
www.farmtoschool.org


Farm to School: A National Movement and it's Impacts

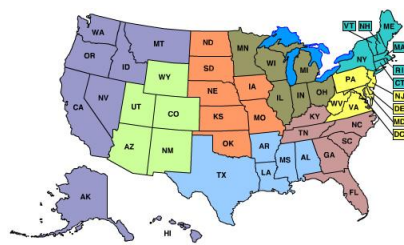
Anupama Joshi
National Farm to School Network
Center for Food & Justice, UEPI, Occidental College

Illinois School Wellness from A to Z Conference
May 4, 2010

National Farm to School Network


2007 onwards


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National Staff	8 Regional Lead Agencies
Advisors and Partners	Regional Steering Committees
	State Leads

Core priorities

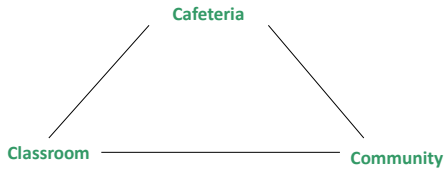

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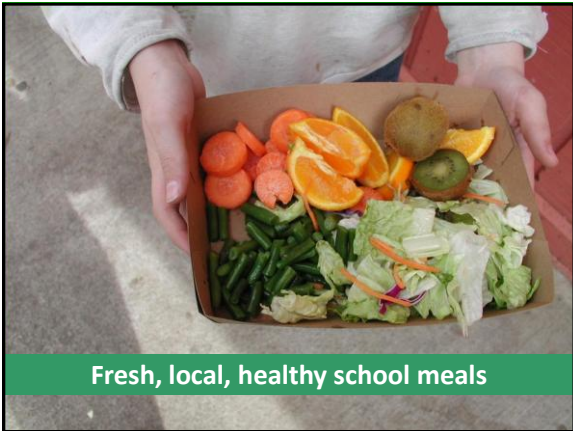
- Policy
- Networking
- Media and Marketing
- Information Services
- Training and Technical Assistance
- Research & Evaluation



Photo by Emily Hart Photography

What is farm to school...?





Fresh, local, healthy school meals



School Gardens—Growing Foods



Cooking.....



.....and getting messy!



In-class Education



Chefs in the Classroom



Farm tours



Recycling & Composting



Promotional Activities

Virginia Farm to School Week established
(second week of November)

"House Joint Resolution 95 passed with unanimous consent officially establishing a Virginia Farm to School Week"

News Released March 10, 2010

Growth of Farm to School

Growth of Farm to School Programs

Year	Operational Programs (#)	States (#)
1997	0	0
2004	400	20
2006	1000	38
2010	2000	45

Chicago Public Schools



- 385,000 lunches and breakfasts / day – 600 schools
- Chartwells Thompson Hospitality contract
- 2008 - Pilot program in 30 schools
- Linkage with distributor and processor
- Local products on menu twice a week – flash frozen

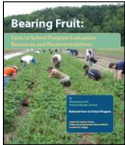


Farm to School Impacts



Summary of Farm to School Impacts

"Bearing Fruit" <http://departments.oxy.edu/uepi/cfj/bearingfruit.htm>



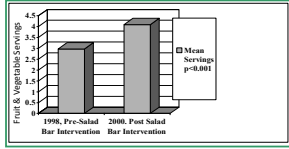
Impacts on	Indicator	Elements of Impact
Students	Student knowledge	Gain in knowledge and awareness about gardening, agriculture, healthy eating, local food, and sustainability
	Student attitudes	Increased willingness to try new foods and healthier options
	Student behavior	Positive attitude towards eating vegetables, increased consumption and regularity through time in school meals (e.g. 100% consumption) and choice, increased level of knowledge about local food, interest in growing their own food, increased consumption of local products
Teachers	Teacher knowledge	Positive gain in practical awareness of the alphabet, the sound, visual skills, reflections
	Teacher attitudes	Positive attitude about gardening, local food, school sustainability in curriculum, positive change in teacher, staff and district
Policy	Policy changes	Focus on local agriculture, culture, value healthy eating, positive emotional school climate, trends in state trends, though policy development has not been successful in all states
	Food service operations	Focus on local agriculture offerings, more menu items, and vegetables; focus on local products, more school sustainability in curriculum, and local food change in district wide management policies
Food Service	Food service staff attitudes	Increased in knowledge and interest in local food operations, gain in knowledge regarding current topics, interest in learning with respect to sustainability, interest in continuing education
	School food participation	Increased in participation with school food in the range of products, positive change in teacher, staff and district
Business	Financial participation	The flow of information in relation to local food items for sale in school meals or higher sales from the enterprise, focus on local products and higher sales
	Food service contracts	Focus on local products being sold through contracts through increased in knowledge and interest in local food operations, gain in knowledge regarding current topics, interest in learning with respect to sustainability, interest in continuing education
Farmers	Farmer knowledge	Increased in knowledge and interest in local food operations, gain in knowledge regarding current topics, interest in learning with respect to sustainability, interest in continuing education
	Farmer income	Increased in knowledge and interest in local food operations, gain in knowledge regarding current topics, interest in learning with respect to sustainability, interest in continuing education
Parents	Parent knowledge	Increased in knowledge and interest in local food operations, gain in knowledge regarding current topics, interest in learning with respect to sustainability, interest in continuing education
	Parent behavior	Increased in knowledge and interest in local food operations, gain in knowledge regarding current topics, interest in learning with respect to sustainability, interest in continuing education
Community	Community knowledge	Increased in knowledge and interest in local food operations, gain in knowledge regarding current topics, interest in learning with respect to sustainability, interest in continuing education

Student Impacts



- Gains in knowledge and attitudes
- Fruit & vegetable consumption increase through school meals (+ 0.99 to 1.3 servings / day)
- Fruit & vegetable consumption increase at home
- Positive lifestyle changes
- Improvements in social skills, self-esteem, physical activity

Increased Fruit and Vegetable Consumption



Los Angeles Unified School District

Slauser WM, Cumberland WG, Browdy BL, Lange L, Neumann C. A school salad bar increases frequency of fruit and vegetable consumption among children living in low-income households. *Public Health Nutrition*. Published online 5 July 2007.

Positive Lifestyle Changes



I grab fruit juice instead of soda after playing outside with friends

I told my mom not to buy Coke



I try to run everyday

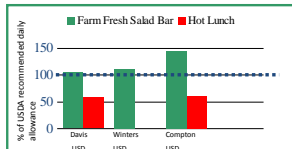
I stopped drinking root beer with high fructose corn syrup

Self-reported data from Lozano Elementary School, Spring 2006
Fresh from the Farm, Seven Generations Ahead, IL

Food Service Impacts



- Healthier options served, new seasonal recipes
- Increase in school meal participation rates (average +9%)
- Increase in food service revenue
- High Staff Morale and Motivation (Setty T. Izumi, Katherine Albino, Michael W. Hamm. *Journal of nutrition education and behavior*. 1 March 2010 (volume 42 Issue 2 Pages 83-91 DOI: 10.1016/j.jneb.2008.08.003)
- Increase in local food procurement
- Costs?



Farm to School Meals Offer Greater Variety and Amounts of Fruits and Vegetables

Fenstra Gill and Ohmart Jers, UC Sustainable Agriculture Research & Education Program
• Yolo County Farm to School Evaluation Reports - 2004, 2005 and Fall/Winter 2005-06.
• Compton Farm to School Demonstration Project Report, July 1, 2004- June 30, 2005.

