



# Farm to School

New market opportunities for farms  
Healthy food and farm education for kids



# Farm to School

- Getting locally grown foods into school lunches and snack programs
- Education about food, nutrition, and agriculture
- Experiential learning through school gardens and hands-on food skills projects
- Visits to farms or farmers markets
- Farmers and chefs in the classroom



# Why farm-to-school?

Fresh, tasty, healthy  
food for kids . . .



Photo by: Sam Tonn at Van Asselt Elementary



and more reasons to  
want to eat them!

# Why farm-to-school?



Focus, behavior  
and attention

Readiness to  
learn



# Why farm to school?



Learning where and how our food is grown

the role of farmers in land and water stewardship



and how agriculture contributes to Washington's economy

# Why farm to school?

Encourage healthy eating habits and food skills that will last a lifetime



Photo by: Eva Ringstrom of Eat Better, Feel Better



Photo Courtesy of Blue Earth Farms

# Why farm to school?



Support Washington  
agriculture and  
farmland preservation



# WSDA Farm-to-School Program



- Assist producers, distributors and brokers to market WA Grown food to schools
- Assist schools in connecting with local producers
- Identify and share education resources on the nutritional, environmental, and economic benefits of locally grown foods
- Support efforts such as school gardens and farm visits

# WA Grown Fruit and Vegetable Program



- Increase children's consumption of WA grown, packed and processed fresh, dried and frozen fruits and vegetables
- Expand variety of WA grown fruits and vegetables children experience throughout the school year
- Make a difference in children's diets to positively impact present and future health
- Expand the market for locally grown produce

# Local Purchasing: Serving lunches and snacks from Washington farms

## Olympia School District

- Currently buys from more than 8 local farms.
- Cut spending on desserts and ready-made pizzas
- Greening the district – metal forks and reusable trays
- Money saved can be spent on locally grown foods.

30% of produce budget used to buy fruits and vegetables direct from local farms.



# A note about participation rates

- Salad bar lunches are popular
- Increased participation rates because
  - Parents approve of healthier lunches
  - Kids choose it
  - Teachers start eating school lunches!
- Increased revenues can help pay for higher food costs in buying local, fresh produce

# Orcas Island Farm to Cafeteria 5<sup>th</sup> Season Project



Photo by Madie Murray, Orcas Island Farm-to-Cafeteria

- Students in the FEAST Program
- Preserve the local summer harvest for school lunches
- On-site packing and freezing

32 gallons of summer squash  
11 gallons of green beans  
20 gallons of plums  
three gallons of raspberries  
12 gallons of cut potatoes for French fries.

# Providing Experience and Ownership



## School Gardens & Hands-On Food Skills Lessons ...

- Foster pride and teamwork
- Build enthusiasm for trying new foods
- Teach kids to grow, harvest and prepare healthy food
- Provide understanding of agriculture



# Classroom in Bloom

Classroom in Bloom is a half acre garden on the campus of Liberty Bell High School and Methow Valley Elementary School in Winthrop, WA.

The garden provides hands-on education integrated into the school's curriculum.



"I liked learning how to prune the raspberries, then afterwards I went home and did it to my own raspberry patch."

- Delilah 5th grade

"I like how we helped the garden, because if we didn't help, we wouldn't be eating lunch."

-Devin 1-2 combo. Class

"I have three kids in your program and they all come home from school and talk about it. They're trying to get us to garden more.....which is good!"

- Parent volunteer



# Classroom in Bloom



Through working with the head chef in the school cafeteria, Classroom in Bloom determines what and how much food can be easily incorporated into the lunch menu. The garden focuses on winter keeper crops and foods that can be harvested in the fall when school is back in session. Students harvest on Wednesdays and Fridays and store the fresh bounty in the cafeteria walk-in until use.



## 2007-2008 : Food Harvested for Cafeteria

- 233 pounds of carrots
- 129 pounds of potatoes
- 200 pounds of tomatoes
- 180.5 pounds of winter squash
- 38.75 pounds of cabbage

# Learning from the Experts



Photo by Sam Tonn at Van Asselt Elementary

# Going Back to the Source

## Visit a farm or farmers market

- Shared experience to build on
- Provides fun and positive framework for discussion
- Easy to tailor experience for all ages
- Harvest season as school year begins – great way to start!



Photo Courtesy of Blue Earth Farms

# Questions? Follow-up?



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