

NC Farm to School



Celebrate Sweet Potato Month

February is National Sweet Potato Month. Here are just a few ideas of ways you can celebrate this nutritious vegetable in the schools and at home.

Child Nutrition Directors

- Order sweet potatoes from the NC Farm to School program
- Make an edible display featuring sweet potatoes
- Invite local media (radio, TV and print) to tour the cafeteria and eat lunch when serving sweet potatoes
- Host a day for parents to eat lunch with their kids when sweet potatoes are being served
- Invite the PTA executive committee, school board and superintendent to eat lunch featuring sweet potatoes
- Distribute the NC Farm to School newsletter to all stakeholders
- Make a presentation about Farm to School in your district at the next PTA or School board meeting
- Put up bulletin boards promoting sweet potatoes purchased through NC Farm to School
- 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 Cafeteria Staff

- Visit a local sweet potato farm/Farmer's Market for staff development
- Invite a sweet potato farmer to meet the staff
- Hold a taste testing of different sweet potato varieties/recipes
- Give a cooking demonstration using sweet potatoes

Teachers

- Have students create artwork featuring sweet potatoes for the NC Farm to School calendar art contest
- Incorporate NC Farm to School calendar facts into lessons
- Invite a local sweet potato farmer to make a class presentation
- Arrange with the cafeteria manager to take students on a tour of the school cafeteria
- Visit a local sweet potato farmer. Find one at www.visitncfarms.com.
- Have a coloring/poster contest
- Become pen pals with a sweet potato farmer
- Start an outdoor garden with sweet potatoes as an educational activity
- Teach a lesson on sweet potatoes

Families at home

- Buy sweet potatoes from a local farm/Farmer's Market
- Visit a local sweet potato farmer. Find one at www.visitncfarms.com
- Ask an elder relative for their favorite recipe using sweet potatoes and make it as a family