



Ohio Farm to School Curriculum

How Can My School Participate in Farm to School?

Ohio's Farm to School Program helps provide every child access to nutritious food while supporting communities and local farmers. An important component of this program is offering nutrition and agriculture education through school gardens, composting programs and farm tours. This initiative not only provides children with fresh, local food, but also helps them understand where their food comes from and how food choices affect their bodies, environment and community. Your school can participate in a variety of ways. This guide will explain the curriculum and how your school can participate.

The Ohio Department of Agriculture's Farm to School Program, facilitated through the Ohio Food Policy Advisory Council, works to connect schools with local farms in order to serve healthy and nutritious meals to school children using Ohio-grown foods.

The program combines collaborative efforts between the Ohio Departments of Agriculture and Education and is funded by the U.S. Department of Agriculture.

Overview

What is Farm to School Curriculum?

- Teaches students the process of food, from farm to fork.
- Educates students about sustainable growing practices including soil science, ecological growing practices, farmland preservation and the value of small farms.
- Includes a nutrition-education component that shows students the value of nutritious foods and making healthy food choices.
- Provides information on how students and families can access local food in their communities.

Other examples of Farm to School curriculum can be found at www.agri.ohio.gov/FarmToSchool.

Bring the Farm to Your School



Incorporate Fresh Fruits and Vegetables into the School Lunch Program

Try including one or more local food items into your hot lunch, ala a carte, salad bar, baked potato bar or other meal service that is part of the National School Lunch Program. Complete the farm to school circle by giving credit to the farm from which the produce originated. Many schools do this by displaying a poster at the serving area.



Incorporate Farm Fresh Produce into Ohio School Feeding Programs

There are other ways to incorporate fresh, local produce at your school. Try adding one or more local food items to your after-school snack or meal program, summer food service program or fresh fruit and vegetable program, if your school participates in any of these.



Start a School Garden

Starting a school garden is a great way to provide students with hands-on learning opportunities and incorporate produce from the garden into your school meals. For more information about starting a school garden, visit the Ohio Farm to School website at www.agri.ohio.gov/FarmToSchool.



Interact with Local Farms and Farmers

Schools can easily incorporate Farm to School curriculum by taking a field trip to a local farm or inviting a local farmer into the classroom. To find a farm in your area, contact your local Ohio State University Extension Office or visit the Ohio Farm to School website at www.agri.ohio.gov/FarmToSchool.



Organize a School Fundraiser

A local foods fundraiser can support your school and the local economy.

There are three ways to organize a fundraiser:

- 1) Take a field trip to a U-Pick farm and sell produce collected.
- 2) Recruit farmers to sell produce on school grounds with a portion of the proceeds going to the school.
- 3) Partner with local companies to create a catalog of local foods.



Conduct Cooking Taste Tests and Demonstrations

Taste tests and cooking demonstrations can help expose students to different local foods. Schools can hold cooking demonstrations and taste tests in the cafeteria or classroom. These events can serve as a valuable form of Farm to School curriculum.

For More
Information

For more information about Ohio's Farm to School Program or how to implement programming in your school, contact the Ohio Department of Agriculture's Ohio Farm to School Program Coordinator at 614-387-1095, farmtoschool@agri.ohio.gov, or visit the website at www.agri.ohio.gov/FarmToSchool.

