



**CELEBRATE FARM TO SCHOOL
EVERY DAY DURING
FARM TO SCHOOL MONTH!**



OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Eat apples, kale, and seafood all month to celebrate the <u>NH Harvest of the Month</u>	2 Serve a meal made with produce from you garden	3 Sign up for the <u>NH Farm to School newsletter</u>	4 Create a farm to school display in the cafeteria or library	5 Visit the NH Farm Museum in Milton for <u>Harvest Day</u>
6 Go apple picking at a nearby orchard	7 Read a children's book about diversity and food	8 Visit a co-op food store	9 Eat an apple on NH Great Apple Crunch Day	10 Invite a farmer to lunch	11 Make a <u>seafood dish</u> or read a <u>book</u> about seafood and fishing	12 Thank a farmer on <u>National Farmers Day</u>
13 Attend the <u>Sandwich Fair</u>	14 Celebrate <u>Indigenous Peoples Day</u>	15 Talk about farm to school to the Wellness Committee	16 Plan a trip to the farmers' market	17 Taste test different types of kale	18 Watch farm to school <u>videos</u>	19 Attend the <u>4-H Harvest Festival</u> in Stratham
20 View the <u>Climate Farmer Stories</u> exhibit in Keene	21 Taste test different varieties of apples for <u>National Apple Day</u>	22 Buy some local cider	23 Invite a fisherman to lunch	24 Celebrate <u>National Food Day</u>	25 Attend the <u>NH Nutrition Equity Summit</u> in Concord	26 Attend the <u>NH Pumpkin Festival</u> in Laconia
27 Buy a pumpkin at a local farm	28 Cook with your kids	29 Plan a garden for next year	30 Serve a harvest meal with food from local farms	31 Bob for local apples!		