

## **“How can we have a successful Farm to School program in a rural community with a limited growing season and few resources?”**



Other school districts within Oregon and around the country have overcome similar barriers. **On Friday, March 5<sup>th</sup>, Oregon Rural Action will be hosting a workshop at the UBESD building, 10100 North McAlister Road, in La Grande,** that will feature a panel discussion with experienced Farm to School members (schools and growers) and from the Oregon Department of Education. Plenty of time will be allowed for questions and answers. The day is divided into two portions. The morning (9:00 am-noon) will **focus on opportunities and challenges for producers** interested in selling to schools, and the afternoon (1:00 pm-3:30 pm) **will focus on opportunities and challenges for schools and how schools and community members** can work together on a Farm to School Program. Lunch will be provided for those interested in attending both sessions.

### **Who Should Attend?**

Producers of local foods, school administrators, food service personnel, teachers and of course, involved parents or community members that want to help with the success of your school are welcome to attend the workshop.

### **To register for the workshop please contact Oregon Rural Action by March 1st:**

Andi Sexton, Oregon Rural Action Farm to School Coordinator, (541) 975-2411 | [andi@oregonrural.org](mailto:andi@oregonrural.org)



## **I want to support Union County's Farm-to-School Program!**

Oregon Rural Action is a membership-based 501(c)(3) that supports and encourages community organizing around locally identified issues in order to bring people together to build strong communities. Oregon Rural Action members determined that a farm to school program would advance our work in promoting healthy and sustainable rural communities. By joining together as a community we are making this dream a reality! Your donation is tax-deductible and the first \$30 of any donation gives you all of the benefits of being an Oregon Rural Action member. All donations will be earmarked specifically for the Union County Farm to School Program' administered by ORA.

I want to be a monthly donor (please circle amount below):

\$10/month    \$20/month    \$50/month    Other \_\_\_\_\_

A one-time donation is better for me now (please circle amount below):

\$20    \$50    \$100    \$500    Other \_\_\_\_\_

I want to volunteer! Please contact me so that I can contribute my time and skills.

I'm paying by:  Check (payable to Oregon Rural Action)  Credit/Debit Card Card Type \_\_\_\_\_

Card # \_\_\_\_\_ Code \_\_\_\_\_ Expires \_\_\_\_\_ Name on Card \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

# JOIN WITH OREGON RURAL ACTION AND U.C. FIT KIDS IN DEVELOPING FARM TO SCHOOL PROGRAMS IN UNION COUNTY!



**OREGON**rural  
**ACTION**

SOWING SEEDS OF **CHANGE**

## What is Farm to School?

The National Farm to School Network sprouted from the desire to support community-based food systems, strengthen family farms, and improve student health by reducing childhood obesity. Farm to School brings healthy food from local farms to school children nationwide. In addition to supplying nourishing, locally grown and produced food in schools, Farm to School programs offer nutrition and agriculture education through taste tests, school gardens, composting programs, and 'meet the farmer' farm tours and in-school presentations. These experiences help children understand where their food comes from and how their food choices affect their bodies, environment and community.

## Background

Through a collaborative effort with the U.C. Fit Kids Coalition, Oregon Rural Action has received first year funding from Meyer Memorial Trust for a three-year Farm to School Program tailored to Union County.

The concept of initiating a farm to school program within Union County evolved from an assessment that U.C. Fit Kids conducted of the food environment in the county's eight elementary schools and the desire of many Oregon Rural Action members to have healthy local food in schools which would support local agriculture.

U.C. Fit Kids is a dynamic collaborative project with a diversity of interests represented. The mission of the U.C. Fit Kids coalition is to improve children's physical activity and eating habits by reducing barriers and increasing access to exercise and recreational opportunities, and to healthy foods. U.C. Fit Kids has identified several interventions to create a healthier school and community environment countywide and one of the interventions is a farm-to-school project that would link regional farms with school food service programs to provide fresh food in the school cafeterias and nutritional education opportunities for children.

## How does Farm to School Work?

Depending on the desire of your school, a Farm to School program can include as many 'menu options' as you desire. Here is a sampling of menu options:

- Local foods featured in lunch, breakfast or snacks – once a month, once a week, or daily.
- Offer a local foods salad bar.
- Help plan nutritional school gardens and garden-based learning activities (in partnership with Union Baker ESD and OSU Extension).
- Organize educational opportunities such as farm tours and farmers as teachers programs.
- Have 'tastings' as part of a 'Harvest of the Month' feature.
- Have a 'Harvest of the Month' that incorporates any of the above options, yet, focuses on one local product at a time.

U.C. Fit Kids



*Move, play, live healthy.*

## FOR MORE INFO:

**Oregon Rural Action  
Andi Sexton  
Farm to School  
Coordinator**

**1702 4<sup>th</sup> Street  
P.O. Box 1231  
La Grande, OR 97850**

**541.975.2411  
andi@oregonrural.org  
www.oregonrural.org**