



FARM TO SCHOOL

And Farm to Preschool

ASAP
Appalachian
Sustainable
Agriculture
Project

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Growing Minds Program
Director

ASAP Mission - Our mission is to help local farms thrive, link farmers to markets and supporters, and build healthy communities through connections to local food.



ASAP Vision -. Our vision is of strong farms, thriving local food economies, and healthy communities where farming is valued as central to our heritage and our future.



ASAP's theory of change:

Localizing food systems strengthens local economies, boosts farm profitability, increases sustainable production practices, and improves individual and public health



Supportive Environment = Farmers,
Businesses, and Communities
Innovate, Invest, and Institute

ASAP Approach

- Drive Demand
- Build Capacity
- Make Connections

ASAP's Growing Minds Farm to School Program

Farm field trips, farm-based nutrition education, school gardens and locally grown food served in the school cafeteria



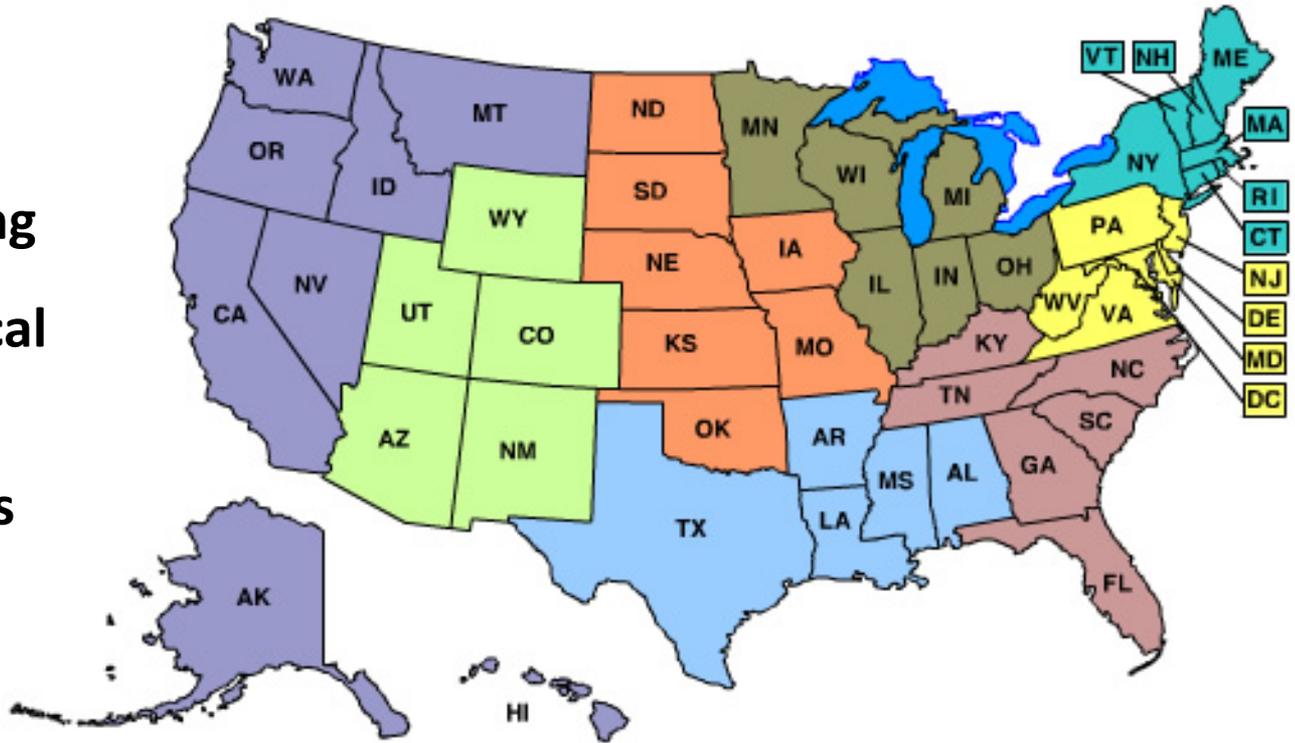
www.growing-minds.org

National Farm to School Network

Join the Network! www.farmtoschool.org

AREAS OF WORK

- Policy
- Networking
- Media and Marketing
- Training and Technical Assistance
- Information Services



WHO WE ARE

- ASAP is one of eight Regional Lead Agencies
- 4 National staff

2011 Farm to Preschool subcommittee formed – www.farmto preschool.org

Farm to School Recognized as an Effective Community Strategy to Address Childhood Obesity

Communities Should Provide Incentives for the Production, Distribution, and Procurement of Foods from Local Farms

Providing incentives to encourage the production, distribution, and procurement of food from local farms aims to increase the availability and consumption of locally produced foods by community residents, enhance the ability of the food system to provide sufficient quantities of healthier foods, and increase the viability of local farms and food security for communities (M. Hamm, PhD, Michigan State University, personal communication, 2008). Definitions of "local" vary by place and context but may include the area of the foodshed (i.e. a geographic area that supplies a population center with food), food grown within a day's driving distance of the place of sale, or a smaller area such as a city and its surroundings.

Local Food in Schools



ASAP works with many school systems in WNC and NC is also fortunate to have a state Farm to School program, run by NC Dept. of Ag.

get Local school
Farm to School means fresh food from local farms served in your cafeteria. Enjoy these local tastes each month.

APPALACHIAN GROWN LOCAL FOOD fresher!

	Tomatoes	August
	Cucumbers	September
	Cabbage	October
	Potatoes	November
	Apples	December January February March
	Spinach/Lettuce/Greens	April

Cafeteria: Featuring locally grown food in the school cafeteria
Providing cafeteria staff training and positive food and farm experiences

Classroom: Cooking with the product of the month in the classroom; lesson plans incorporating the product of the month

Community: Sending students home with a recipe featuring the local product of the month

Local Food Cooking Classes



Training chefs to cook with children in the classroom since 2007



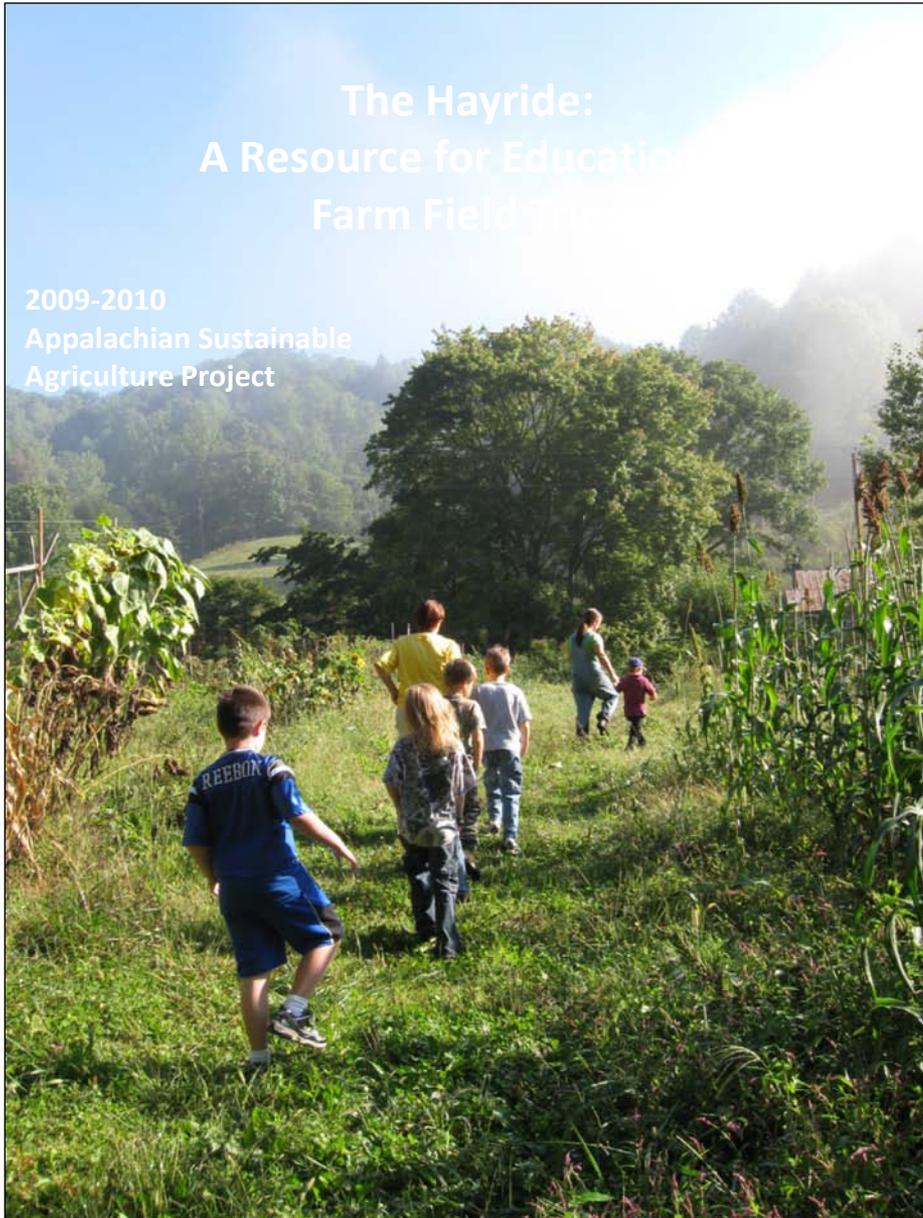
- Training chefs to conduct cooking classes
- Connecting chefs with schools
- Helping chefs source local food
- Materials and equipment
- Evaluation/data collection
- Promoting this in the community
- In 2011, ASAP coordinated **25** chefs and community volunteers to work with **53** teachers reaching more than **1200** students (preschool and K-12)

Farm Field Trips



The Hayride: A Resource for Education Farm Field Trips

2009-2010
Appalachian Sustainable
Agriculture Project



- Training teachers and farmers on connecting farm field trips to curriculum
- Connecting teachers with farms in their community
- Farm field trip mini-grant program
- Promoting the value of farm field trips

Providing positive experiences with locally grown food – even adults need them!



**Asheville City School
Cafeteria Managers
Given CSA Share and
Visit Full Sun Farm**

School Gardens





- Hands-on teacher workshops/training
- One on one advising on curriculum integration
- Free seeds for school gardens in our region
- Food, farm and garden children's literature and curriculum library
- Quarterly school garden meeting

Pre-K and K-12 Differences: Classroom

- More parental involvement in preschool than K-12
- Preschool instructors may have limited educational background compared to K-12
- Instructors are often required to do home visits, thereby strengthening the home to school connection
- Services are provided to preschool parents (health and nutrition, parenting, etc.) particularly Head Start
- Some preschool centers are home-based rather than centralized K-12
- Preschool classes usually smaller and have higher teacher to student ratio
- Experiential instruction more widely used and accepted in preschool settings

Pre-K and K-12 Differences: Food Environment and Procurement

- More regulations on what can be grown in children's garden in preschool setting vs. K-12
- Preschools are a smaller market than K-12 for potential farmers
- Ability for farmers and preschool centers to establish closer relationship than K-12 systems
- Preschools may not have centralized distribution
- No a la carte or choices in preschool

Farm to School PROJECT



Shelby, a new chicken first grader is pictured in the school garden with one of the school's resident bees.

FOR FUTURE TEACHERS + DIETICIANS

Integrating Farm and Garden-Based Instruction into WCU's Pre-Service Training

Classroom presentations and workshops



Implementing Farm to School in Jackson County Public Schools

Farm field trips, school gardens, classroom cooking, taste tests and meet-the-farmer events in school cafeterias

ASAP
Appalachian Sustainable Agriculture Project

An initiative of Appalachian Sustainable Agriculture Project, in partnership with Western Carolina University and Jackson County Public Schools

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An Independent Researcher for the Council for the 21st Century



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Creating positive experiences with fresh healthy food through connections to local food and farms





THANK YOU!

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