

What is Farm to Summer?

Farm to Summer is a great opportunity to bring together farms and schools in the community to provide local, fresh ingredients to students in summer programs. This allows the opportunity for kids to try fruits and vegetables they may otherwise not have access to. Various activities such as nutrition education and those seen below are also provided for students in order to set a foundation for healthy habits and prevent obesity. With summer being some of the best times to harvest produce, this program can open up an optimal opportunity to provide hands on experience for those students

Farm to Summer Activities

- Serving locally produced foods at your summer sites
- Invite local farmers to visit the site
- Create learning activities and art projects surrounding nutrition and agriculture
- Holding taste tests/cooking demonstrations of locally produced foods
- Create a community or school garden
- Engage the kids in tending to the garden
- School garden harvest parties
- Picnics and BBQ's



Where can I learn more?

- **USDA:** <http://www.doe.in.gov/sites/default/files/nutrition/factsheetfarmtosummer.pdf>
- **National Farm to School Network:**
 - **General Information:** <http://www.farmtoschool.org/learn>
 - **How to get your program started:** <http://www.farmtoschool.org/get-started>
- **Food Research & Action Center:** <http://frac.org/wp-content/uploads/produceguide.pdf>