



# Celebrate Farm-to-School Month!

## Dear Educator,

October is Farm-to-School month — the perfect time to introduce your students to the healthy, delicious dairy products and produce available from farmers in your state, and to celebrate the nutritional benefits of enjoying food fresh from a nearby farm.

To help you get started, the curriculum specialists at Young Minds Inspired (YMI), in partnership with the American Dairy Association North East (ADANE), have created this free teaching kit, with lessons that explore local farms, profile local farmers, and encourage students to sample a wide range of local dairy products and produce.


Many schools partner with local produce and dairy farms to provide fresh, nutritious food for their students through Farm-to-School (F2S) programs. To get your school involved, contact the appropriate state agency listed under Farm-to-School Resources below.

We hope that you will use this program to create a Farm-to-School connection in your classroom during October, and encourage you to share these materials with other teachers in your school. Although the materials are copyrighted, you may make as many copies as needed for educational purposes. Please use the enclosed reply card or comment online at [ymiclassroom.com/feedback-adane-f2s](http://ymiclassroom.com/feedback-adane-f2s) to provide feedback. We look forward to hearing from you.

Sincerely,

*Richard C. Naczi*  
Rick Naczi, CEO  
American Dairy Association  
North East

*Dr. Dominic Kinsley*  
Dr. Dominic Kinsley  
Editor in Chief  
Young Minds Inspired

 For questions, contact us toll-free at 1-800-859-8005 or by email at [feedback@ymiclassroom.com](mailto:feedback@ymiclassroom.com).



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ASSOCIATION**  
NORTH EAST

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## Target Audience

Elementary school students in grades 2-4 and their parents.

## Program Objectives

- Promote local dairy and produce farmers as an integral part of the community food system
- Reinforce the nutritional benefits of eating locally produced food
- Establish an awareness of the benefits associated with Farm-to-School connections

## Program Components

- This one-page teacher's guide
- Three reproducible activity sheets
- A colorful classroom wall poster
- A reply card for your comments, or comment online at [ymiclassroom.com/feedback-adane-f2s](http://ymiclassroom.com/feedback-adane-f2s)

## How to Use This Program

Photocopy the teacher's guide and activity sheets before displaying the poster in your classroom. Have students add information to the poster as they complete the activities. To review program alignment with Common Core and national standards, visit [ymiclassroom.com/adane-f2s](http://ymiclassroom.com/adane-f2s).



### Activity 1 From a Farm Near You!

Begin by asking, Where do students think their food comes from? Yes, most of it probably comes from a grocery store, but where was it produced originally? They might be surprised to learn that at least some of the food both in the grocery store and on their school lunch menu comes from local farmers! Prompt students to suggest some benefits of eating food from local farms — for example, local food is usually fresher, requires less fuel for transport (a benefit to the environment), and supports the local economy.

Distribute the activity sheet and have students work in small groups to do Internet searches for dairy and produce farms in your state. The search term “farms in statename” should provide a map showing farms with websites students can use to complete the activity. Ask

student volunteers to write down some of these farms in the appropriate space on the poster.

Have students take the completed worksheets home so that their parents can learn about the foods they can get locally — and encourage them to talk to their parents about trying some of the foods with which they may be unfamiliar!



### Activity 2 Meet Your Local Farmer

Tell students that some farms bring foods to schools as part of a Farm-to-School (F2S) program. If your school participates in such a program, tell students a little bit about it, and have them review the website of any farms the school partners with. Even if your school does not participate in a F2S program, the milk served at school almost certainly comes from local dairy farms. Students can meet some local dairy farmers by clicking on your state and/or county at [www.americandairy.com/dairy-farms/farm-families/](http://www.americandairy.com/dairy-farms/farm-families/). Have students select the farm closest to your school and read through the website interview. Ask students why they think these families chose to be dairy farmers (helping people by providing nutritious milk and milk products; working with animals; preserving a family heritage; etc.). Point out that many of the families have been very active in their communities for a long time, and that farms often play a vital role in that respect.

Distribute the activity sheet and ask students to brainstorm some questions they would like to ask dairy farmers, such as “How many times a day does a cow get milked?” Write a few of the questions on the board. If possible, arrange to invite one of the farmers to your school as a guest speaker, take the students on a field trip to the farm, or otherwise seek farmers' answers to student questions. Have students use what they learn to write a descriptive paragraph about that farm and the products they provide.



### Activity 3 Getting to Know Your Food

Before beginning this activity, obtain a copy of the school's lunch menu for the

week or month. Do students know where their most recent cafeteria meal came from? Students might recognize that some of the foods served at school might have come from local farms!

Ask students to write down on the activity sheet what they ate during their most recent cafeteria meal. Then refer them to the MyPlate graphic on the sheet that shows the components that make up a balanced meal, including fruits, vegetables, whole grains, protein, and dairy. How did the nutrition in their meal compare to MyPlate standards? Ask students to circle the foods on their lists that could have come from a local farm. They should then write suggestions for local foods that could replace the uncircled foods to help their cafeteria meal align more closely to MyPlate standards.

Now pass out the school's lunch menu. Have students use it to identify foods that could have come from local farms. Brainstorm other local foods that the menu could include. Then have a student volunteer add those foods to the poster for the class to vote on their favorites. Put a star next to their top choices.

As an extension, you can ask students to write a persuasive paragraph encouraging local dairy and food products to be added to the lunch menu.

## Resources

- [ymiclassroom.com/adane-f2s](http://ymiclassroom.com/adane-f2s)
- American Dairy Association North East: [AmericanDairy.com](http://AmericanDairy.com)
- [http://msue.anr.msu.edu/news/7\\_benefits\\_of\\_eating\\_local\\_foods](http://msue.anr.msu.edu/news/7_benefits_of_eating_local_foods)

## Farm-to-School (F2S) Resources

- [www.localharvest.org/csa](http://www.localharvest.org/csa)
- Delaware: <http://www.farmtoschool.org/our-network/Delaware>
- Maryland: <http://www.farmtoschool.org/our-network/Maryland>
- New Jersey: [www.farmtoschool.nj.gov/](http://www.farmtoschool.nj.gov/)
- New York: <http://www.agriculture.ny.gov/f2s/>
- Pennsylvania: <http://www.farmtoschool.org/our-network/Pennsylvania>
- Virginia: <http://www.farmtoschool.org/our-network/Virginia>



# From a Farm Near You!

You probably get most of your food from a grocery store, but how does the food get there? Some of it may come from farms in your state or county. Many grocery stores sell milk, vegetables, and fruit from local farmers who live and work only a few hours away.



Here's a chance to find out more about the farms in your area. With your group, search online for farms in your state. Visit the website for one dairy farm and one produce farm, and use this chart to list some of the foods they produce — both foods you know and any foods that are unfamiliar to you. After you complete the chart, answer the questions below.

	<b>Dairy Farm Name:</b>	<b>Produce Farm Name:</b>
<b>Foods you know:</b>	1.	
	2.	
	3.	
<b>Unfamiliar foods:</b>	1.	
	2.	
	3.	

1. Which foods are your favorites, and why?



2. If you found any unfamiliar foods, which would you like to try, and why?

**Consider visiting the farms** with your parents to buy and try these farm-fresh foods. Remember that buying local is not only delicious and nutritious, but it helps support your community's economy!





# Meet Your Local Farmer

**What would you like to know about dairy farms?** Let's ask a farmer! Write down three questions that you would like to ask. One of them can be one of the questions your teacher wrote on the board.



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**2.**

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3.

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I would like to produce \_\_\_\_\_

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because \_\_\_\_\_

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**Use this site to learn more** about what it takes to become a dairy farmer: [www.sokanu.com/careers/dairy-farmer/](http://www.sokanu.com/careers/dairy-farmer/). Then write a paragraph about becoming a dairy farmer. How much land would you need? What kind of educational background would be necessary?

[illegible]

**Local milk is available 365 days a year.**



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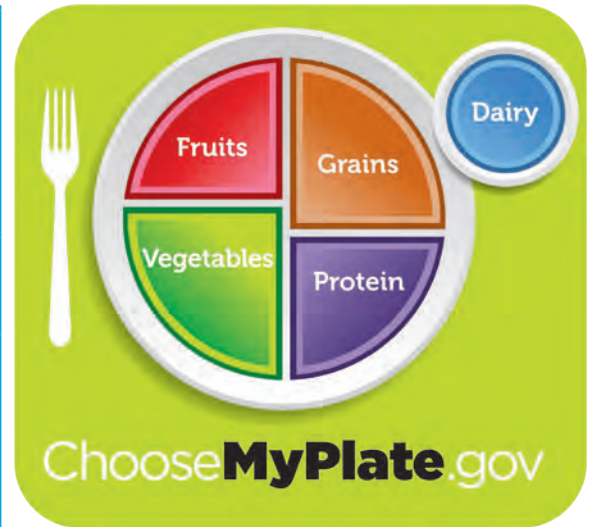


# Getting to Know Your Food

**Today you learned about the importance of eating healthy.** One way to do that is to eat local foods that provide a balanced meal consisting of dairy, protein, fruit, vegetables, and whole grains, as shown on the MyPlate graphic below.

**Are you eating local foods at school?** Think back to your most recent school meal, whether it was breakfast or lunch. Write down what you ate in the chart below. Then use the MyPlate graphic to identify which food group each part of your meal belongs to.

What I Ate at School for _____	Food Group(s)	Local Food



**Now,** check off the foods on your list that could have come from a local farm. For the other foods, write in a local food option from the same food group.

**Next, look at your school's lunch menu.** Write down foods listed on the menu that could have come from local farms on the lines below. What other local foods could you add? Write those foods on the spaces below as well.

Local foods on the school lunch menu:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Local foods that could be added to the menu:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



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Jerrel and Alma Heatwole and family, Fair Hope Farms, Greenwood, Delaware



Stanley and Sandy Tucker and family, Mid View Farm, Jefferson, Maryland



Rich and Rosina Byma, Sussex, New Jersey



Donny and Shari Bartch and family, Merrimart Farms, Loysville, Pennsylvania



John Mueller and family, Willow Bend Farm, Clifton Springs, New York



Meet some of the farmers whose milk is served at SCHOOLS in your state!



Paul House Family, Kettle Wind Farm, Nokesville, Virginia



Local Farms in Our Area

Blank lines for writing local farms in the area.

Local Foods on Our Lunch Menu

Blank lines for writing local foods on the lunch menu.

Local Foods We'd Like to Add

Blank lines for writing local foods to add to the menu.



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