

Michigan Department of Education  
Office of Health and Nutrition Services  
School Nutrition Programs

## **Farm to School Local Wellness Policy Sample Goals**

Farm to School enriches the connection communities have with fresh, healthy food, and local food producers by changing food purchasing and education practices at schools. Farm to School includes three components: buying and serving local or Michigan-grown food in meals, gardening with students, and teaching food and nutrition education.

A comprehensive Local School Wellness Policy that addresses a school or district's many needs can be updated to support local purchasing, school gardens, and other farm to school activities. As your Local Wellness Committee reviews and revises your district wellness policy, consider selecting some of the sample goals below that fit the needs and interests of your district and increase your Farm to School program.

### **Nutrition Education**

#### **Curriculum**

1. Each school will implement at least one of the following four Farm to School activities
  - Local products are incorporated at least once a week into the school meal program
  - School hosts a school garden
  - School hosts field trips to local farms
  - School uses promotions or special events, such as tastings, that highlight local/regional products
2. School staff and school community members will be supported in the development of an edible school garden or container gardens, as part of curriculum to provide students the opportunity to plant, harvest, prepare, and eat the foods grown.

- Teachers will be encouraged to incorporate the school garden as part of curriculum to enrich students' learning opportunities by presenting academic projects around food, nutrition, mathematics, science, language arts, and the environment
  - Teachers will be supported in completing at least one professional development opportunity on garden-based learning annually
3. Teachers will use the Farm to School program to promote awareness of how food choices affect our health, communities, and environment.
  4. Staff will integrate experiential education activities— such as gardening, cooking demonstrations, farm and farmers' market tours— into existing curriculum for all grades.

### **Food Service**

1. All school cafeterias will have a minimum of three taste tests per school year for local or Michigan-grown products.
2. Food Service will develop and implement a plan to integrate local produce into meals served, including leveraging Child Nutrition Programs such as the Summer Food Service Program, Child and Adult Care Food Program, and/or the Fresh Fruit and Vegetable Program, if participating. The plan will identify specific strategies and goals to increase the use of local produce.
3. Food Service will apply and participate in 10 Cents a Meal for Michigan's Kids and Farms.
4. Food Service will promote on menus when local, or Michigan-grown foods are used and served.
5. Food Service will plan menus to accommodate the seasonality of local agriculture according to availability of produce from local farms and school gardens.
6. At least 20% of produce purchased and served in the cafeteria by Food Service will be locally grown fresh produce.
7. Food Service will increase the availability of fresh fruits and vegetables and opportunities for offering seasonal fresh produce by adding a salad bar in the cafeteria.
8. Food Service and teachers are encouraged to work together to provide nutrition education such as Harvest of the Month to highlight local foods and may include hands on activities such as taste tests of local fruits and vegetables, gardening, and visits to farms or farmers markets, or visits by local farmers.
9. Ethnic and cultural diversity of the student population will be considered in purchases of locally grown foods for the school menu.
10. Consideration of recycling and composting shall be included in the implementation of this policy in its varied applications.

### **Physical Activity/Education**

1. The district will recognize that school gardens and farm visits can offer physical activity opportunities by engaging students in activities such as planting, harvesting, and weeding. Teachers and students are encouraged to take advantage of these physical activity opportunities during the school day as well as through field trips and after-school activities.
2. Physical activity educators will work in collaboration with school garden champions to consider garden activities as an opportunity to offer and meet physical activity goals. For example, after developing a plan of the tasks that need to be done in the garden, set up a garden activity circuit with multiple stations. The number of stations depends on the number of students you will be working with.
3. Teachers and other school garden champions will consider using time in school garden as an opportunity to incorporate additional physical education and fitness into the school day.

### **Other School Based Wellness Activities**

1. School parties and celebrations will be encouraged to serve locally grown produce.
2. In collaboration with school garden champions and other stakeholders, the school will seek and apply for a school-based garden grant during the current school year to support development and maintenance.

### **Implementation, Evaluation, and Communication**

1. The Local Wellness Policy committee should involve parents, students, representatives of the school authority, the school board, school administrators, and the public in development of the local wellness policy. Representatives from the local agricultural community as well as food and nutrition professionals could be key members of the committee. Consider adding farmers, farmer advocates, farmers' market representatives, agricultural industry representatives, representatives from community organizations that work to promote local foods, local public health professionals, chefs, nutritionists, health educators, or local SNAP-Ed educators.
2. A team of district and community representatives will be established to support the food service director and teachers in implementing local purchasing and other farm to school activities on an ongoing basis.

Michigan State University Extension can help you implement ideas to further assess and implement local school wellness policies in your school district. Please fill out this form and we will be in touch!



[MSU Extension Form](https://msu.co1.qualtrics.com/jfe/form/SV_3lQR5KcVaGo538y) (https://msu.co1.qualtrics.com/jfe/form/SV\_3lQR5KcVaGo538y)

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