



National Farm to School Month

2023 Resources

The [Pennsylvania Farm to School Network](#) has curated this list of resources to help you celebrate [National Farm to School Month](#) this October 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, [sign up](#) for the Monthly Harvest newsletter and see past issues [here](#).



Educational Activities

- [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. 20) and greens in the spring through [Go for the Greens](#) (celebrated in April).
- 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, encourage students to consume more fruits and vegetables, and increase physical activity. Find handouts, lesson plans, a journal entry activity and a taste test 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.
- The Food Trust's [Multicultural Collection of Farm to ECE books](#) covers a wide variety of farm to ECE-related topics including gardening, 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) that 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

- [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.
- [The Edible Schoolyard \(ESY\)](#) program has free garden, kitchen, and classroom lesson plans and materials, all searchable by Grade, Subject, and Season on their [Resources page](#).
- 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 for inspiration!
- Use this [Farmers Market Promotional Toolkit](#) to help you promote a local Farmers Markets or Farm Stand near your school or early care and education site.

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](#).

Promotional Tips and Opportunities

Share Your Story!

The PA Farm to School Network wants to hear how you are engaging kids in farm to school related activities! Do you source local food for school meals? Do you have a school garden where kids experience how food grows? Do you host field trips for kids to visit your farm?

- [Submit your story here](#) and find questions to help you brainstorm.
- We'll share your story widely and provide a professionally packaged up version to use!

Sample story:

**Brown's Family Childcare,
Venango County**

"The students' favorite thing about gardening is visiting the garden every day to see the changes, harvesting the produce, seeing bees pollinate and looking for monarch butterflies and caterpillars on the milkweed," says Lindsey Brown, Director of Brown's Family Childcare.



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:

Promote your farm to school activities:



Early Connections, Inc

Jun 17 · 🌐

Happy Eat Your Vegetables Day! Make sure you have a serving! ❤️

[#pafarmtoschool](#) [#eatyourveggies](#) [#tastetesting](#)



Feature local produce in your cafeteria:



Whitsons Culinary Group

Oct 27, 2022 · 🌐

The Whitsons team in Southern York County SD, PA celebrated [#PAFarmtoSchool](#) month with PA Preferred Day, featuring a delicious menu of local fresh Pennsylvania produce!

