Farm to School Play

Fresh, local foods can be a great source for healthy eating. That’s why it’s a great idea to organize a "Farm to School" program. Team up with the people in your school and community to learn more about the benefits of eating fresh dairy and farm-raised foods from your area. By exploring how farmers take care of the land and grow the food you eat, you will learn a lot about making healthy eating choices and can raise awareness about the great work that’s probably being done right in your school's backyard. More Farm to School Play resources in the Playbook at www.fueluptoplay60.com.

Why Farm to School?
• Learning about the work of dairy and other farmers in producing healthy, nutrient-rich foods can help students better appreciate the variety of foods they might choose, and where those foods come from.

• Local food sourcing also helps the local economy and the environment, and creates less waste

DAIRY IS A LOCAL FOOD

Check out these Ideas & Resources
• Display Farm Family and Farm Visit Posters included in this packet in your school.
• Visit the Dairy Resource Center at MidwestDairy.com to find educator resources on dairy and farming.
• Use this video to show students how milk gets from the farm to their grocery store in 48 hours. https://www.youtube.com/watch?v=jaSODdWX1ml
• Meet a dairy farmer at MidwestDairy.com under Farm Life, or request a dairy farmer to speak to your classroom under Schools & Communities, Farm to School.
Farm to School Contest

Take this opportunity to help your students learn more about local foods while earning rewards through Fuel Up to Play 60!

Score a “Farm to School Touchdown”
Implement the Farm to School Play and your school could win Fuel Up to Play 60 prizes!

**FIRST DOWN**
Show the video “From a Farm Family Near You”
https://www.youtube.com/watch?v=ja5OqOXX1ml

**SECOND DOWN:**
Choose the Farm to School Play from your school’s dashboard.

**THIRD DOWN:**
Implement the Farm to School “Healthy Eating” Play.

**FOURTH DOWN:**
Show and tell how your school completed the Farm to School Play by uploading a success story (with pictures) to your school’s Dashboard.

**Your submission must include:**
1. “Farm to School” in the title of your success story submission.
2. How this “Healthy Eating” Play involved dairy, along with the other nutrient-rich foods such as whole grains, lean meats, fruits, or vegetables.
3. A photo showing the activities your school completed to support your “Farm to School” Play.

Farm to School Contest
One school will be randomly chosen each month October through June from submitted success stories on the Fuel Up to Play 60 website to receive a Fuel Up to Play 60 prize pack.

All participating Fuel Up to Play 60 schools in Midwest Dairy are eligible for each drawing after completing outlined activities. For more information and to obtain a copy of the complete contest rules, please email MidwestDairyCouncil@MidwestDairy.com