

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 between schools and local food!

Farm to School provides students with access to healthy, local foods as well as education opportunities such as school gardens, cooking lessons and farm field trips. When schools buy local, they create new markets for local and regional farmers and contribute to vibrant communities, a win-win scenario!

The National Farm to School Network provides resources and activities to help schools develop Farm to School programs visit their website for Farm to School Month printables, including posters, bookmarks, stickers and other items.

www.farmtoschool.org/our-work/farm-to-school-month

Great Lakes Apple Crunch

Grab an Ohio-grown apple and join participants across the Midwest on Thursday, October 12, 2017, for the fourth annual Great Lakes Great Apple Crunch!

Participants of all ages are invited to help reach the goal of one million apple “crunches”. This event encourages healthy eating and supports Farm to School and other local food purchasing initiatives throughout the region. It’s also a fun way to connect food and nutrition to all kinds of classroom curricula – from science to art!

The Great Lakes Great Apple Crunch provides your school or group with resources to host a successful local food event this October. Register your group at:

www.cias.wisc.edu/applecrunch

Visit www.ohioapples.com to find an orchard near you, teacher resources, and more!



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.



What can we do in Lucas County?

Whether you are a food service professional, a farmer, a teacher, or a food-loving family, there are plenty of ways to celebrate and get involved in National Farm to School Month!

- 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!
- Take a virtual field trip to an Ohio Farm! Learn about pigs, dairy cows and more.
 - Ohio Pork Council www.ohiopork.org/fieldtrip
 - Ohio Dairy Farmers www.drink-milk.com/farms
- Read a farm or food story in the classroom. Here are some of our favorites:
 - Tops & Bottoms* by Janet Stevens
 - In the Garden with Dr. Carver* by Susan Grigsby
 - It's Our Garden: From Seeds to Harvest in a School Garden* by George Ancona
 - Johnny Appleseed* by Steven Kellogg
- Contact OSU Extension to schedule classroom programs on gardens, local foods or nutrition.

Contact your local OSU Extension office for more information.
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