

Farm to School Food Education Every Day!



A partnership of **SHELBURNE FARMS** and **NORTHEAST ORGANIC FARMING ASSOCIATION** of VERMONT

Increasing access to healthy, local food for all children through education and outreach in schools and communities


Vermont FEED builds connections between **classrooms**, **cafeterias** and **communities** to support healthy children, healthy farms, and healthy communities. This integrated “3-C” model improves student knowledge, attitudes and behaviors towards healthy eating and is a catalyst for rebuilding healthy food systems.


Since 2000, Vermont FEED has worked with teachers, administrators, food service staff, health professionals, parents, farmers and community members at more than a third of Vermont schools to create robust and viable farm to school programs.




“Vermont FEED has a unique ability to meet groups at whatever point they are at and move forward along the continuum of linking food, nutrition and learning. The dedication and creativity of the VT FEED staff has been key to the huge progress made in the school food environment in Vermont.”

— Megan Peek
Blue Cross Blue Shield of Vermont

 **Classroom**
Professional development and mentorship for teachers to integrate food, farm and nutrition into their curriculum, linked to state education standards

 **Cafeteria**
Technical assistance for school food service professionals to connect with local farms, create Vermont-grown school meals, and transform cafeterias into classrooms for nutrition education

 **Community**
Uniting communities with schools through food and farms, and building successful and sustainable farm to school relationships and action plans that engage students in school food change

WHAT WE DO

■ **Professional development** through onsite trainings, consultations and courses, including our Farm to School Institute, to expand knowledge and build capacity in schools and communities to sustain viable Farm to School programs.

■ **Research** to inform food system investments and develop new market opportunities for Vermont farmers and food businesses through institutional purchasing

■ **Tools and Resources** to share evidence-based best practices of Farm to School programs (see reverse)

■ **Awareness-raising events** like Jr Iron Chef Vermont, an annual cooking competition for middle and high school students

■ **Advocacy** to adopt policy and expand resources that support farm to school programs

■ **Facilitation** of state and regional networks to build a stronger farm to school movement





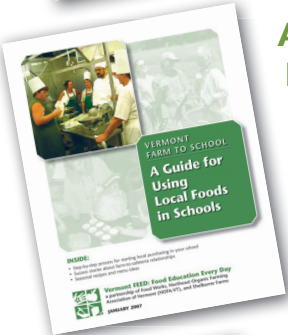
A Guide for Connecting Farms to Schools and Communities

Designed to help farmers, teachers, and others interested in how to use farms for education and in connecting farms to the community. Includes strategies to market local food to schools, and over 45 hands-on, farm-based, educational activities



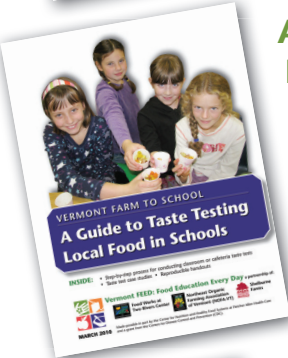
A Guide to Farm to School to Community Action Planning

A starter “how to” for organizing a school committee to develop a farm to school program. Perfect for any school food service staff, parent, teacher, principal, student, or community member wanting to change their school food environment. Planning templates, checklists, and other resources.



A Guide for Using Local Foods in Schools

Step-by-step strategies for purchasing food from local farms, farm-to-cafeteria success stories, and seasonal recipes. Ideal for school food service, it is also a great resource for any school staff looking to build relationships with farmers to use local food in the cafeteria.



A Guide to Taste Testing Local Foods in Schools

Tools and resources to help implement a taste testing program in your school to broaden student experiences with a variety of foods; introduce foods that are locally grown and available; integrate into school meals new, local foods that students will accept; and involve students and staff in school food change.



Food, Farm & Nutrition Curriculum Units

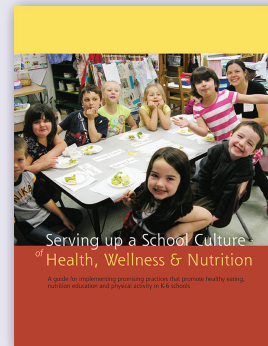
Sample curriculum units for a range of grades developed by Vermont classroom teachers. They'll inspire and augment your own curriculum ideas for exploring gardening, farming, and food across a range of disciplines.

NEW IN 2013



New School Cuisine Nutritious and Seasonal Recipes for School Cooks by School Cooks

78 recipes for school kitchens to prepare healthy, locally-sourced, seasonal meals for their students. Resource Section • Full-color photos • Tips & Notes • Ingredient Index
Each recipe: is USDA formatted, yields school-sized quantities, includes nutritional analysis, has been kid-tested, shows specific food components that credit towards USDA meal pattern.



Serving up a School Culture of Health Wellness & Nutrition

A framework for taking practical steps to help your school redefine

the role of food, nutrition education and physical activity at every level, from the cafeteria to the classroom. Countless creative, field-tested ideas to support your efforts in making schools healthier places for kids to learn.

- **Download** resources for free: vtfeed.org
- **Purchase** hard copies at: store.shelburnefarms.org
- **Find out** how your school can get involved! Visit www.vtfeed.org
- **Join Us!** Become a member of the Vermont Farm to School Network — open to all farm to school advocates, practitioners and programs across the state: www.vermontfarmtoschool.org