

Why farm to school?



Farm to school programs support healthy kids, healthy farms and healthy communities! They tend to:

- **Serve high-quality foods** picked at the peak of their flavor and nutrient content that kids eat and love!
- **Build appreciation** for nutrition, agriculture, food and the environment.
- **Lower the risk of obesity** and other serious diet-related diseases.
- **Promote optimal health**, growth, energy levels and intellectual development.
- **Support the local farm and food economy** and preserve open space in our neighboring states.
- **Reduce the school food carbon footprint** because food doesn't have to travel thousands of miles from farm to cafeteria.
- **Support sustainable agriculture** and the minimal use of harmful chemicals, additives and hormones.
- **Encourage lasting healthy eating habits** in schools that spread to families and communities.



c/o Capital Area Food Bank
645 Taylor Street, NE
Washington, DC 20017



D.C. FARM to SCHOOL NETWORK

healthy kids, healthy farms,
healthy communities



What is the D.C. Farm to School Network?

The D.C. Farm to School Network is a coalition of advocates who care about the health of our kids, our community, our environment and our local food economy. Our mission is to increase access to healthy, local and sustainable foods in all Washington, DC schools. The Network involves parents, teachers, school administrators, government agencies, food service representatives, farmers, chefs, community organizations, and others.

What is Farm to School?

Farm to school programs connect local growers with schools to get more healthy, delicious foods into school cafeterias. Schools can buy local foods a number of ways, like at farmers' markets, through traditional distributors, or directly from local growers. Local foods can be incorporated into salad bars, hot lunch items, snacks, or special celebrations.



Farm to school programs also incorporate hands-on learning opportunities that reconnect schoolchildren with where their food comes from — like school gardens, farm field trips, chefs in the classroom, nutrition education, and more!

What Does the D.C. Farm to School Network Do?

We identify creative solutions along the journey from seed to cafeteria tray to make more healthy, local foods available in Washington, DC schools. Specifically, we:

- **Educate and spread awareness** through meetings, webinars and community events
- **Provide direct assistance** to schools and food service providers
- **Forge relationships** and connect stakeholders (for example, through buyer-grower meetings)



- **Provide tools, resources, and updates** through our newsletter, website and social media
- **Advocate** for local and federal policies that support farm to school programs

How Can I Get Involved?

There are a number of ways to learn more, spread the word, volunteer, and get involved! Visit our website at www.dcfarmtoschool.org.



The D.C. Farm to School Network is an initiative of the Capital Area Food Bank.

