OCTOBER
is NH Farm to School Month!

Communications & Planning Toolkit

new hampshire farm to school

University of New Hampshire Sustainability Institute
Celebrate Farm to School Month this October with NH Farm to School!

National Farm to School Month began in 2010 through an act of Congress, and each year has continued to grow as more school districts see the value in farm to school. There are farm to school programs in all 50 states, reaching thousands of districts and students.

Throughout October, NH Farm to School will be hosting New Hampshire’s Farm to School Month festivities. Join us and other schools across the state in recognizing the importance of farm to school through activities, lesson plans, good local food, and fun! Whether your school or community participates in farm to school through lesson plans, an outside school garden, serving up locally-grown foods for lunch, or all of the above, there’s something for everyone to celebrate! Students, teachers, and parents are invited to join in on the festivities.

This year, NH Farm to School will be featuring 4 themed weeks during Farm to School Month highlighting one different aspect of student engagement with food and agriculture. We will be sharing ideas for activities that can tie into these weeks in advance, as well as providing resources for teachers to look for appropriate lesson plans. The following page has more information on each week and how you can participate.

Do you have a question or an idea for New Hampshire’s Farm to School Month? Email Stacey Purslow at stacey.purslow@unh.edu and she will get back to you as soon as possible.
2022 NH Farm to School Month

**Week One**
October 3-7

**NH Apple and Cider Week**: Kick off the week with the NH Department of Education's Great Apple Crunch! Apples are a favorite New Hampshire fruit crop and are the largest fruit crop in the state.

**School Garden Harvest Week**: Celebrating the educational opportunities, successes, and challenges of New Hampshire school and youth gardens. This is a great week to show us what you grew!

**Community Connections**: How is your school or classroom partnering with or engaging your community? Let us know!

**Farm to School in the House**: The Local Food for Local Schools Reimbursement Bill would provide a reimbursement for local food purchases to schools who participate in the National School Lunch Program. School food service programs who purchase New Hampshire grown or produced foods can get reimbursed up to $1200. Please tell us how this would support your meal programs and farms in your community or region and why it's important. Information provided will be used in advocacy materials.

For more information about National Farm to School Month, please visit the National Farm to School Network website at www.farmtoschool.org. For more information about NH Farm to School, visit our own website at www.nhfarmtoschool.org.
This October, join [Your School/Organization] to celebrate National Farm to School Month! Celebrated annually since 2010, Farm to School Month recognizes the important role farm to school plays in promoting well-being among children and strong local economies. NH Farm to School will be hosting the month in New Hampshire, and we are excited to be a partner for October.

To celebrate, each week in October will feature a theme around different key components of farm to school. We will be participating throughout the month using different topics like school gardens, agricultural and food curriculum, school lunches, cultural diversity in food, and pre-school education. We invite you to become more involved during the month by visiting the NH Farm to School website. You can find out more about the unique ways we’re celebrating by following us on social media or joining our newsletter!

Farm to School within New Hampshire continues to grow. The most recent data shows that over 75% of NH schools surveyed participate in Farm to School activities, and 70% of schools surveyed have a school garden. All that adds up to more than $840,000 spent on the purchase of local foods in NH schools! From school gardens and farm field trips to local food on cafeteria trays, farm to school practices help children learn about where food comes from and to make healthier choices while also creating new markets for local and regional farmers.

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[Information about your organization/business, if applicable]
NH Apple and Cider Week
October 3-7

In celebration of National Farm to School Month, the New Hampshire Department of Education’s Office of Nutrition Programs and Services is hosting The New Hampshire Great Apple Crunch on October 3. Crunch into a locally grown New Hampshire apple to celebrate and share pictures and videos of your students and staff crunching into fresh apples with the hashtag #NHGreatAppleCrunch2022

Need apples? Find an orchard near you using the following linked resources:
- NH Fruit Growers Association’s map
- NH Department of Agriculture, Markets and Food Harvest-Your-Own directory
- UNH Extension Farm Products map
- NOFA-NH’s Organic Farm and Food map
- NH Farm Bureau’s Fruit & Vegetable Grower listing

Other Activities & Celebration Ideas

Apple Cider Lesson Plan, The Edible Schoolyard Project
In this sixth-grade seasonal lesson, students use teamwork to collectively press cider and learn about apples. Access the lesson plan here.

Fun Fall Apple STEAM Activities, Northwest Tennessee Local Food Network
Choose from nine simple and fun apple-based science, technology, engineering, and mathematics activities for students of all ages. Access the activities here.

How Do Apples Grow? NH Agriculture in the Classroom
Appropriate for grades K-4, students will explore how an apple grows from bud to flower to fruit, discover if they have ever eaten part of a flower and take a look at different varieties. Access the activity here.

Various other apple-based curriculum, NH Agriculture in the Classroom
Choose from a number of curriculum and activities around apples for variety of grade levels. Access the curriculum here.
School Garden Harvest Week
October 10-14

Curriculum & Resources

Plant Part Scavenger Hunt & Journaling, The Edible Schoolyard Project
Students will explore the garden to find and identify edible plant parts before choosing one specific plant part to draw in detail for a nature journaling activity. Access the activity here.

Plant Nutrients & Soil Samples, UGA Extension
Students will learn about plant primary, secondary, and micronutrients by playing a matching game. This game will also reinforce skills for using the periodic table of elements. Afterwards, students will collect a soil sample from the school garden. Access the activity here.

NH Harvest of the Month, NH Farm to School
The Harvest of the Month program highlights a different food item every month to promote seasonal eating, encourage healthy diets, and support the local economy. Access the resource here.

NH School & Youth Garden Network
The network’s mission is to support NH educators and mentors to initiate and sustain educational garden programs for youth. We work to strengthen efforts to advance community health and wellness, environmental literacy, public education, and the evolution of sustainable, resilient, local food systems through youth gardening programs. Visit their website for curriculum, funding resources, gardening tips, and to connect with other school garden educators!

Activities & Celebration Ideas

Plan a special Harvest Dinner with your students for the fall with the bounty from your school garden - invite parents to join in too!

If you have pumpkins in your garden, pick them for carving (or painting, if they’re small!) just in time for a local Halloween treat.

Invite colleagues, students, and parents to participate in a school or community garden clean-up day.

Engage your students in planning for next year’s school garden - what would they like to grow? This is also a good chance to teach your students about what crops work well in the New Hampshire climate, and about the seasons.
Community Connections
October 17-21

Interview a Community Food Member

Connect your schools and youth garden programs with your community's food culture with this activity from The Edible Schoolyard Project.

One way to understand farming and food systems is by looking close to home, in our local communities. In this lesson, students will investigate how individuals near them grow food and care for the land. They will interview a community member who grows food to learn about their experiences and food knowledge.

Access the activity here.

A Guide to Building Community

Vermont FEED created a guide to developing connections between farm to school, school garden, and youth agricultural programs and the larger community. The guide covers the following topics.

Working with Community Partners
- Engage families
- Cultivate community volunteers
- Seek out unexpected partners

Connecting with Farms and Farmers
- Farm-based field trips
- Farmer in the classroom
- Farmer correspondence

Access the full guide here.

How is your school or classroom partnering with or engaging your community? Let us know!

Click here to submit your community connections story!
The NH Farm to School Network plans to submit the Local Food for Local Schools Reimbursement program as a bill to the New Hampshire legislature for the 2023 session. The reimbursement program will incentivize New Hampshire school districts and food service directors to purchase locally grown and produced food for breakfast and lunch services in cafeterias across the state, boosting youth health and wellness, as well as agricultural viability.

The Local Food for Local Schools Reimbursement Bill would provide a reimbursement for local food purchases to schools who participate in the National School Lunch Program. School food service programs who purchase New Hampshire grown or produced foods can get reimbursed up to $1200.

Make your voice heard!
Share with the NH Farm to School Network about how you think the Local Food For Local Schools Reimbursement bill and program will support your school's meal program, farms in your region, the health and wellness of school children in your community, and why it's important. The anecdotes and information you provide will be used in advocacy materials to support the bill's passing.

Learn more + Get Involved
The official Local Food for Local Schools Reimbursement Bill webpage
Stay up to date on bill updates, events, and learn more information about the bill on NOFA-NH's website here.

The New Hampshire Legislative Process, an overview via NOFA-NH
Read more here.

Find Your Senators and Representatives.
The General Court of New Hampshire's website has a variety of tools to assist in advocacy efforts.

Find your Senator here
Finds your House Representatives here