



Farm to School Overview

Southern children consume the least amounts of fruits and vegetables, are the most obese, are the most food insecure and engage in the least amount of physical exercise. At the same time, the number of small family farms in the US is in decline. Farm to School (F2S) programs offer a holistic solution to create lifelong improvements in student health, establish stable economic markets for farmers, and strengthen community ties. We aim to create comprehensive Farm to School programs that incorporate food, farm and nutrition education into the 4 C's: Classroom, Community & Farms, Culinary experiences & Cafeteria.

The goals of the Atlanta Farm to School program are to:

- Increase student preference and consumption of fresh, local foods;
- Increase student understanding of where food comes from;
- Assist schools in developing sustainable experiential-based gardens that are fully integrated into the curriculum and supported and sustained by the faculty and community members;
- Facilitate the creation of long-term school and district wide policies that address the priorities of student nutrition, and consumption of fresh, local foods;
- Establish long-term relationships between schools and local farmers; and
- Increase the food service provider's purchase of local foods from local *farmers*.

Farm to School activities

Establish model Farm to School programs

- Two pilot programs in Atlanta
- Technical assistance and mentoring at additional schools- edible school gardens, taste testings, & chef and farmer school partnerships

Outreach & Community Capacity Building

- Targeted training & workshops for teachers, food service professional, chefs, farmers and parents
- Mentoring schools and school districts throughout Georgia
- Easy-to-use resource guides
- Farm to School program database created with Environmental Education in Georgia
- Monthly e-Bite newsletter

Policy

- Raise awareness about existing Farm to Cafeteria policy opportunities on state and national level
- Educate and engage local, regional and state legislators and school board members

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