

# WHY WE FARM TO SCHOOL

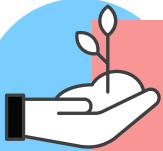


## The Benefits for all



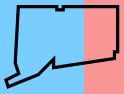
### EDUCATION

Students, staff & teachers who develop hands-on relationships with gardening, farm fresh foods in the cafeteria and classroom lessons about food literacy make healthier eating choices. Many reports show positive impacts on students nutrition and an increased willingness to try new foods.



### FOOD JUSTICE

School meals are the best way for ALL children to access local, healthy, and fresh products. This addresses racial and economic inequities in the food system. In fact, universal school meals programs diminish free/reduced lunch stigma and increase funding for school meals resulting in more money and higher quality meals for schools. Through access to farm to school activities and meals, districts report improved student test scores. While promoting environmental equity and linking concepts of sustainability to social justice.



### COMMUNITY ENGAGEMENT

Farm to School activities create meaningful community relationships between schools, families and local farms. These relationships result in civic participation, sense of place and a profound sense of stewardship. Buying from local farms also creates and sustains jobs, and strengthens the local economy.



### ENVIRONMENT

From reducing the miles food travels to get from farm to plate, to the ecological stewardship small scale local farms have toward the land, local food is more environmentally sound. Increased consumption of fresh produce reduces plastic and other waste associated with mass produced food. Also, eating up all that delicious food means less food wasted in the trash!



### PUBLIC HEALTH

Farm to school increases fresh fruit and vegetable consumption for all students. Students working in school gardens and eating fresh farm produce are more likely to try new foods and expand their diets. These behaviors have long-term impact on the long term health and nutrition of students.



### ECONOMIC DEVELOPMENT

Schools can influence the local economy and community by increasing social capital and develop positive relationships with farmers, families and community members. When "money stays in the local economy, more money is spent by and at other local businesses. Known as the multiplier effect, for every dollar of income earned by a farmer at a farmers' market, other local businesses generate \$.48 of income" - Cornell Cooperative Ext.

<http://www.farmtoschool.org/Resources/BenefitsFactSheet.pdf>