

October is...



MASSACHUSETTS FARM TO SCHOOL #F2SMONTH

*Celebrate
With Us!*

Educators

- Create a bulletin board that celebrates local food and local farms. Assign students topics to research in their own community. Have students identify their own topics that they would like to explore.
- Plant some seeds, and have students examine their growth and change. A sunny windowsill or grow lights can bring some excitement to your classroom.
- Organize a field trip to a local farm, farmers' market, or food hub.

Students

- Grow microgreens in school and distribute them to your local community.
- Try a new healthy food! Ask a friend to try it with you!
- Read a book about food, nutrition or agriculture. Check your school or local library to see what's available. Check out our website for a book list to help you get started.

School Nutrition Staff

- Encourage students and staff to try a new, local healthy food by creating a taste test station & send us a photo or tag us in a social media post!
- Connect with a local farm to build relationships and avenues for procurement.

School Administrators

- Make an announcement each morning or afternoon that highlights a fun fact about local healthy food or local farms.
- Plan in-service professional development around a farm to school topic, such as teaching Farm to School lessons across the curriculum, establishing a school garden (inside or outside), or food systems education.
- Create a school-wide celebration and support all of your staff to highlight Farm to School month.

Community Members

- Is there a school garden committee or any group that is committed to Farm to School? Join the committee and bring a friend with you!
- Read your school district's wellness policy and look for specific policies to support farm to school programming.

For more Ideas, please visit
[www.massfarmtoschool.org/
farm-to-school-month/](http://www.massfarmtoschool.org/farm-to-school-month/)