

## Sample Farm to School Wellness Policy Language from Minnesota

### Willmar Sample Wellness Policy Language

Section: Nutrition Education and Promotion Section (Relevant language for Farm to School)

- The school cafeteria will serve as a “learning laboratory” to allow students to apply nutrition skills taught in the classroom. The promotion of healthy foods, including fruits, vegetables, whole grains, and low fat dairy products will be encouraged.
- **Farm to School.** As part of the Child Nutrition and WIC Reauthorization Act of 2004, Farm to School Programs will connect schools with local farms. The school district, to the extent possible, will buy and feature farm fresh foods; incorporate nutrition education curriculum; and provide students experiential learning opportunities.

### Montevideo Sample Wellness Policy Language

Section: Nutrition: Education Goals (Relevant Language for Farm to School )

- The school district will encourage and support healthy eating by students and engage in nutrition promotion that is:
  1. Offered as part of a sequential, comprehensive program for all grade levels (including Health and Family and Consumer Science) designed to provide students with the knowledge and skills necessary to promote and protect their health.
  2. Integrated into other areas of the curriculum such as math, science, language arts, social sciences and elective subjects, where appropriate’ and provides eating experiences, gardens and cooking classes.
  3. Enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testings and field trips to include farms and gardens.
  4. Be a part of the curriculum where students will learn to develop life-long skills in nutrition, health education and physical activity.
- The district will recognize the lunch period as an integral part of the educational program. The district will strive to use the school cafeteria as a “learning laboratory” to allow students to apply nutrition skills taught in the classroom. Healthy foods, including fruits, vegetables, whole grains and low fat dairy products, will be encouraged.
- Farm to School Programs, as identified in the Child Nutrition and WIC Reauthorization Act of 2004, will connect schools with local farms. The school district to the extent possible, will buy and feature farm fresh foods.



**INSTITUTE FOR AGRICULTURE AND TRADE POLICY**

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