



SY2023-2024: Massachusetts Farming Reinforces Education and Student Health (FRESH): Professional development and training for educators to bring food literacy activities or curriculum to their students

The John C. Stalker Institute (JSI) and Framingham State University are pleased to recommend our [4-week online graduate courses](#), *Exploring Food: From the Ground Up!* and *Growing Your School Garden* for those wishing to include professional development and training for educators to bring food literacy activities or curriculum to their students

Feel free to contact Karen McGrail at JSI @ kmcgrail@framingham.edu with any questions.

Professional Development Course Name and Description	Cost to Budget (prices subject to change)
<p>PRDV 73627 Exploring Food: From the Ground Up! <i>One graduate credit/22.5 PDPs</i></p> <p>Course Description: <i>An examination of the benefits and strategies for integrating food literacy education into the school day with a focus on the development of a meaningful, realistic and sustainable food literacy initiative. Food literacy is defined as the understanding of where food comes from, starting from its agricultural roots up to the process of reaching the table. Students explore where food comes from in our contemporary society. Through research, discussions, and application, students will develop a plan-of-action for implementing a food literacy initiative into their school and/or district.</i></p> <p>Course Objectives: At the end of this course, participants will be able to:</p> <ol style="list-style-type: none"><i>1. Identify the benefits of teaching children about agriculture and exposing them to a variety of foods.</i><i>2. Identify the steps involved in the farm-to-plate process for conventional food items.</i><i>3. Describe the importance of eating locally and the positive impacts of Farm to School programs around the country.</i><i>4. Explore online resources which support increasing food literacy among school-aged children.</i><i>5. Develop and share a plan-of-action to integrate food literacy into their school and/or district based on the criteria provided.</i> <p><i>Registration available at https://www.framingham.edu/academics/continuing-education/professional-development/professional-development-for-educators/courses-and-registration/index</i></p>	<p><i>Tuition = \$225</i> <i>Select the number of school staff you wish to attend this course. For example, if you wish to fund five teachers, budget</i> <i>\$225 x 5 = \$1,125</i></p>



Professional Development Course Name and Description	Cost to Budget (prices subject to change)
<p>PRDV 70423 Growing Your School Garden <i>One graduate credit/22.5 PDPs</i></p> <p>Course Description: <i>An examination of school gardens as an integral part of the curriculum, school nutrition program and/or school wellness activities. Participants will explore benefits, the various types of gardens, and best practices to support a successful school garden. Emphasis will be on connecting gardening lessons to state curriculum frameworks and/or food and wellness education in the classroom, as well as establishing an action plan to implement or expand school gardening.</i></p> <p>Course Objectives: <i>At the end of this course, participants will be able to:</i></p> <ol style="list-style-type: none"><i>1.Examine the benefits of school gardening and explore best practices and the variety of gardens used in schools.</i><i>2.Analyze resources developed to support a successful school garden.</i><i>3.Evaluate gardening lessons and/or activities and make relevant connections to curriculum frameworks and/or food and wellness education.</i><i>4.Create and share one gardening initiative and implementation plan for your school based on the criteria provided.</i> <p><i>Registration available at https://www.framingham.edu/academics/continuing-education/professional-development/professional-development-for-educators/courses-and-registration/index</i></p>	<p><i>Tuition = \$225</i> <i>Select the number of school staff you wish to attend this course. For example, if you wish to fund five teachers, budget</i> <i>\$225 x 5 = \$1,125</i></p>