



## What is Farm to School?

Farm to School programming includes school gardens, local food cooking classes and demonstrations, farm field trips, and the serving of local food in school cafeterias.

Like Farm to School programs nationally, ASAP's Growing Minds Farm to School Program has also expanded. What began as a school garden program in 2002 is now a holistic Farm to School program that incorporates all four components. The program provides resources and training to teachers, schools, Child Nutrition Directors, cafeteria staff, parents, extension agents, farmers, and other community stakeholders to encourage and sustain Farm to School efforts.



### Local Food in the Cafeteria

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Growing Minds staff members connect farmers, distributors, and school food leaders to ensure students have access to healthy local food. When cafeterias buy from local farms, students eat fresher, better-tasting meals. What's more, local farmers tap into another source of income, and the school's food dollars stay in the local economy!

Over the years, Growing Minds has developed tried-and-true resources for bringing local food into cafeterias and engaging students in making healthy eating choices. Call us or visit our website for recommendations on how you can incorporate local food into your school cafeteria.

### Farm Field Trips

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Children come away from farm field trips forever connected to local food and farms. Growing Minds staff members support farmers and teachers who want to make farm field trips possible for students. Through our annual mini-grants, workshops, and trainings, teachers and farmers get the resources they need to create lasting, hands-on learning experiences.

Need help getting started? We have resources that include listings of family-friendly farms open to visitors and school groups, activities tailored for on-farm learning, and tips for successful farm field trips.

Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).  
306 West Haywood Street, Asheville, NC 28801  
(828) 236-1282  
[www.Growing-Minds.org](http://www.Growing-Minds.org)



## Local Food Cooking

Dynamic cooking classes bring local food to life for children and adults alike! Growing Minds staff members train teachers and chefs in organizing successful cooking classes, demos, and tastings for students of all ages. Through these experiences, students form positive lifelong eating habits. Children get excited about eating their fruits and veggies—from spinach to melons—when they’ve prepared recipes themselves.

Our database of user-friendly local food recipes is constantly growing. Visit our website to see our latest additions as well as tried and true favorites.

## School Gardens

School gardens take learning beyond the walls of the classroom. The Growing Minds team trains teachers to establish Farm to School gardens and to integrate gardening into state and national curriculum. We emphasize how to sustain a garden program by involving community partners, such as parents, farmers, college students, and agricultural professionals.

Students will eat what they grow. School gardens are an excellent tool for experiential learning and nutrition education. Check out our website for ideas to create or expand your garden program.



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