

# FARM TO SCHOOL WEEK CHALLENGE

Presented by Fayette County Farm to School

## October is National Farm to School Month

Farm to school is connecting millions of kids to fresh, healthy food and supporting local agriculture across the country.

Farm to school enriches the connections communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools and early care and education settings. With farm to school, students gain access to healthy, local foods as well as education opportunities such as school gardens, cooking lessons and farm field trips.

Over the past decade, the farm to school movement has boomed across the United States, reaching millions of students in all 50 states, Washington, D.C., and U.S. territories. Farm to school is an important tool in the fight against childhood obesity and food insecurity. In addition to improving child health, schools create new markets for local and regional farmers and contribute to vibrant communities when they buy locally: a win-win-win scenario!



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Fayette County Farm to School is made up of representatives from: FoodChain, Fayette County Public Schools, Bluegrass Farm to Table, Fayette Alliance for a Healthier Generation, Fayette County Extension, Farm Bureau, UK Nutrition, UK College of Ag., Lexington Farmers Market, Lexington Fayette County Health Department, Bluegrass GreenSource, Sts. Peter and Paul Catholic School, Seedleaf, and community members.





## School Lunch Challenge

This year at Sandersville Elementary, we are challenging students in each grade level to purchase their lunch during the week of October 14-18. During this week the menu will feature an entree each day that is made using local ingredients. In addition, the side salads will feature local lettuce and apples will be from Reed Valley Orchard, less than 25 miles away!

Our goal is to increase participation in school lunch by offering local, healthy options and supporting our Kentucky farmers.

The grade level which sees the highest increase in participation will receive extra recess, and we will be giving away a bike to one lucky student (one entry per day that they buy the local menu item), so encourage your child to buy the local entree this week!

Students will also take part in educational activities which will help them to better understand where their food comes from and touch on the seasonality of fruits and vegetables.



## Family Activities

Looking for ideas of how you can celebrate Farm to School month at home? Track your food miles at family meals! Find the origin of all ingredients to make a family meal and add up the miles the food had to travel to make it to your table. Challenge your family to make a low miles meal!

Visit a Lexington Farmers Market! You can visit downtown on Saturday, Southland Drive on Sunday, or the corner of Maxwell and Broadway on Tuesday and Thursday. Buy directly from the farmers and tell them thank you for growing our food!

Visit your Public Library and find books related to agriculture! Learn about how a seed becomes a plant, what careers you can pursue in the farming industry, or a recipe book that contains Recipes for fall!

As a parent, if you pack your lunch each day, challenge yourself to include a local ingredient in order to make the freshest, local meal you can!

### LOCAL MENU ITEMS

#### MONDAY

CHEESY CHICKEN ETOUFEE  
(CUSTOM FOOD SOLUTIONS):  
SWEET POTATOES & BUTTERNUT  
SQUASH  
PEPPERS  
ONIONS

#### TUESDAY

TACOS: KY BEEF (MEADOWBROOK  
FARM)  
HONEY APPLE SALSA (KHI)

#### WEDNESDAY

KY HOT DOGS (MARKSBURY  
FARM)  
KY COLESLAW

#### THURSDAY

SLOPPY JOE: KY BEEF  
(MEADOWBROOKFARM),  
SAUCE (KHI)

#### FRIDAY

CUCUMBER & TOMATO SALAD

#### EVERY DAY

SIDE SALAD: KY LETTUCE,  
PEPPERS, CUCUMBERS,  
TOMATOES  
APPLES (REED VALLEY  
ORCHARD)  
APPLE CHIPS (FOODCHAIN)

### NOT YOUR MAMA'S SCHOOL LUNCH!

Fayette County Public Schools plans school lunches that provide one-third of the recommended dietary allowances for school-age children. Menus include a daily variety of fresh fruits, vegetables, low-fat milk, and whole-grain products. The menus for FCPS include changes in food specifications and preparation to lower fat, sodium, and sugar content so the meals are healthy! See for yourself! Nutrislice provides daily nutritional and allergy information for your students' breakfast and lunch.

