

Education

Implementing a nutrition and agriculture education program in the classroom can greatly expand and improve your Farm to School program. Work with your school administration, teachers, and parents to encourage incorporation of nutrition and agriculture lessons within current curriculum guidelines. Listed below are some resources you might consider when developing the education component of your Farm to School program.

Incredible Edible Idaho Food of the Month Posters:

This popular “Food of the Month” poster series features a different Idaho agriculture product each month. The front side features a picture of the product, both in the field and harvested, and includes nutritional facts, interesting statistics, and the top growing counties for the product. On the back of the poster, reproducible games, trivia, educational activities, recipes and more are available to provide additional teaching resources. The posters are the result of a partnership between the Idaho State Department of Education’s Child Nutrition Programs and Idaho State Department of Agriculture’s Idaho Preferred® Program. Posters are provided to all school cafeterias and to teachers who complete the Idaho Agriculture in the Classroom Teacher Training workshop. To view and print the posters and activities, go to <http://www.sde.idaho.gov/site/cnp/nutritionResources/fom.htm>

Idaho Farmers Supporting Idaho Schools – A Healthy Fundraiser:

To help schools meet Wellness Policy guidelines, Idaho Preferred® and the State Department of Education, Child Nutrition Programs created a healthy fundraiser for schools to participate in. Featuring unique, quality Idaho products, the fundraiser offers a great selection of delicious products from Idaho’s very own ranchers and farmers. Fundraiser supporters can enjoy the crisp taste of fresh Idaho apples and pears, bake homemade pancakes or bread, with whole grains harvested right from Idaho fields, and serve them with sweet



Idaho honey. Other featured fundraiser items include: award-winning mustard, flaxseed muffin mix, famous Idaho potatoes, hearty barley soup and gourmet heirloom beans. A great alternative to traditional fundraising programs, the Idaho Preferred® fundraiser offers nutritious products all grown and processed right here in the Gem state.

The Idaho Preferred® Fundraiser is a valuable program for children of all ages, giving Idaho's schoolchildren the opportunity to experience Idaho agriculture first-hand. With every item priced at an easy \$10.00, organizations have the opportunity to net \$4.25 for each item sold. For more information on the Idaho Fundraiser contact Kim Peterson at (208) 332-8532 or kpeterson@agri.idaho.gov. or go to <http://www.idahopreferred.com/educational-resources/fundraising-opportunity.htm>

Idaho Agriculture in the Classroom Teacher Training Workshops:

Agriculture in the Classroom is a program to help students increase their knowledge of the food and fiber system in their state, thus enabling them to make intelligent decisions as consumers, voters, and eventually, as public leaders. The program is a cooperative effort between the USDA, Idaho State Department of Agriculture, University of Idaho, agribusiness, commodity groups, farm organizations, farmers, ranchers, and educators across the state. Teacher training workshops are offered across the state each summer with University of Idaho continuing education credits available to teachers who enroll. The two-day workshops include farm tours for a first hand look at production agriculture and the people who work everyday to provide our food and fiber. In addition, classroom presentations provide in-depth insight into current events affecting agriculture and offer educational resources, curriculum and lesson plans. For more information, visit www.idahoaitc.org.

School Gardens

An excellent way to educate students on nutrition and a variety of other curricular topics is to implement a school garden. A school garden can become an integral part of your classroom and may ultimately improve student learning. Teachers throughout the country are finding that learning in such a way is enjoyable to both the students and themselves. A vegetable garden gives your school all the benefits mentioned above, with the added reward of valuable nutrition lessons on the importance and joys of eating fresh foods. Children are much more likely to taste a vegetable they have grown, and vegetables just taste better straight from the garden. The USDA allows schools to serve food grown in a school garden in the School Meal Programs. School gardens can take variety of forms, from the simplest containers outside a classroom to a multi-plot, in-ground garden featuring seating areas and a greenhouse. But the size of your garden should not limit its potential to contribute to the learning environment. In 2009, the State Department of Education Child Nutrition Programs funded ten School Garden sites to serve as pilot sites for other schools across the state. For information and to learn how these schools implemented their gardens visit www.sde.idaho.gov/site/cnp/schoolgarden/.

