



Use these Vermont products in your snack program this month:

Apples
Beets
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Chard
Kale
Leeks
Onions
Parsnips
Potatoes
Pumpkins
Radishes
Rutabaga
Turnips
Sweet Potatoes
Winter Squash



Farmers store root crops year-round. If you need assistance locating these products, see the Resource section.

Vermont celebrates...

AGRICULTURAL LITERACY WEEK



Today, about 90% of the population is two or three generations removed from production of food and fiber. This month, Vermont is celebrating Agriculture Literacy Month by visiting farms, inviting farmers into the classroom, and getting children excited about where their food comes from. Understanding the connection between soil, plants, and the food on our tables helps children to gain a deeper understanding of health, environment, geography, culture, economics, and history. Creating an Agriculture Literacy Month is a great opportunity for children to learn the process of food production, processing, transport, and consumption so they can make healthier, more educated choices for themselves and their communities in the future. For more information, visit the USDA's resources at: csrees.usda.gov/nea/family/sri/youthed_sri_literacy.html

Other November Celebrations

America Recycles Day
americarecyclesday.org

Native American Heritage Month
nativeamericanheritage.gov/about/

Resources

For classroom activity ideas see back page or visit:
agclassroom.org

For snack ideas see back page or visit:
cspinet.org/nutritionpolicy/healthy_school_snacks.html

ACTIVITIES for AGRICULTURE LITERACY WEEK

- ★ **Food Maps:** Have kids pick a fruit, vegetable, fiber, or animal and map out the process of farm to table.
- ★ **Invite a local farmer to talk** about farming and food production.
- ★ **Build a Meal:** Have children pick their favorite meal, identify all the ingredients, and trace back each one to its original source.
- ★ **Versatile Veggies:** Brainstorm all the ways products like corn or wheat can be used as food, energy, clothing, etc. Consider the uses of animal products as food and clothing.



See the **Education Activities & Connections Section** for more ideas.

SNACK bites

- **Far Far Away, or Home Sweet Home Snacks:** How far did your snack foods travel to get to your plate? Have students track down the miles traveled for each ingredient.
- **Tack Snack:** Stick a tack randomly on a map and see what kind of food that region produces.
- **Eat the Alphabet:** Pick a letter each day and plan a snack food that starts with that letter. Teach students about where and how that product was made. (i.e. A is for Apple, B is for Blueberry)
- **All the Ways to Eat One Fruit:** Pick a fruit, e.g., apples, and try to process it as many ways as students can think of. (i.e. apple sauce, slices, leather, popsicles, pie, cake, juice, etc.)
- **Try a vegetable that has a variety in an unexpected color:** purple, white, and yellow carrots.

Agricultural Facts

- The average person eats 584 lbs. of dairy products a year.
- 17% of Americans work in agriculture, only 1% are farmers.
- Beef production is the largest division of American agriculture.
- The average cow produces 7 gallons of milk daily.
- During one day, honey bees can pollinate up to 10,000 flowers and fly over 12 miles.
- About 27% of our food supply, about 96 billions pounds, is thrown away each year.

from farmersfeedus.org/fun-farm-facts/

Books for Agriculture Literacy

- “Honey Cookies” by Meredith Hooper is about a boy named Ben who goes on an adventure to find out where all the ingredients in his Grandma’s Honey Cookie recipe come from.
- “A Year at Maple Hill Farm” by Alice Provensen is a story about a year on the farm, following the changes in seasons, and growth of animals.
- “How Ground Hog’s Garden Grew” by Lynne Cherry is about a little groundhog who learned to plant and grow his own food.
- “Bread is for Eating” by David Gershator is a celebration about baking bread, from farm to loaf.
- “Farming” by Gail Gibbons illustrates the work that must be done on a farm throughout the year.
- “Beatrice’s Goat” by Page McBrier tells a story of a young African girl who really wants to go to school but must instead watch over her family’s goats.