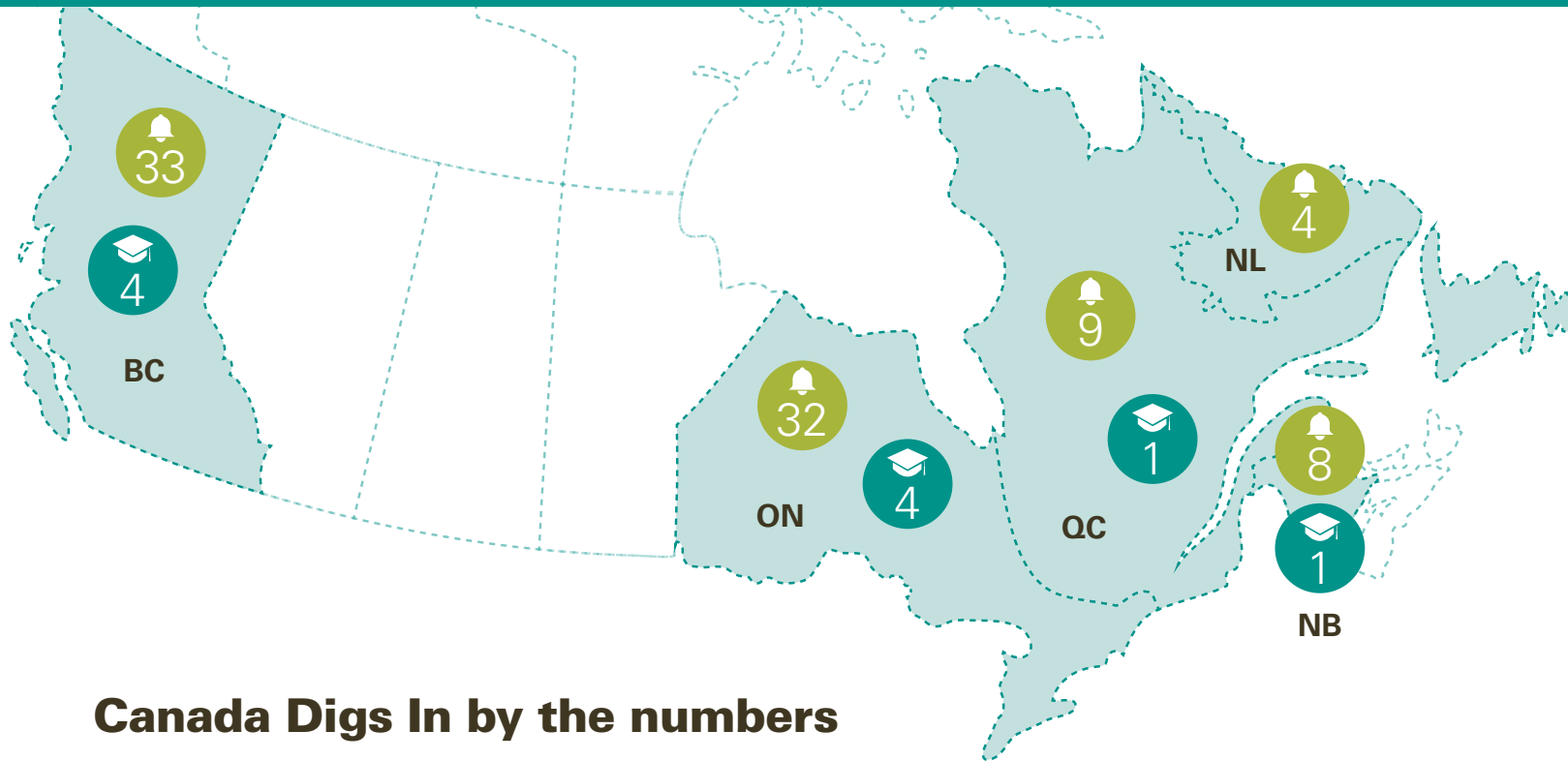


Farm to School: Canada Digs In!



Canada Digs In by the numbers

35,000+

students from
86 elementary and
secondary schools

21,000

students from
10 postsecondary
campuses

5

provinces:
BC, ON, QC,
NB, NL

Up to
\$10,000

per K-12 school

86

farm to school
salad bar
programs

7

Farm to School
Month prize
winners

\$938,000 given directly to schools

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

1. Increase the procurement, consumption and awareness of healthy, local foods.
2. Increase student food skills and knowledge.
3. Engage students and school communities in the farm to school approach.

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 develop food literacy, all while strengthening vibrant, sustainable, economically viable regional food systems.



The Farm to School Approach

About the Farm to School Canada Grants Program

Developed in partnership with Whole Kids Foundation in 2016, the Farm to School Canada Grants program is central to Farm to School: Canada Digs In!

86 schools participated in Canada Digs In! between September 2016 and June 2020. These K-12 schools received grants of up to \$10,000 to deliver farm to school salad bar programs. Students at these schools 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.

These schools



Developed a team with diverse knowledge and skills.

Attended regional training events and participated in on-going knowledge sharing activities.



Engaged students in experiential and classroom learning around growing, harvesting, preparing, serving, and eating healthy local foods.

Established a self-serve salad bar with locally grown, fresh, nutritious, and culturally appropriate foods.



Promoted the initiative and encouraged school participation.

Made the salad bar program accessible to all children regardless of their ability to pay.



Top 3 reasons schools started their farm to school activities:

- 1 To improve **food literacy** and enhance student food knowledge and skills
- 2 To improve **student eating habits**
- 3 To ensure that students have **access to healthy food**

“The increase in consumption of healthy foods along with the development of healthy eating habits while supporting local food producers will be easily sustainable at our school for years to come.

HIGH SCHOOL PRINCIPAL

The momentum continues!

34 more schools
(12,900 students)

in
9 provinces
and
1 territory

begin their Farm to School Canada Grants journey in September 2020.

Farm to School Canada Grant Activities



100%
of schools served fresh, local food

90%
of schools integrated the salad bar
into their existing lunch service



89%
of students served themselves*

86%
of schools involved students
in decisions about menus



Students

- Ate local foods
- Grew their own food in a garden or greenhouse
- Cooked and preserved local food
- Ate local foods from the salad bar
- Composted food waste
- Visited farmers, fishers, foragers, and other local food producers
- Visited a farmers' market or store to purchase local foods

“It has been a fantastic opportunity to be part of this program. Our salad bar program has grown into a weekly tradition and is an example of how we can improve our food culture with a whole school approach and great community partners.

HIGH SCHOOL HOSPITALITY
TEACHER

An estimated **13,000** K-12 students prepared food at school as part of their farm to school salad bar program

At many schools, students were involved at all stages of the process

from planting and growing...

to harvesting, preparing...

and cleaning up the salad bar.





Farm to School Canada Grants – Sustaining the Program into the Future

98%

of schools planned
to sustain their
salad bar after
their grant ended

100%

of schools planned to
continue food literacy
activities after their
grant ended

Farm to School Canada Grants enabled schools to form long-lasting community partnerships and lay the groundwork for strong farm to school programs well into the future.

“ Our composting, gardening and cooking workshops will continue. We also plan to extend connections with our Indigenous community and their tradition of seed saving. ”

K – 8 TEACHER

“ Our relationships with farmers and community groups will allow us to continue holding education workshops and special food days and engaging students using the salad bar program. ”

K – 8 SCHOOL

“ Our plan is to expand next year and get an outdoor garden growing as well. This grant was a real catalyst to getting a whole new program going as we offer a Green Industries course next year, and it has allowed for an amazing contribution to our cafeteria in the way of healthy food. ”

SECONDARY SCHOOL

“ Thanks to the Farm2School program we turned our outdated and unused space to a flourishing nearly 2 acres of usable land which not only will provide our cafeteria with local food, but will also let us give some to our local soup kitchen for years to come. ”

HIGH SCHOOL PRINCIPAL



TAHAYGHEN ELEMENTARY, BC



BROOKLYN ELEMENTARY, BC



ÉCOLE LOUIS-DE-FRANCE, QC

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



Public Health
Agency of Canada

Agence de la santé
publique du Canada



MEAL EXCHANGE



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