

CELEBRATE

# National Farm to School Month

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The [Pennsylvania Farm to School Network \(PFSN\)](#) has curated this list of resources to help you celebrate [National Farm to School \(FTS\) Month](#) this October and spread awareness about the importance of farm to school activities. To learn more about the PFSN and receive resources throughout the year, [sign up](#) for the Monthly Harvest newsletter and see past issues [here](#).

## Activities for K-12 and Early Care and Education Educators

- [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 in October) and greens in the spring through [Go for the Greens](#) (celebrated in April).
- [Pennsylvania Harvest of the Month](#) (PA HOM) is a program developed by the Pennsylvania Department of Education and [Project PA](#) (Penn State University) to promote a local agricultural product each month. Use the [PA HOM Activity Guides](#) to support your educational activities in the classroom when celebrating the local agriculture product each month.
- 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 and a taste test for every lesson. Additional lesson plans and printable posters for educators can be found on the USDA website's [Team Nutrition Garden Resources](#) page.
- [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](#).
- Bring the farm to your classroom with the PFSN's [Farm Tour Video Series](#) showing how three Pennsylvania farms operate.

## Activities for Child Nutrition Program Operators

- The [Pennsylvania Harvest of the Month: In the Kitchen](#) video series has recently been released. These short (approximately 5-7 minutes) videos are designed to provide information about how to procure, select, handle and prepare each PA HOM item for Child Nutrition Programs (CNPs). They can be incorporated into training sessions for CNP staff or used for individual-level learning to facilitate the implementation of the PA HOM program in CNPs. Funding for this project was provided by a Fiscal Year 2022 USDA Farm to School grant. Find other recipes, fact sheets, posters and videos at [paharvestofthemonth.org](#).
- Buy and serve [PA Preferred®](#) produce and celebrate a [PA Preferred Day](#) by choosing one day in October to commit to serving as many PA-grown and produced products as possible. [Watch this video](#) from a school's activities for inspiration and find a PA Preferred farmer or processor at [papreferred.com/search](#).

## Activities for Farmers and Growers

- Host a tour of your farm for students or visit a classroom to talk about your farming operation.
- Meet a school food service director and start to build a working relationship. Ask questions: What local foods would schools be interested in purchasing? Check out the [Bringing the Farm to School: Agriculture Producers Toolkit](#) for resources and tips.
- Share Farm to School Month materials like stickers and bookmarks at your farmers market booth. Free downloads are available at [farmtoschoolmonth.org](#).

## Fact Sheets & Additional Resources

- Find additional resources in this [National Farm to School Month 2024 blog post](#).
- 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) [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](#).

## Share Your Story

By sharing the successes of your FTS program and activities with community members, stakeholders and government officials, you can generate more support for ongoing FTS efforts and inspire others.

### Multimedia Storytelling Contest



To celebrate National Farm to School Month this October, the PFSN will be hosting a [Farm to School Storytelling Contest](#) to encourage FTS practitioners to share their stories with their community using a variety of media. This could include a photo series, poetry, video, testimonials, art and more. We encourage you to get creative! Your story can highlight your entire program or focus on one aspect, such as a farm field trip, or an event that you held. **Submit your story by November 8, 2024**, to be to be entered into a raffle to receive some excellent prizes.

### Invite Local Legislators to Celebrate with You!

Celebrate National Farm to School Month by advocating for policy change! A great way to gain more sustainable support for your farm to school programming is to contact your local legislators to advocate for policy change. Invite your legislators to come see your farm to school programming using this resource, [Inviting Your Legislators to Your Events](#). The PA Farm to School Network is working to pass House Bill 2420 - [the Keystone Fresh Act](#), which aims to increase the variety and quantity of PA products served in school meals and create greater opportunities for local farmers to participate in the school food market. This initiative is a win-win-win scenario, fostering economic growth, improving public health outcomes, and nurturing stronger communities, all while nourishing Pennsylvania's children with the nutrition they require to thrive. [Fill out this form](#) to easily send a pre-written letter to your State Senator today!

### Share Your Story with Local Media

The PFSN's [media toolkit](#) includes sample social media posts to highlight your program and resources for contacting local media outlets. Promoting your work publicly and through known news sources can garner attention and support from your community!

### Capture Your Program with Photos and Videos

Is your school garden flourishing? Are your lunch trays filled with local food? Are you teaching creative agriculture and nutrition lessons in the classroom or community? Capture any of your current farm to school activities with photos and videos. These visuals can be used to promote your program by sharing on social media, in newsletters, or with local newspapers with parents/caregivers, school district board members, legislators and funders.

Spread the word  
about National FTS  
Month using this flyer!

