FARM FRESH FRIDAYS

CELEBRATING TEXAS AGRICULTURE & LOCAL PRODUCTS IN SCHOOLS

The Farm Fresh Fridays initiative offers a new and exciting way to engage students about the foods served in their school and inspire strong, sustainable connections to local food, and Texas farmers and ranchers. Plus, it assists to build relationships between schools and agriculture producers so that schools can add more local flavor to their menus.

Three things parents can do to bring Texas Farm Fresh to their local schools:

GET INVOLVED 1
WITH YOUR CHILD'S SCHOOL COMMUNITY

- Contact your child's school principal or teacher and express support for including local products in school meals as well as farm to school activities such as school gardens.
- Visit **www.SquareMeals.org/FarmtoSchool** for resources, grant opportunities and success stories.
- Encourage other parents, teachers and school organizations, such as the PTA, to join you.
- Ask how you can participate in activities, like product taste tests or garden-based learning that promote and encourage student wellness.
- Contact your school district to learn about and get involved with your local School Health Advisory Council.

CONNECT 2
WITH YOUR CHILD'S CAFETERIA PROGRAM

- Learn about the current nutrition program and how the cafeteria determines menus and products.
- Offer feedback on what your child likes on the menu and ideas for new healthy items.
- Ask about opportunities to volunteer ideas and time to activities that encourage staff and students to try and learn more about local food.

ENCOURAGE 3
YOUR CHILD'S SCHOOL DISTRICT TO PARTICIPATE IN TDA'S LOCAL PRODUCTS CHALLENGE

Each year, the Local Products Challenge inspires schools to use more Texas products in cafeteria meals and recognizes participants that complete the challenge.

Learn more about the challenge and how your school can participate at **www.SquareMeals.org/FarmtoSchool**.

Farm to school activities benefit families and communities by providing a solid foundation for establishing lifelong healthy habits, promoting student health and strengthening local economies.

TEXAS DEPARTMENT OF AGRICULTURE

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www.SquareMeals.org