
U.P.  FOOD
EXCHANGE
central food hub

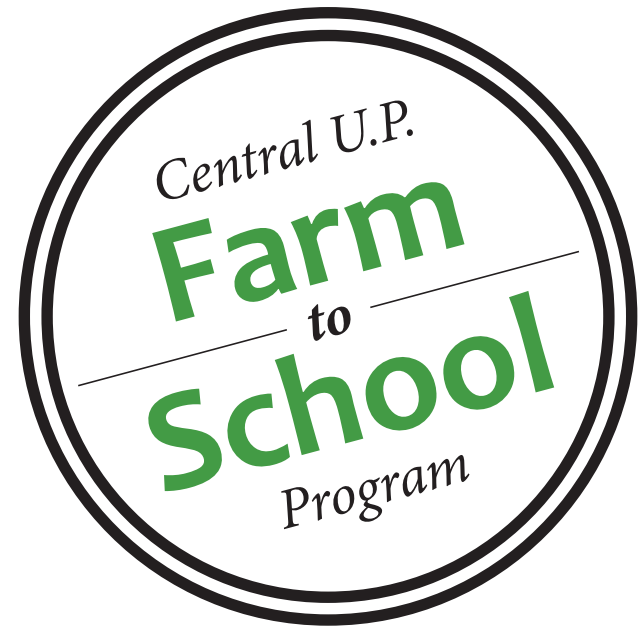
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What's Farm to School?

Across the country, an increasing number of schools and districts have begun to source more foods locally and to provide complementary educational activities to students that emphasize food, farming, and nutrition. This nationwide movement to enrich students' bodies and minds while supporting local economies is often referred to as "farm to school."

The term "Farm to School" encompasses efforts that bring local or regionally produced foods into school cafeterias; hands-on learning activities such as school gardening, farm visits, and culinary classes; and the integration of food-related education into the regular, standards-based classroom curriculum.

The United States Department of Agriculture (USDA) supports such efforts through its *Farm to School Program*, which includes research, training, technical assistance, and grants.

Visit www.mifarmtoschool.msu.edu & www.fns.usda.gov/farmtoschool to learn more.



Benefits of Farm to School

- Students are provided with fresh, healthy, minimally processed local food.
- Students have the opportunity to interact with the farmers that grow the food being served in the cafeteria.
- Students are introduced to the idea of farming as a career choice.
- Schools provide new or expanded markets for local farms.
- The variety and volume of crops produced may increase, creating opportunities for local economic development.
- Money stays in the local community.
- Nutrition education is integrated and emphasized across disciplines
- Schools report an increase of 3-16% in meal participation when farm-fresh food is served. ["Going Local - Paths to success For Farm to School Programs" by Anupama Joshi, Marion Kalb, & Moira Berry]

What's Happening Locally

In December of 2013, a Michigan Farm to School training was held in Marquette. There was enough excitement about getting local food into schools, that the Central U.P. (CUP) Farm to School Committee was born! This group is open to anyone interested in helping to get healthy, local food into schools in the Central U.P.-farmers, food service directors, dietitians, parents, and interested individuals are welcome. *Our committee meets the first Friday of the month at 9:00 am at the Marquette Food Co-op.* Let us know if you would like to be added to the CUP Farm to School e-mail list. Call us at 906.225.0671 x11.

Who Is Involved

People from the following farms, schools, agencies and businesses participate on the committee. Let us know if you are interested in joining us, so that we can add you to the growing list of those committed to healthier kids and building a stronger local food system.

- *Blue Cross Blue Shield of Michigan*
 - *Dancing Crane Farm*
 - *Everyielding Acres*
 - *Gwinn Area Community Schools*
 - *Marquette Alger Regional Educational Service Agency*
 - *Marquette Area Public Schools*
 - *Marquette County Health Department*
 - *Marquette Food Co-op*
 - *Marquette General Hospital*
 - *MSU Extension*
 - *NICE Community Schools*
 - *Northern Michigan University*
 - *Sleepy Hollow Farm*
 - *Treasa's Treasures*
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