



Use these Vermont products in your snack program this month:



Apples
Beans
Beets
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Chard
Cucumbers
Eggplant
Greens
Kale
Leeks
Lettuce
Onions
Parsnips
Peppers
Potatoes
Pumpkins
Radishes
Rutabaga
Scallions
Spinach
Summer Squash
Turnips
Winter Squash



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

Celebrating...

FARM TO SCHOOL MONTH

Farm to School Month celebrates programs that connect local farms and schools to promote healthy lifestyles and serve healthy food to children. Bringing fresh and local produce into school cafeterias improves student nutrition and bolsters support for local farmers and community agriculture. Celebrate Farm to School month by visiting your local farmer or farmer's market, serving new fruits and vegetables in your cafeteria, or having students plant seeds to grow their own fresh fruits and vegetables. Learn more at farmtoschoolmonth.org or check out your state's program on the National Farm to School Network at farmtoschool.org.

Field Trip Ideas

- **Pick Apples:** Take a field trip to your local orchard, try different varieties of apples, and discuss fruit tree care throughout the year.
- **Milk a Cow:** Visit a dairy farm to learn where milk comes from and how to care for and milk a cow. Identify products made from cows. Make butter from cream.
- **Maple Sugaring:** Participate in the sugaring process and explore how sugaring techniques have changed over time.
- **Pick Your Own:** Plan an adventure to your local vegetable or berry farm. Freeze or process the harvest for use later.
- **Visit an Apiary:** Research how bees find and gather nectar, explore beekeeping tools, and learn about products made from honey and beeswax.

Other October Celebrations

Health Literacy Month • healthliteracymonth.org
World Vegetarian Day • worldvegetarianday.org

ACTIVITIES for FARM TO SCHOOL MONTH

- ★ Invite a local farmer, chef, or food service staff into your classroom to present an activity or talk with students. Become a pen pal with a local farmer.
- ★ Plan a taste test featuring a local food product that is in season.
- ★ Create a school garden or a container garden for your class.
- ★ Use local foods as a healthy school fundraiser or a feature at a special event.
- ★ Organize farm tours or trips to the local farmers' market.



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

SNACK bites

- Make kale chips. eatingwell.com/recipes/kale_chips.html
- Taste test different varieties of apples.
- Visit a local farm to pick vegetables.
- Milk as a snack. Try all the different dairy products made from milk like low-fat yogurt, or cheddar cheese.
- Make maple balsamic vinaigrette or yogurt dill dressing for dipping vegetable sticks.



See **RECIPE** section for more ideas

Getting Started with FARM TO SCHOOL

1. **Assess where you are and where you'd like to be.** What are your goals?
 - Incorporating local and seasonal food into the cafeteria?
 - Integrating farm, food, and nutrition curriculum into the classroom?
 - Establishing a school garden?
 - All of the above?
2. **Form a team and collaborate.** School food service staff, teachers, administrators, local farmers, students, parents and community organizations each have an important role in establishing a sustainable Farm to School program.
3. **Establish one or two attainable goals to get started.** Ideas include:
 - Identify menu items that you would like to transition to local products
 - Find a farmer or distributor to connect you to local items
 - Plan a local meal event
4. **Determine training needs to assist food service staff with incorporating farm fresh items in meals**
5. **Assemble a school garden planning team**
6. **Identify curricular opportunities to connect to a school garden**
7. **Bring a chef into the classroom**
8. **Plan a farm field trip or host a tasting event featuring local produce**
4. **Learn from others.** If you run into an obstacle there is probably someone who has run into it before. Connect with your State Lead at the National Farm to School Network for help: www.farmentoschool.org.
5. **Promote Farm to School in your school and community.**
 - Signage in the cafeteria
 - Bulletin boards throughout the school
 - School newsletters
 - School website
 - School events / PTA /etc.
 - Local media