

# Local Foods, Lucas County

## Connecting Farms, Health, and Community

### Farm to School Month

October is National Farm to School Month, a time to celebrate connections happening all over the country between schools and local food!

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 and early care and education settings. Farm to school is reaching millions of students in all 50 states and Washington, D.C.

The 2016 National Farm to School Month theme, *One Small Step*, will highlight the simple ways anyone can get informed, get involved and take action to advance farm to school in their own communities and across the country. Learn more about National Farm to School Month, how you can get involved, and sign the *One Small Step* pledge by visiting the National Farm to School Network's website, [farmtoschool.org](http://farmtoschool.org).

### What can we do in Lucas County?

- Join the *Great Lakes Great Apple Crunch* on Thursday, October 13th by \*crunching\* a local, Ohio apple with your students, cafeteria staff, teachers, or community organization. Register your group at <http://www.cias.wisc.edu/applecrunch/>
- Take a virtual field trip to an Ohio Farm! Learn about pigs, dairy cows and more.

Ohio Pork Council

<http://www.ohiopork.org/fieldtrip>

Ohio Dairy Farmers

<https://www.drink-milk.com/farms/>



- Hold a recipe contest for students and families. Ask them to submit a recipe using their favorite Ohio grown seasonal fruits and vegetables—think apples, pumpkins, or squash!
- Read a farm or food story in the classroom. Here are some of our favorites:

*Rah, Rah Radishes* by April Pulley Sayre

*Sylvia's Spinach* by Katherine Pryor

*Tops & Bottoms* by Janet Stevens

*In the Garden with Dr. Carver* by Susan Grigsby

*Water, Weed & Wait* by Edith Hope Fine and

Angela Demos Halpin

### What other resources are available?

Contact your local OSU Extension office to schedule classroom programs on gardening and agriculture, nutrition, or local foods.

OSU Extension Lucas County

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Website: [lucas.osu.edu/farm2school](http://lucas.osu.edu/farm2school)

Gardening/Agriculture: [stone.91@osu.edu](mailto:stone.91@osu.edu)

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