



Pennsylvania Farm to School Month

2022 Resources

The [Pennsylvania Farm to School Network](#) has curated this list of resources to help you celebrate and spread awareness about the importance of farm to school activities. To learn more about the PA Farm to School Network, and receive resources throughout the year, please [sign up](#) for the Monthly Harvest newsletter.



Educational Activities & Promotional Materials

- [Penn State PRO Wellness](#) compiles resources (including printable educational materials) on an annual basis to help schools celebrate apples in the fall through [Apple Crunch](#) (celebrated on Oct. 21) and greens in the spring through [Go for the Greens](#) (celebrated in April).
- The Food Trust's [Multicultural Collection of Farm to ECE books](#) covers a wide variety of farm to ECE related topics including gardening, farms, cooking, family meals, farmers markets, shopping for food and more.
- Download [Teaching in Nature's Classroom](#), a free ebook (also available to order in paperback) which presents 15 guiding principles of garden-based education.
- [National Ag in the Classroom Agricultural Literacy Curriculum Matrix](#) is a resource for K-12 educators with relevant standards-based instructional resources using agriculture as a context for science, social studies, and nutrition education content.

School Garden Activities

- The [Growing Healthy Habits curriculum](#) posted on the US Department of Agriculture (USDA) website aims to use gardening as a tool to teach about nutrition, to encourage students to consume more fruits and vegetables, and increase physical activity. Find handouts, lesson plans, a journal entry activity, and a taste testing for every lesson.
- Additional lesson plans and printable posters for educators can be found on the [Team Nutrition Garden Resources](#) page of the USDA website.
- [School Garden Support Organization Network](#) is a peer-to-peer learning network that provides professional and leadership development, resources, and platforms to connect to members serving at a school, district, regional, state, or national level.
- [KidsGardening.org](#) offers up fun garden ideas for all ages with downloadable resources and easy to follow step-by-step instructions.
- Contact your local county Extension office for gardening information and support at [Penn State Extension](#).

Serving & Procuring Local Produce

- [Pennsylvania Harvest of the Month](#) is a program developed by the Pennsylvania Department of Education and [Project PA](#) (Penn State University) to promote a local agricultural product each month.
- The Pennsylvania Department of Agriculture created a [PA Preferred Seasonality Chart](#), a visual guide to show which products are in season when in Pennsylvania.
- Buy and serve [PA Preferred@](#) produce and celebrate a PA Preferred Day - [watch this video](#) from a school's activities in 2019 for inspiration!
- [The Foodshed Mapping Project](#) connects people with local farmers and food sources for future procurement options.

Fact Sheets & Additional Resources

- The PA Farm to School Network [Fact Sheet Series](#) provides background information on farm to school and related systems, including: [Child Nutrition Programs](#), [Early Care and Education in Pennsylvania](#), [Farm to School Policy](#), and more!
- For SNAP-Ed providers, search the [USDA's SNAP-Ed library](#) for specific nutrition related resources that emphasize stretching food dollars, living physically active lifestyles, and engaging partners to build healthier communities. Don't miss their delicious, low cost, and easy-to-prepare [recipes!](#)
- Even more resources can be found in The National Farm to School Network's (NFSN) comprehensive [farm to school database](#) and the USDA's Food and Nutrition Services Office of Community Food Systems' [resource list](#), including [NFSN Fact Sheets and Resources](#) and [USDA Farm to School Fact Sheets](#).

Social Media Tips & Sample Posts

- When posting on social media, be sure to use [#PAFarmtoSchool](#) along with other related hashtags such as [#F2SMonth](#) [#PAPreferred](#) and [#buylocal](#)
- Include photos of your promotional materials, local produce, or school gardens to publicize your efforts
- Here are some sample posts to use as a guide:

Show off your garden's fresh produce:



Moshannon Valley SD
@MV_Knights

Veggies [#grownfromseed](#) in the MVHS [#schoolgardens](#) by the [#gardening](#) club! [@FarmtoSchool](#)
[@PAFarmtoSchool](#) [@Joecervenak24](#) [@WholeKidsFnd](#)



Celebrate results after your events:



The Food Trust
@thefoodtrust

Wow! It's been nearly two weeks since we observed the first PA Preferred Day of the month! Great Valley School District's menu featured local products and lots of vegetables from the school's garden.

[#flashbackfriday](#) [#buylocal](#)
[#PAPreferred](#) [#PAfarmtoschool](#) [#PAPreferredDay2019](#)



Promote your upcoming efforts:



Chichester School District

September 25, 2019 · 🌐

PA Preferred Day 2019 Social Media

[#PAPreferredDay2019](#) [#PAPreferred](#) [#PAfarmtoschool](#) [#buylocal](#)

We're excited to announce PA Preferred Day will be held October 9, 2019! It's a day for our students to eat some delicious meals with food grown, made, or produced right here in PA. More details to follow!

Share your PA Preferred menu:



PHLSchool Operations

@PHLSchoolOps

It's PA Preferred Day all throughout [@PHLSchools!](#)

[#PAPreferredDay2019](#) [#PAPreferred](#)
[#PAfarmtoschool](#) [#buylocal](#) [#PHLed](#)

PA Preferred DAY 2019

PENNSYLVANIA FOOD FOR PENNSYLVANIA STUDENTS

Thursday
October 24th

In recognition of **National Farm to School Month**, Food Services has created a one-day special menu featuring locally sourced items from Pennsylvania producers. Celebrate **PA Preferred®** with us!

- **Roasted Chicken leg**
Tyson Foods (New Holland, PA)
- **Baked Local Potato**
Huntsingers Farm (Hegins, PA)
- **Local Greens**
Lancaster Farm Fresh Co-op (Lancaster, PA)
- **Local Apples**
Frecan Farms (Boyertown, PA)
- **Local Apple Pretzel**
J&J Snack Food Corp (Hatfield, PA)
- **Low Fat Milk**
Rosenberger's Dairy (PA Farms)

Food distributed by: **US FOODS**

Thanks to all our PA Preferred® members!

Special thanks to: **The Food Trust** and **PA Preferred**