

NH Farm to School Program

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



Dear Parents,

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 NH FTS direct distribution program now works with apples, but is dedicated to the idea of integrating as many New Hampshire foods into the schools as possible. 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. Through interdisciplinary instruction in their classes students will learn how buying local promotes NH agriculture, maintains healthy ecological balances, and inspires healthy food choices. You are in a unique position to help integrate those components mentioned above into your child's everyday life.

As a parent, you can both share in your child's Farm to School experience and help continue the experience at home. You can help us make this program a great success by sharing in your child's Farm to School experience.

- **Visit a local farm and meet your local producer**
- **Shop at and support local farmers' markets and farm stands**
- **Ask for New Hampshire food products at retail outlets**
- **Use New Hampshire grown and processed food products at home**
- **Talk to your child about the importance of caring for our environment**

NH FTS is moving to a web-based system! This means that all of the resource materials we have gathered to help you integrate the ideas of FTS into your home will be available online at our website, www.nhfarmtoschool.org. Please visit the site frequently to see what is available.

The first step you can take is to find out if you are a participating school. Ask your child's teacher and the cafeteria 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, and teach about FTS, direct them to the website, then have them contact us to get started.

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 YOUR CHILD'S TEACHER ABOUT THIS PROGRAM!

