



What Does Growing Minds Offer?

ASAP's Growing Minds program offers Farm to School resources, training and technical assistance to schools and preschools in the Southern Appalachians. Farm to School includes school gardens, local food cooking, farm field trips, and local food in the cafeteria. Please visit our website – www.growing-minds.org - for more resources and information.

Free seeds for school gardens – ASAP's office is stocked with a selection of seeds from Sow True Seed (a local company) that grow well during the school year. Stop by to pick them up for your classroom or school garden. Gift cards for other school garden materials are available for a limited time.

Free promotional materials – Our Get Local calendars (local harvest of the month calendars), Get Local book marks, "I tried local ____" stickers, and Get Local recipe cards can help create positive food environments at your school. All formats feature local products that are accessible to schools and educators. Contact brittany@asapconnections.org for more information.

'This Week in the Garden' newsletter - Created for every week of the school year, our newsletter features Farm to School recipes, children's books, and activity ideas. Download at <http://growing-minds.org/this-week-in-the-garden.php>

Lending library – The Growing Minds' library, in ASAP's office, is full of children's literature and curriculums targeted for Pre-K and elementary school ready to be used in the classroom.

Farm to School cooking resources – To make cooking in the classroom possible, we offer stipends, recipes, and help make community chef connections. Email brittany@asapconnections.org to learn more about our Farm to School cooking program.

Teacher updates – Our semi-regular Farm to School email updates include information about grant opportunities, trainings, and resources. Want to be added to our list? Email brittany@asapconnections.org.

Training - Sign up for our teacher email list to hear about Growing Minds' workshops and trainings such as those that help teachers use the school garden, cook in the classroom, and use farm field trips as instructional tools.

Sourcing local food - In addition to resources for teachers and schools, Growing Minds works with Child Nutrition Directors who are interested in increasing local purchasing for school cafeterias or childcare settings.

Quarterly school garden meetings - Held at a different school garden site each quarter, the meetings offer teachers a chance to share their experiences, successes, and challenges. Sign up for our teacher updates to hear about upcoming meetings.

Farm field trip mini-grants – Hands-on local food and farm experiences are a big part of Farm to School, and that is why ASAP offers annual farm field trip mini-grants to schools/preschools in our region (\$100 for the farmer, \$100 to cover travel and materials.) Visit www.growing-minds.org to find out how to apply.

National Farm to School Network SE Regional Lead Agency - Growing Minds connects Farm to School in the Southeast with national efforts. Visit www.farmtoschool.org to become part of the Farm to School movement. ASAP is a co-lead of the National Farm to Preschool subcommittee – sign up for the monthly e-newsletter www.farmtopreschool.org

Kids Corner Market – Weekly activities at the Asheville City Market (June, July, and August) that feature a community partner and healthy food and physical activity.