October is Farm to School Month!

**OCTOBER** is a time to recognize the importance of farm to school programs for improving child nutrition, supporting local food producers and economies, and educating children about the origins of food.

**Mustache Mondays!**

**Fresh From the Farm in 48 Hours or Less ... DRINK FRESH!**

To celebrate Farm to School in Oklahoma this year, we are talking milk! Every Monday in October, post pictures of your students with milk mustaches on Facebook and tag Oklahoma Farm to School by using #OKFarmtoSchool. By doing so, your pictures will be added to the website at [www.okfarmtoschool.com](http://www.okfarmtoschool.com)!

**How Schools can Celebrate Farm to School Month**

- Host a taste test of fresh fruits and vegetables in the cafeteria or classroom
- Plan a fieldtrip to a local farm
- Start a school garden
- Create a bulletin board with photos of local produce, student work and upcoming activities
- Invite a local chef to present a demonstration