



Transforming how food is experienced, learned and celebrated in all schools across Canada.



Snow is melting, saps are flowing, buds are emerging!

Similarly, school communities across the country are emerging from spring break, gearing up for the home stretch of the school year, and more days spent outside connecting with Mother Nature.

Here at F2CC, this means we're making plans to welcome new school grant recipients while celebrating the achievements of those school projects drawing to a close in a few short months.

With these themes in mind, in this newsletter we're pleased share the following updates:

- **Closing soon!** 2024 Farm to School Canada Grant applications will close April 5th. Apply now!

- **April is Earth month!** Celebrate with us by joining our webinar on plant-powered food in schools
- **Get growing** with our latest resources all about hydroponics and indoor growing
- **Be inspired** by new stories from our 2022 Farm to School Canada grant recipients

As March draws to a close we're excited to welcome the Vernal Equinox and the promise of new life it brings and inspires. We hope the spring season brings new ideas and new opportunities to you and your school community.



10 Days Left!

Submit Your Application by April 5th for the 2024 Farm to School Canada Grant Program!

The 5th cycle of the Farm to School Canada Grants Program, that we've launched in partnership with the [Whole Kids Foundation](#), is still open for applications until April 5th. Check out our [applicant webinar](#) if you're working on your application!

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, such as 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.

To learn about our previous grant cycle or see our current list of grantees, visit our grants page here:

[2024 Farm to School Canada Grants](#)

TRAINING OPPORTUNITIES

Tuesday April 16, 2024: 12-1pm PST/ 3-4pm EST

Free Webinar: Greening Cafeterias

INCORPORATING PLANT-POWERED FOODS INTO SCHOOLS, FROM CHILDCARE TO GRADE 12

Brought to you by F2CC and Forward Food



**HUMANE SOCIETY
INTERNATIONAL
CANADA**



New Webinar:

Plant-Powered Foods for Earth Month

Are you interested in learning fun ways to get students excited about plant-forward foods?

April is Earth Month and this year we're pleased to be collaborating with Humane Society International/Canada (HSI/Canada) to learn about their [Forward Food](#) program while sharing inspiration and resources for those who are interested in bringing more healthy and sustainable plant-powered food into schools.

Join us along with the folks from HSI/Canada on April 16th from 12:00pm - 1:00pm PST / 3:00pm - 4:00pm EST for our **"Greening Cafeterias Webinar: Incorporating Plant-Powered Foods into Schools, from Childcare to Grade 12"** to learn about:

- Environmental benefits of plant-powered foods
- Fun and practical ways to incorporate inclusive, plant-powered foods within childcare and K-12 food programs, as well as in the classroom
- About HSI/Canada's Forward Food program, and how you can access their free resources.

This webinar is for anyone involved with teaching about and/or or serving food in childcare or K-12 settings across Canada.

**This webinar will be in English but will be recorded and posted with French subtitles.*

Webinar Signup

New Stories of inspiration from our 2022 Grant recipients

As we get ready to welcome new Farm to School Canada Grant recipients in September 2024, our 2022 grantees are wrapping up their projects and their stories are sure to inspire!



Read about **Carlin Elementary Middle School's** “eating, growing and thriving” activities in North Okanagan Shuswap [here](#).



Read about the delicious salads and other Farm to School initiatives at **Cherry Hill Elementary** [here](#).

“This is the best salad I have ever had.”

– Student

NEW RESOURCES



Recent Webinar & Associated Resources:

Hydroponics & Indoor Growing

Earlier this winter, we hosted a 2-part webinar series in partnership with Farm to School BC aimed at helping schools make the most of

hydroponics and other types of indoor growing systems.

No matter where a school is located in Canada, indoor growing systems can offer a lot of benefits, but choosing the right system and maximizing it for your school's location and goals can feel overwhelming. This series featured guest speakers from schools who shared their first-hand learning experiences from getting started to the impacts their projects have had in their schools.

Part 1: Introduction to Hydroponics

- [See the recording here](#)
- [Living Hydroponics Models Comparison Resource](#)
- For more resources check out our "Hydroponics and Indoor Growing" section under the "Growing and Cooking" tab in our [Resource Centre](#)

Part 2: Indoor Growing and Microgreens

- [See the recording here](#)
- [Spring Planting Calendar](#)
- [School Garden Mentorship Program](#)
- [Paul Denby's Microgreens Materials and Process](#)



**Map the change you want to see
in school food!**

***In as little as 5 minutes, YOU can help inform school food program
and policy development in Canada!***

By registering on Canada's School Food Map, you're helping to document activities happening across Canada to transform how food is experienced, learned and celebrated in schools.

If you represent a school, community organization, farmer or other local food producer, then you can register on the map!

[Register now!](#)



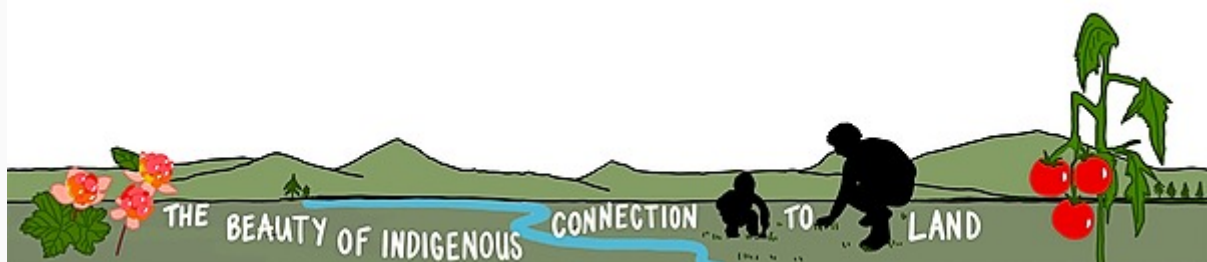
10 Ways to Get Involved!

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](#)

[Donate](#)

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](#).



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