

The Pennsylvania Farm to School Network Success Story: **SOUTHERN YORK COUNTY SCHOOL DISTRICT**

York County, PA



As General Manager for Whitsons Culinary Group at Southern York County School District, it is **Helen Heidler's** job to bring the freshest fruit and produce to her students and staff. Helen enjoys promoting farm to school and local farmers along with using fun, creative ways to tie in nutritional information, taste tests, and culinary innovations into menus. National Farm to School Month is her favorite, and she enjoys planning and implementing a PA Preferred Day for the district. Helen also volunteers at the PA Farm Show Farm to School table.

“Working with local farmers to bring fresh fruit and produce to my schools is just a win-win for everyone.”

– **Helen Heidler, manager**

Helen enjoys offering her students taste tests. In the past, she has offered four different varieties of apples, local honey, tri-colored cauliflower, and romanesco. During the PA Harvest of the Month grant project, students tasted butternut squash muffins and smoothies and offered feedback by voting if they “Liked It,” “Loved It” or “It’s Not for Me.” Every student received a taste tester sticker and nutritional information to take home. Some students even asked to have the items they tasted on the lunch menu!



PA Preferred Day is Helen's favorite day of the year. Helen works with five local farmers to procure items for their menus. She displays information about each farm and nutritional information for the students.



Helen would love to see more funding allocated to schools to purchase food from local farmers. "Working with local farmers to bring fresh fruit and produce to my schools is just a win-win for everyone. My students get awesome choices, the farmers are selling their crops and the local economy is boosted as well."



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