

Huband Park Elementary Farm to School Salad Bar



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FARM to SCHOOL



DIG IN!

sponsored by



Public Health
Association of BC

? WHAT IS
FARM TO SCHOOL

Getting started?

SCHOOLS

FARMS

Growing Farm to School in British Columbia

Farm to School BC Start-up Grants

Established in 2007, Farm to School BC is a diverse and expanding provincial network that promotes, supports, and links Farm to School activity across the province. Farm to School programs bring healthy, local food into schools, and provide students with hands-on learning opportunities that foster food literacy, all while strengthening the local food system and enhancing school and community connectedness.

Farm to School BC is pleased to offer Start-up Grants for BC schools to plan and implement new Farm to School programs.

We welcome all BC K-12 schools to apply. Farm to School BC wishes to extend a special invitation to schools that serve more vulnerable students.

We have designed this grant opportunity to take place in two phases to acknowledge and honor the time it takes to plan and implement Farm to School programs for busy schools, teachers, parents,

Courtenay students learning to eat their veggies



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by [Renee Andor - Comox Valley Record](#)
posted Jun 17, 2013 at 5:00 PM



Huband Park Elementary students have been biting into plenty of local produce thanks to the school's new Farm to School Salad Bar program.

Parent, local farmer and salad bar organizer Arzeena Hamir says the salad bar has been in operation once per week for the past six weeks, and she notes there are three objectives of the lunch program.

"The first one is to get kids to eat more fruits and veg for their own nutrition outcomes," says Hamir. "The second is to support local farms, so the money that's being spent here is being circulated in the Comox Valley."

The cost per student per lunch is \$3, though



Spring - summer

- Lettuce
- Cucumbers
- Peppers
- Sprouts
- Cherry tomatoes

Budget - Start-up

■ Bowls, tongs, knives, towels	\$350
■ Food processor	\$50
■ 200 plates & forks	<u>\$300</u>
	\$700
■ Salad Bar unit	\$700
■ Inserts	\$300
■ Commercial Dishwasher	\$6000

Labour Force



How it runs



After 1 full year of running...

- Salad for 36 weeks ~ 2500 servings
- Averaged 60 servings per week
- \$1600 spent on local food
- And very unexpectedly....
 - \$4000 raised in profit
- As of November 2014, serving 100 students/teachers per week

Learnings

