



Farm to School Program Benefits



... for Farmers

- Opens new direct marketing opportunities to local school districts.
- Strengthens relationships between farmers and the community.



... for Children

- Encourages children to develop life-long healthful eating habits.
- Reinforces an appreciation for the importance of farming to our community.
- Instills an appreciation for the cycle of food from seed to table.
- According to existing farm-to-school programs, fresh fruits and vegetables rank among student's favorite meal options.
- When combined with nutrition education, farm visits and school gardens, children can develop healthy eating habits that will last a lifetime.
- In doing so, they can decrease the risk of nutrition related diseases such as obesity, diabetes, hypertension, and heart disease.



... for the Community

- Helps maintain local economies by supporting local farms.
- Strengthens urban/rural linkages.