



How Farm-to-School Champions Support the Harvest of the Month Program

IN THE CAFETERIA

Talk with Food Service Staff about ideas to make the cafeteria a place for learning about healthy eating.

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.



IN THE CLASSROOM

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).

IN THE COMMUNITY

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.

