

Farm to School

“Linking the Land and the Lunchroom”



More than 30 million American children eat school food five days a week, 180 days a year, making the school food service a critical entry point for improving children's health.

Farm-to-School is an integrated program developing in schools across the country to teach students about the cycles of life from seed to table. Through Farm-to-School, the lunch program brings fresh local produce into schools, teaching students to make their own healthy eating choices, and giving them the opportunity to try new foods. Students develop a link to local agriculture and learn how farms contribute to the community, the environment and the food they eat.

Farm-to-school programs contribute to student's health by helping students develop healthy eating habits that will last a lifetime. According to research into existing farm-to-school efforts, students choose significantly more servings of fruits and vegetables when given the choice of high quality, farm-fresh produce. When students are well nourished, they learn better.

Locally grown food can be offered as part of a hot lunch, breakfast, snack or in some schools is offered on a salad bar. Locally grown fruits and vegetables can also be a great addition to schools that are approved for the new fruit and vegetable grant program that is being administered by the State.

In short, Small steps can make a difference. Fruits, vegetables, and less processed foods to the rescue! A'viands will be incorporating "Farm-to-School" by using foods from farmers from the community. Initially, we would start by introducing a variety of locally grown farm fresh apples and grow to incorporate other fresh fruits, vegetables and other regional products in our menu offerings leading to much more!

Watch for featured local farmers throughout the school year!