



GROWING HEALTHY SCHOOLS MONTH

Initiative of the Office of the State Superintendent of Education

Connect with a Local Grower

Growing Healthy Schools Month is the perfect time to engage students and the school community with folks who are growing food all around the nation’s capital. While many students may have already experienced a farm field trip, we hope this month inspires you to plan something special that will take your farm-to-school program to the next level. Below are some recommendations to help you get started.

Activity/ Project	Supporting Resources
Bring a local farmer, grower or producer into the classroom	Sign up on the Growing Healthy Schools Month registration page*
Take a field trip to a local farm or demonstration garden	Check out the “ Farm to School Approved ” field trip sites and watch a short video about each place you could take your students.
Connect with the local Future Farmers of America chapter.	Use the chapter locator to find a program nearby – take your students on a trip to visit the program or have someone from the local chapter come speak to your classroom.
Teach a lesson about careers in the agriculture industry	Use this sample lesson plan or develop your own in conjunction with your school garden coordinator or a local farmer.
Start a 4-H club at your school	The Center 4-H and Youth Development at the University of the District of Columbia has 5 Steps to Starting a Club, plus some great tips for involving parents!
Visit a local farmer's market	Is there a weekday farmer's market close enough to your school that you and your students can walk? Contact the market manager about a tour or just walk over and explore the space. Send your students on a scavenger hunt or have them brainstorm a list of questions to ask farmers , then disperse and gather that information.

*Farmers will be matched on a first come, first serve basis until we run out.

If you would like assistance planning or implementing any of these projects, please contact Erica Walther, farm to school specialist at the Office of the State Superintendent of Education by emailing Erica.Walther@dc.gov.

