



# Nourished and Ready to Learn!

## The farm to school connection

What farm to school activities are happening in your district? As a group “puzzle” over these questions? Discuss what your district is doing well and where they can invest energy and resources.

### Invest in School Nutrition Programs

Who is preparing the food in your district?  
What meals are they preparing?

How many student and adult eat school meals? Are there ways to increase these?

How many students qualify for free meals? Are you reaching all the students in need?

What local foods are being purchased for your school meal programs?

### Support District Level Coordination

What FTS activities are coordinated at a district level? Who coordinates them?

Is there a district committee that could be embracing FTS?

What other FTS activities are happening in the district? Classroom cooking? Chicken coops? taste tests?

### Create a Culture of Wellness

What does the district wellness policy say about FTS and/or school nutrition programs?

What do the behavior interventionists in your district say when you ask them about the connection of student behavior and food/farm education experiences?

What community partners are you already working with?

### Embrace District-wide Curricular Experiences

Which schools in your district have gardens? How are they using them?

Do schools in your district participate in Harvest of the Month?

Are teachers using food, farms, and nutrition to address their teaching requirements?