



# Local Flavor Week!

SEPTEMBER 21-25, 2009

[www.dcfarmtoschool.org/localflavorweek](http://www.dcfarmtoschool.org/localflavorweek)

## What is Local Flavor Week?

Local Flavor Week will be a celebration of fresh, in-season fruits and veggies grown in and around Washington, DC, taking place September 21-25, 2009. Participating public, charter and private schools will serve local produce in their cafeterias during the week. They're also organizing educational activities that emphasize where food comes from and why fresh, local fruits and veggies are good for the mind, body and planet!

## What is Farm to School?

Local Flavor Week will shine light on Farm to School efforts in the District of Columbia! Farm to School programs improve access to local produce in school cafeterias, and support educational opportunities that reconnect schoolchildren with where their food comes from. The goal is to link schools with local farms to serve healthy meals in school cafeterias, improve student nutrition, provide health and nutrition education opportunities that will last a lifetime, and support local small farmers. The DC Farm to School Network is coordinating these efforts in the District – learn more at [dcfarmtoschool.org](http://dcfarmtoschool.org).

## How are schools participating? They are:

1. Serving local produce in cafeterias during the week;
2. Hosting farmers in classrooms to explore where food comes from with students;
3. Having local chefs demonstrate simple, kid-approved seasonal recipes;
4. Hosting educators to teach students about the health and environmental benefits of fresh, local fruits and vegetables... and more!

## How can I learn more and get involved?

Visit [www.dcfarmtoschool.org/localflavorweek](http://www.dcfarmtoschool.org/localflavorweek) or email us at [andrea@dcfarmtoschool.org](mailto:andrea@dcfarmtoschool.org).

Local Flavor Week is being coordinated by the **DC Farm to School Network** in conjunction with many community partners. The DC Farm to School Network is a coalition of advocates working to get more local produce into DC schools and to reconnect students with where food comes from.

Learn more about Farm to School in DC at [dcfarmtoschool.org](http://dcfarmtoschool.org).

