

● **One-third of U.S. children are obese and overweight.**

● **The typical food item in the U.S. travels 1,500 to 2,400 miles from farm to plate.**

● **With only 2.2 million farmers, the U.S. has more prisoners than farmers.**

Farm to School programs across the country want to change these statistics.

Farm to School experiences help children understand where their food comes from and the labor involved in bringing it to their table. They learn how plants grow, what they need to survive, and how foods affect their body, environment and community.

What are the benefits?

- The cafeteria becomes a classroom.
- Students and teachers discover the improved taste (and benefit from additional nutrients) of locally grown and freshly picked produce.
- Farmers restore a connection to consumers and gain reliable new markets in schools.



Farm to school programs are a win-win-win for children, farmers, and communities.

WHY FARM TO SCHOOL?

Our local Farm to School team includes members from the following organizations:

Lexington-Fayette County
Health Department

The Arboretum

Fayette County Public Schools,
Child Nutrition office

The Lexington Farmers Market

Farm Bureau

Berries on Bryan Station Farm

This brochure has been adapted from the National Farm to School Network brochure, www.farmtoschool.org

Fayette County Farm to School

Anyone is welcome to join our team! For more information, please contact:

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Fayette County

Farm to School

**Nourishing
Kids and
Communities**



What's Happening Now?

The Lexington-Fayette County Health Department received a \$5000 grant from the Kentucky Department for Public Health and Partnership for a Fit Ky. Several Fayette County Public Schools were selected to participate in the program. The level of participation was left up to the school staff.

The following schools participated in 2011; we hope to expand in the future:

- Lansdowne Elementary
- Tates Creek Elementary
- Russell Cave Elementary
- Booker T. Primary
- Bryan Station Middle
- Tates Creek High School



The grant requires that we fund programs in the following three areas:

IN THE CAFETERIA

- Throughout the school year, schools have had **taste testing days** in their cafeteria. Children have tasted watermelon, cherry tomatoes, raspberries, just to name a few. All

the children willing to taste receive an "I tried it!" sticker.

- **Posters** describing the foods grown locally are being created and will be placed on the walls of the cafeterias so the children can learn more about where the food they sample comes from.

IN THE CLASSROOM

- Several teachers have reviewed Farm to School **lesson plans** and incorporated them into their classroom content. Lessons were placed on a county-wide intranet, available to all Fayette County Public School teachers.
- Books about farming and gardening were given to classrooms, as requested.
- **Farm field trips** are being funded using grant money. Schools are usually only able to offer their students a limited number of field trips each year due to limited funding, so we cover the cost of these trips to enable more students to have a farm experience. Children often remember field trips for years to come and learning how food is grown has been linked to more "mindful" eating and lower rates of obesity.



Berries on Bryan Station, a local farm right here in Fayette County.

IN THE COMMUNITY

- Our team will host a **family fun night** at one participating school. Chili made with locally raised meat and tomatoes will be served along with a locally grown green salad. Farm to school information will be distributed at the event.

What Could Happen?

It takes a whole community to put nutritious foods from local farms on the menu in schools and in the classroom.

These and other ideas could become reality with more support from parents, administrators, teachers, farmers, and the community.

- Feature local foods in lunch, breakfast or snacks
- Plan nutrition education activities, such as Harvest of the Month, featuring local foods
- Connect instructional school gardens and garden-based learning activities to the curriculum
- Use local foods as a healthy fundraiser or featured at a special event

Learn how you can get involved. If you would like your child's school to participate in Farm to School program, please contact Nancy Hiner at (859) 288-2344 or nancyg.hiner@ky.gov.