

# CELEBRATE Farm to School Month

Ideas and resources for celebrating National Farm to School Month

**OCTOBER IS NATIONAL FARM TO SCHOOL MONTH**, a time to celebrate the connections happening all over the country between children and local food!

The **National Farm to School Network** advocated for the creation of National Farm to School Month and now organizes the annual celebration in partnership with dozens of partner organizations. National Farm to School Month was designated by Congress in 2010 to demonstrate the growing importance of farm to school programs as a means to improve child nutrition, support local economies and educate children about the origins of food.

## Get involved

Everyone can celebrate Farm to School Month! The second page of this fact sheet contains ideas for teachers, food service professionals, farmers and families. The National Farm to School Network has also developed resources and activities to promote Farm to School Month in schools, communities and media outlets. All of these tools are available on [farmtoschool.org](http://farmtoschool.org).



Visit [farmtoschool.org](http://farmtoschool.org) for a complete list of Farm to School Month resources and activities.

## Spread the word

Here are some ways you can help us get the word out about Farm to School Month:

- **#F2SMonth** - Use this hashtag in your social media messages
- **@FarmtoSchool** - follow us on Twitter
- Follow us on Facebook by searching for "National Farm to School Network"

## Learn more about the movement

Throughout October, we'll be sharing stories and information on our **blog** about how farm to school is empowering children and their families to make informed food choices and contributing to vibrant communities. Our **resource database** is home to even more information and includes searchable tags for Farm to School Month as well as topics like farm to preschool, school gardens and procurement.

## Win \$1,000 for your community

Everyone who fills out a membership form or a "Share Form" on our website during October will be entered to win a drawing for \$1,000 to spend on a farm to school project in their community!

- By signing up for a **free membership** on our website you'll receive our e-mail newsletter and will hear about special events like the National Farm to Cafeteria Conference.
- The **Share Form** helps us collect stories about what's happening on the ground. These stories help us advocate for farm to school and raise awareness about the benefits of farm to school.
- Learn more: [farmtoschool.org](http://farmtoschool.org)

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# Celebrate

Many farm to school programs begin with a small activity that generates interest and engages the whole community. We hope you can use these ideas for celebrating Farm to School Month as a starting point for establishing a new farm to school program or strengthening an existing program.

## Organizations and businesses

- Become an official Farm to School Month partner! Partners commit to using their communications channels to spread the word about Farm to School Month. Suggested messaging and weekly updates will be provided by NFSN. Contact: [info@farmtoschool.org](mailto:info@farmtoschool.org)
- Show your support for Farm to School Month by becoming an official sponsor! Contact: [info@farmtoschool.org](mailto:info@farmtoschool.org)

## Teachers

- Plan nutrition education activities, such as Harvest of the Month, featuring a local food product that is in season.
- Connect instructional school gardens and garden-based learning activities to the curriculum.
- 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.
- Send information about Farm to School Month to parents.

## School food service professionals

- Promote Farm to School Month on the school menu and in the cafeteria. Find logos, posters and more at [farmtoschool.org](http://farmtoschool.org)
- Do a taste test of local products or feature one item for lunch, breakfast or snacks.
- Create a farm to school salad bar using local products.

## Farmers

- Connect with your local school and offer to conduct a classroom session during October or offer to host a visit to your farm.
- Become a classroom pen pal. Many schools don't have the money for farm field trips, but stories and photos from the farm are the next best thing.
- Promote Farm to School Month on your farm or at your farmers' market booth with posters and other materials, which can be downloaded or ordered from [farmtoschool.org](http://farmtoschool.org).



## Families

- Visit your local farmers' market. Buy something you've never tried before, cook it and share with your family and friends.
- Ask elders in the family for their favorite recipes featuring seasonal products grown in your region.
- Cook with seasonal products as much as possible. Find out what products are grown in your region and when. Most State Departments of Agriculture or Buy Fresh Buy Local chapters can provide you with a regional crop calendar.
- Volunteer at your local school to support a school garden or classroom educational activity.



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