



## Farm to School – Know Your Foods

### Make it Happen Checklist!

#### WHAT IS IT?

Where does your food come from? Don't say "the store"! Work with your friends to learn about farms and farming, and get nutritious, fresh, regionally grown and raised food into your school in the process!

Doing this Play will help your school: Learn about the benefits of eating dairy and other farm-grown foods from your region. Explore what is grown locally and how farmers take care of the land and grow and produce the food we eat.

#### WHY?

Learning about the work of dairy and other farmers in producing nutritious foods can help you understand where your food comes from and how it affects your community.



#### Huddle Up

[Learn more](#)

Get key people to support your plan

- Principal
- School Nutrition Team, Nurse, and Health Professionals
- Teachers, Students, and Parents
- Local Farmers



#### Get Organized

[Learn more](#)

Organize your team for this two-part Play

- Plan an education campaign: What do farmers really do?
- Plan a way to get more locally grown and raised food into your meals program



#### Build Awareness

[Learn more](#)

Let students, parents, and others in the school community know what you are doing, and get their input

- Host a kickoff assembly to bring in a local farmer (or several)
- Ask your school nutrition team to talk about local foods
- Take a trip (in real life or [virtually](#)) to a local farm
- Promote local foods with cafeteria events and activities



#### Take Action

[Learn more](#)

Build interest and get local foods on the menu

- Create a Farm-to-School Snack Table and host taste tests
- Bring local farmers in for regular lunch talks and activities
- Develop a plan to get more local foods on the menu



#### Spread the Word

[Learn more](#)

Send out information about your successes and get more help

- Create "Know Your Foods" posters and videos
- Host community events like visiting a local farm market (or hosting one)



#### Build Community

[Learn more](#)

Find ways to make this Play last

- Hold friendly competitions to reinforce knowledge
- Create a community committee to keep it going
- Use regular social media events to keep interest up