



October is Farm to School Month!

How will you celebrate?

This year looks very different, but don't be discouraged! There are still small, meaningful ways to engage with F2S Month (and throughout the year)! Our team has compiled some great ideas, recipes, lesson plans and lots of other fun ways to celebrate and learn, whether you're in the classroom, at home, eating in school or grab-n-go meals!

TEACHERS

Virtual and in-class

- Take a plastic water bottle and write a **strength or value** on them, Plant a seed and watch your value grow.
- Reach out to a local farm to be a pen pal. Have your class write back and forth at each season to see what is happening!
- **My American Farm** Pk-5 agriculturally themed online games for students to play!
- Check out the **Universal Lessons** kit full of short activities from our neighbors to the north in New Hampshire.
- **Check out Growing Minds** lesson plans and activities
- **Check out these BIG Ideas** lesson ideas (with standards!)

FOODSERVICE

At home & in-caf

- **Host a local taste test:** Set up outside, send individual samples to classrooms or home in grab-n-go meals. Use our Harvest of the Month materials to help you do it!
- Join Pawtucket and Smithfield in providing RI apples for a **Great Apple Crunch**, You can have students submit pictures or videos to their teachers of them crunching into their local apple, or have everyone crunch at once in class!
- **Record a video** of your staff preparing meals, with local ingredients to share.
- **Make a partnership** with a local restaurant to come do demos with local food at your meal sites.

PARENTS

Harvest at Home

- Write a **thank you note** to your school food service staff, draw your favorite meal on it!
- **Kid Approved Recipes** Create and eat some delicious food with local ingredients
- OR have a "**chopped challenge**" with ingredients from grab-n-go meals!
- **Read about it!** Pick a book from our reading list, check your local library or a read-along version on YouTube
- **Attend your local farmers market!**
- Offer your skills or time to farm to school efforts at your child's school!