



National Farm to School Month Ideas

October is National Farm to School Month and we have ideas for anyone interested in planning an activity with your students. Look below for the description that fits you best and get some ideas, or contact us for more brainstorming!

Principals

- Hold a special day or event that features a food producer or local chef and talk with students and faculty about local food.
- Encourage the PTA and teachers to host a Farm-to-School activity or classroom lesson.
 - Example: Have a potluck for the staff using local foods and invite a local chef to make dessert.

Teachers

- Invite a food producer, local chef, or expert from the community to come talk to your class about the food system.
- Hold a "Farm to School Friday" activity during October.
- Assign a class project to search the media for news related to Farm to School.
- Have your students identify a favorite food and try to figure out how far they would have to go to get the ingredients.
- Example: Invite a local farmer to your classroom to do a presentation about their farm. (Need help finding a farmer? Call us!)
- Work with a local farmer to hold a "Kid's Farmer's Market" where the students get play money to buy local produce.

Students

- Poll your fellow students on what healthy local foods they would like to see served at lunch.
- Host a taste test with local product to see what is the most popular.
- Make a collage, story, or poem about what Farm to School means to you.
- See if you can tour the school kitchen and learn about the school food challenges.
- Example: Draw a cartoon clip to put into the school newsletter that uses Farm to School themes.

Food Service Staff

- Have a "Local Food Lunch".
- Try a "Fish Friday" or "Wild and Local Wednesday."
- Visit a classroom to talk about food safety, school nutrition, or challenges for serving local food.
- Poll the students about what they like and don't like in the school lunch.
- Example: Visit the science classes and discuss the possibility of creating a school garden.

Food Producer, Distributor, Chef, or Processor

- Visit a school or class and talk about what you do in the food system.
- Bring in a sample of food for students to try.
- Team up with the food service to see if you can feature something local.
- Example: As a Distributor you could bring a variety of products to show what's available to restaurants and discuss the important role you play in getting the food from the farm to the end user.

Community Member, PTA, Local Food Advocate

- Help facilitate any of the above activities.
- Sponsor or link up with a local school to feature a Farm to School theme project.
- Example: As a member of the PTA you might sponsor a class snack time using local foods.

Find your local expert

- Master Gardeners
- Alaska FFA
- University Cooperative Extension Services
- Alaska 4-H
- Garden club
- Any other organization or community members that engage in the local food system

Media Suggestions

- Contact your local newspaper.
- Write, draw, or color something for your school newsletter.
- Ask your school to put your activity on Facebook, put on your wall, or send it to Johanna.herron@alaska.gov for us to highlight and promote!

Additional opportunities to align with your farm to school activities

- Here's something we can all sink our teeth into ~ National Food Day on October 24th!
- National School Lunch Week is a weeklong celebration of the school lunch program October 13-17th.