

# Local Foods, Lucas County

## Connecting Farms, Health, and Community

## Farm to School in the Classroom

Farm to school creates connections between agriculture and local foods to concepts in science, social studies, math, language arts, and health. Educators can use Farm to School to offer students engaging lessons that support healthy bodies and healthy minds, as well as encourage active participation in the local food system. Activities could be as simple as reading a farm storybook to developing a inquiry-based project related to real-world experiences. Even if your school isn't engaged in procuring local foods for the cafeteria, there are many ways to integrate Farm to School in your classroom.

### Connections to Ohio's Learning Standards

Many Farm to School topics can be tied to Ohio's Learning Standards. Consider these food and agriculture activities when planning standards-based lessons.

#### Life Science

- composting bin (Behavior, Growth & Change)
- Observations on how food and water choices affect behavior and growth of plants (Interconnection with Ecosystems)

#### Earth and Space Science

- Soil erosion and nutrient management on farms (Earth's Resources)
- soil components (Rocks, Minerals & Soil)

#### Physical Science

- Building and growing a terrarium (Matter & Forms of Energy)

#### Social Studies

- Role of food in various cultures, buying local vs. global, farming innovations, Ohio history

#### Mathematics

- Plant measurement, collecting pollinator data, recipe measurement, garden design

### Literacy Connections

There are a wealth of books and texts which relate to Farm to School for use in English Language Arts lessons from kindergarten to high school. Farm to School activities include:

**Vocabulary Acquisition:** sorting foods into categories (MyPlate), describing foods

**Reading:** use texts about food and agriculture for comprehension, compare and contrast, sequencing

**Writing:** Exploration of careers in agriculture

**Speaking and Listening:** Articulating benefits of specific foods for positive health outcomes

### Health and Wellness

There are no health education curriculum standards in Ohio, however, Ohio law does require schools and districts to include health education throughout its K-12 curriculum. Farm to School activities can be implemented to meet some of the legislated requirements, including:

“The nutritive value of foods, including natural and organically produced foods, the relation of nutrition to health, and the use and effects of food additives” (Ohio Revised Code, Section 3313.60 Prescribed Curriculum).

### School Wellness Policy

All schools participating in the National School Lunch Program are required by the Healthy, Hunger- Free Kids Act of 2010 (HHFKA) to establish school wellness policies. Farm to School can positively impact student wellness by providing nutritious, locally grown food as part of the school food program and promoting healthier lifelong eating patterns. Resources for integrating Farm to School in school wellness policies can be found at the National Farm to School Network website: [www.farmentoschool.org](http://www.farmentoschool.org)

## Resources for Lucas County

Ohio State University Extension: Lucas County- Educators provide classroom lessons on local foods, nutrition, soil, pollinators, gardening and more. 419-213-4254 [lucas.osu.edu](http://lucas.osu.edu)

Toledo GROWS- Offering programs at their urban campus or in the classroom, including Plants and Animals, Protecting Water and Soil, and Environmental Stewardship. 419-720-8714 [www.toledogrows.org](http://www.toledogrows.org)

Lucas County Soil and Water Conservation District- Educational programs teach the value of natural resources through classroom presentations or field trips. 419-893-1966 [www.co.lucas.oh.us/510/Educational-Programs](http://www.co.lucas.oh.us/510/Educational-Programs)

Metroparks Toledo- Programs in the classroom or in the parks provide opportunities in environmental and natural resource education. 419-407-9700 [metroparkstoledo.com/discover/learning-and-education/](http://metroparkstoledo.com/discover/learning-and-education/)

Imagination Station- Visit the facility to learn at GrowU or educators visit classrooms with demonstrations on a variety of science topics. 419-244-2674 [www.imaginationstationtoledo.org](http://www.imaginationstationtoledo.org)

Veggie U- National organization supplies indoor classroom gardens and a standards based, five-week science program. 440-774-8344 [www.veggieu.org](http://www.veggieu.org)

Ohio Farm Bureau- Online resource for lessons and activities [ofbf.org/tag/our-ohio-teachers-lounge](http://ofbf.org/tag/our-ohio-teachers-lounge)

National Ag in The Classroom Curriculum Matrix- Online resource for agriculture lessons and activities [www.agclassroom.org/index.cfm](http://www.agclassroom.org/index.cfm)

USDA's Team Nutrition Farm to School Curriculum- Lessons and materials for preschool through grade 6. [www.fns.usda.gov/tn/team-nutrition-garden-resources](http://www.fns.usda.gov/tn/team-nutrition-garden-resources)

## Field Trips

Visiting a farm is a great way to connect students with agriculture and the local food system. Visiting a farm can inspire young people to make healthier food choices or develop an interest in careers in agriculture. Farmers also benefit by developing stronger connections with the local community, and potentially increasing farm revenue.

Lucas County Farms which offer on-site programming:

- *MacQueen Orchard*  
7605 Garden Rd, Holland, OH 43528 (419) 865-2916
- *Johnston Fruit Farms*  
2790 US-20 ALT, Swanton, OH 43558 (419) 826-1453
- *Hoens Garden Center*  
1710 Perrysburg Holland Rd, Holland, OH 43528 (419) 865-6566
- *Stevens Gardens*  
550 Weckerly Rd, Monclova, OH 43542 (419) 392-2065
- *Friendship Farms*  
9960 Berkey Southern Rd. Waterville, OH 43566 419-832-0239

Other Area Farms:

*Gust Brothers Farm*  
[www.gustbrothers.com](http://www.gustbrothers.com)

*Erie Orchard & Cider Mill*  
[www.erieorchards.com](http://www.erieorchards.com)

*Country Lane Tree Farm*  
[www.countrylanetreefarm.com](http://www.countrylanetreefarm.com)

## Ohio Agricultural Organizations- Educational Resources

American Dairy Association Mideast	<a href="http://www.drink-milk.com">www.drink-milk.com</a>
Ohio Apple Marketing Program	<a href="http://www.ohioapples.com">www.ohioapples.com</a>
Ohio Livestock Coalition	<a href="http://www.foryourinfarmation.com">www.foryourinfarmation.com</a>
Ohio Soybean Council	<a href="http://www.soyohio.org/council">www.soyohio.org/council</a>
Ohio Corn & Wheat Growers Association	<a href="http://www.ohiocorneducation.org">www.ohiocorneducation.org</a>
Ohio Pork Council	<a href="http://www.ohiopork.org">www.ohiopork.org</a>
Ohio Poultry Council	<a href="http://www.ohiopoultry.org">www.ohiopoultry.org</a>
Ohio Beef Council	<a href="http://www.ohiobeef.org/education/teaching-resources">www.ohiobeef.org/education/teaching-resources</a>



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: [go.osu.edu/cfaesdiversity](http://go.osu.edu/cfaesdiversity)

Farm to School in the Classroom

Contact your local OSU Extension office for more information.

OSU Extension Lucas County  
One Government Center Suite 550  
Toledo, OH 43604 Phone: 419-213-4254  
[lucas.osu.edu](http://lucas.osu.edu) [extension.osu.edu](http://extension.osu.edu)