



Creating Cafeteria, Classroom, & Family Linkages: How Farm-to-School Champions Can Support the Harvest of the Month Program



CAFETERIA LINKAGES:

- **Talk with Food Service Staff** about ideas to make the cafeteria a good place for learning about healthy eating.
- **Use a microphone** in the cafeteria, if available, to share fun facts about the Harvest of the Month item (see trivia sheets).
- **Ask about using student volunteers, as well as adults,** to help prepare and distribute taste tests.
- For hesitant tasters, **ask them to be a scientist reporting objective observations** – What does it smell like? What is the texture like? How many colors does it have?
- For enthusiastic tasters, **ask them their favorite ways to eat or prepare the Harvest of the Month item.**
- **Invite a local farmer to school** to connect with the kids and teach them where their food comes from.

CLASSROOM LINKAGES:

- **Encourage teachers** to present Harvest of the Month slides or share trivia facts in their classrooms.
- **Ask coaches, Health, and PE teachers to encourage participation in Harvest of the Month,** and healthy food choices in general.
- **Offer to be the guest teacher.** Some parents present the slides in classrooms, or bring in a sample of the Harvest item and talk about it and offer taste tests.
- **Look for ways to link food education with programs/themes** being taught in the classroom.
- **Make an educational display:** A photo & description of the farm that grew the Harvest item; a county map showing local farms and food they grow; nutrition education displays (e.g., how much sugar or fat is in snack foods).



FAMILY LINKAGES:

- **Remind families about Harvest of the Month lunch** in newsletters, student news shows, morning bulletins, assemblies, & other school communications.
- Encourage families to **buy school lunch,** especially on Harvest of the Month days, and **discuss Harvest of the Month activities at home.**
- Inform & engage parents in Harvest of the Month activities at **PTA meetings.**
- Use healthy local food and Food Services support for **family events at school.**
- **Welcome families to join their children for lunch.**