

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.

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

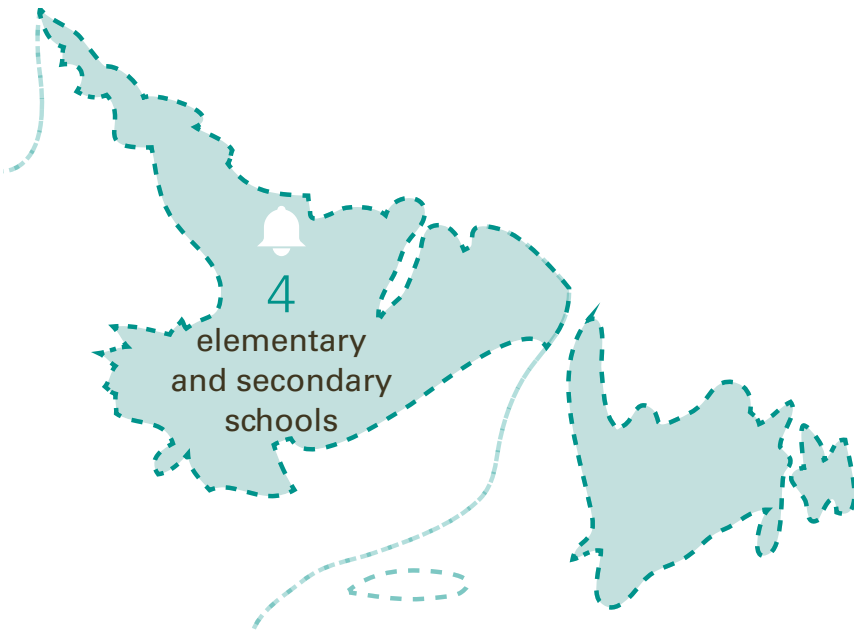
26% of students reported they had more desire to be at school



The Farm to School Approach

“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 – 8TEACHER**”

“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**”



1208 + \$36,000


students

given directly to NL schools

= 4 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 Newfoundland and Labrador and across Canada

 Food First^{NL} The lead organization championing the farm to school movement in Newfoundland and Labrador is **Food First NL**. A provincial non-profit organization that works to improve access to healthy, safe, and culturally-appropriate food for all people in Newfoundland and Labrador, Food First NL is one of 11 partners in the *Farm to School: Canada Digs In!* initiative.

Learn more at www.foodfirstnl.ca



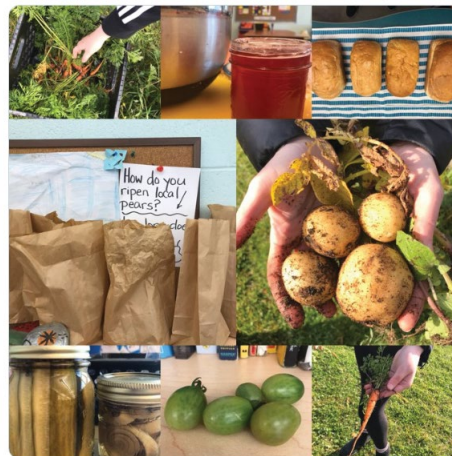
Leadership and coordination of Canada's national farm to

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 Food First NL and 9 other organizations on this exciting initiative.



The Swinging Belles @swingingbelles

We made the bread! It's harvest time in Grades 5/6! It's been a busy week of gardening, pickling, baking, ripening and eating! Going to be sharing our bounty with the whole school soon with our first school wide salad bar! @StTeresasSchool1 @NLESDCA @foodfirstNL



8:29 AM · Oct 12, 2019 · Twitter for iPhone

“ Students have become more involved and aware of their food choice. Our school garden has given students the opportunity to grow and harvest vegetables which they may not have had the chance to experience otherwise. Students enjoyed being involved in the growing of their own food and the creation of healthy meals from this food.

CLARENVILLE MIDDLE SCHOOL

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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