



Celebrate Farm to School Month

October is National Farm to School Month and the North Carolina is crunching apples. Here are just a few ideas of ways you can celebrate, and recognize, Farm to School efforts in your school. Visit www.ncfarmtoschool.com for more information and resources.

School Nutrition Directors

- Order "local" produce from the NC Farm to School program or your produce distributor
- Use NC Farm to School posters and other promotional materials
- Invite local media (radio, TV and print) to tour the cafeteria and eat lunch
- Host a day for parents to eat lunch with their kids
- Invite the PTA executive committee, school board and superintendent to eat lunch
- Make a presentation about Farm to School in your district at the next PTA or School board meeting
- Put up bulletin boards promoting "local" crops you purchase through
- Write a "Letter to the Editor" about your school lunch program
- Hold a nutrition fair for school students
- Ask principals to announce daily facts from the NC Farm to School calendar over the intercom
- Include NC Farm to School logo on menus

School Nutrition Staff

- Visit a local farm/Farmer's Market for staff development
- Invite a farmer to meet the staff
- Invite a local chef to present a program
- Hold a taste testing of local products
- Give a cooking demonstration

Teachers

- Have students participate in the NC Farm to School calendar art contest
- Incorporate NC Farm to School calendar facts into lessons
- Invite a local farmer or chef to make a class presentation
- Arrange with the cafeteria manager to take students on a tour of the school cafeteria
- Visit a local farmer. Find one at www.visitncfarms.com.
- Have a coloring/poster contest
- Become pen pals with a farmer
- Start an outdoor garden as an educational activity
- Teach a lesson on the fruits and vegetables available through NC Farm to School
- Have students research a fruit or vegetable

Families at home

- Buy from a local farm/Farmer's Market
- Visit a local farmer. Find one at www.visitncfarms.com
- Ask an elder relative for their favorite recipe using seasonal produce and make it as a family
- Try and fruit/vegetable you've never tried before