

OCTOBER IS FARM TO SCHOOL MONTH



TOP 5 FARM TO SCHOOL ACTIVITIES

1. Serving locally produced food in the cafeteria
2. Promoting locally produced food at school
3. Holding taste-tests of locally produced food
4. Hosting field trips to local farms
5. Encouraging consumption of local food through Smarter Lunchrooms strategies

The USDA's Farm to School program encourages school districts to bring locally produced foods into school cafeterias; make available hands-on learning activities such as school gardening, farm visits, and culinary classes; and integrate food-related education into the regular classroom curriculum.

Every year, grants are awarded to help schools connect with local producers and teach students where their food comes from.



IN **2015**

27%

OF SCHOOLS
PARTICIPATED

911 SCHOOLS

431,990 STUDENTS



24%

OF SCHOOLS
PARTICIPATED

1,429 SCHOOLS

812,472 STUDENTS

OTHER ACTIVITIES INCLUDE:

- Having a local farmer visit school
- Hosting a community event, such as inviting parents to lunch or holding a corn-shucking contest
- Celebrating Farm to School month each October

ST. LOUIS DISTRICT DAIRY COUNCIL

HAS THE RESOURCES
TO BRING FARM TO
SCHOOL TO LIFE AT
YOUR SCHOOL.



Healthy Me

This free early childhood educator's guide promotes nutrition and fitness. Healthy habits like good nutrition and physical activity instilled in early childhood have the potential to last a lifetime.

Grades Pre K - K

Adopt-A-Cow

Dairy farmers in Missouri and Illinois have partnered with the St. Louis Dairy Council to allow classrooms to adopt a real baby calf. Students will name the calf and track her growth throughout the school year with monthly email updates, including photos of the calf, from local farmers.

Grades Pre K - 2

"I love the connection the Adopt-A-Cow program makes between nutrition and the dairy farm, and the kids love getting pictures of our calf! Parents remark about how excited their kids are to report updates on 'Lollie' when they get home."

From Cow to Milk Carton

In these Smart Board lessons, students will discover how milk travels from the farm to the grocery store. The free, downloadable lessons feature interactive games to give students a closer look at dairy.

Grades 1 - 6

It's All About Dairy

In these free, downloadable Smart Board lessons, students will learn the important role that milk, cheese, and yogurt play in a healthy diet.

Grades 1 - 6

From Your Local Farmer to You

In this unique video, students experience a typical day on a dairy farm. They will learn how calves grow, how cows are cared for, and how milking is done. An activity sheet that reinforces concepts from the video is also available.

All Grades



The Nutrition Education People

VISIT STLDAIRYCOUNCIL.ORG FOR
MANY OTHER RESOURCES, INCLUDING
ACTIVITY AND INFORMATION SHEETS.