



### **In North Carolina...**

The NC Farm to School program has been supplying school cafeterias across the state with the freshest, locally grown produce from NC farms since 1997.

All public school districts in NC can be a part of the NC Farm to School program that includes watermelons, cantaloupes, tomatoes, apples, cucumbers, red potatoes, grape tomatoes, broccoli crowns, cabbage, romaine lettuce, apple slices, collards, sweet potatoes, strawberries, squash, zucchini and blueberries. All products offered through the NC Farm to School program are grown on NC farms. These farms are GAP (Good Agricultural Practices) or third party audited.

The program is run through the North Carolina Department of Agriculture and Consumer Services' (NCDA & CS) Food Distribution Division in cooperation with the Marketing Division. During the 2011-12 school year, the NC Farm to School program delivered over one million dollars worth of NC produce to NC schools, reaching 1,003,921 students in 1,599 schools. The program expands from 20 to 23 weeks for the 2012-13 school year.

This program is only one way NC farm products are finding their way into schools. Other Farm to School efforts include farm visits, chef demonstrations in classrooms and other hands-on methods of educating students where their food comes from and nutrition, healthy eating habits. Many individuals and organizations across the state are working in support of such programs, a benefit to NC agriculture, the state's number one industry, and school cafeterias.

### **Nationally...**

Representative Rush Holt of New Jersey introduced a resolution to officially designate October as National Farm to School Month. In November 2010, Congress approved House Resolution 1655.

Schools across the nation are participating in Farm to School efforts connecting schools to local farms. For more information visit the National Farm to School Network at <http://www.farmtoschool.org/>.

### **In Your School District....**

To find out if your school district participates in the NC Farm to School program, visit the website at <http://www.ncfarmtoschool.com>.

Take time to eat lunch in a school cafeteria and make sure to ask about the food on the menu. While it may look the same, today's school pizza today is made with whole wheat crust, low fat cheese and turkey pepperoni. Students across the state are enjoying sweet potatoes, squash, zucchini, collards, cabbage and other fruits and vegetables available through NC Farm to School.

### **Impacts**

Farm to School gives NC farmers a viable market for their crops while providing the schools a local source of fresh, seasonal produce. In addition, there are opportunities for agriculture, nutrition and health education.

When students make the connection between agriculture and food, they realize that the healthy, nutritious food they rely on each day doesn't come from a grocery store, but from a NC farmer.