

NH Farm to School Program

Office of Sustainability Programs
University of New Hampshire
107 Nesmith Hall
131 Main Street
Durham, NH 03824



Dear New Hampshire School Nurse/Health Educator:

The New Hampshire Farm to School (NH FTS) Program is designed to connect local farms and farm products to New Hampshire classrooms and cafeterias by integrating agricultural production, school food procurement, and school curriculum. The Program now works with apples and cider, but envisions expanding to include other New Hampshire products. The goal is to develop a healthy, community-based, community-supported school food system.

Part of this food system is to **educate students** about the ecological, social and health reasons for buying locally grown products. As a health educator, you are in a unique position to integrate those components into your daily routines. Research on nutrition education methods increasingly suggests that there is a link between long term healthy eating behaviors and experiential learning that begins early in life. The NH FTS Program has assembled the resources and the materials that you can use to link the tenets of FTS to what you are already teaching.

The 'Get Smart: Eat Local' materials support on-going efforts to educate students about healthy eating, food sources, wise choices, local agriculture, sustainability and more. Materials designed specifically for Nurses and Health Educators are available. By providing healthier options in school cafeterias and through education that connects the food children eat to farms and health, children can better relate to how their food choices affect their own health.

This is only a sampling of what we can provide for you. Our goal is to expand the way students, parents, food service directors, and the entire school district thinks about food. By integrating FTS into your everyday educational work you can help fulfill that goal.

We are available to visit your school and your classroom to give presentations, run workshops, do an apple tasting, help with lessons and much more. Just give us a call or send us an e-mail.

The first step you can take is to find out if you are a participating school. Check our listing on our website and ask your Food Service Director if your school gets NH FTS apples and cider or any other local NH products. If they do GREAT, you are on your way. If not, tell them about the program, encourage them to purchase local products, direct them to the website, then have them contact us to get started. You as an educator can always participate by contacting us and getting resource material.

NH FTS is moving to a web-based system! This means that all of the resource material, letters to district constituents, posters, and curriculum will be available online in PDF format from our website, www.nhfarmtoschool.org. Please visit the site frequently to see what is available.

www.nhfarmtoschool.org

For more information visit the website or contact the NH Farm to School Program at NH.FarmToSchool@unh.edu or 862-4088

Talk to the members of your school about the Farm to School Program!

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