



# GROWING HEALTHY SCHOOLS MONTH

Initiative of the Office of the State Superintendent of Education

## Eat Local Produce

Growing Healthy Schools Month is the perfect time to engage students around their local food system, and what better way to dig in by tasting a delicious fruit or veggie that was grown locally. While encouraging students to try new foods from their school meals is a great activity to do all year, we hope this month inspires you to pay special attention to the foods indicated as “local” on the breakfast and lunch menus. Below are some recommendations on how to encourage your students to try these new foods:

Activity/ Project	Supporting Resources
<b>Review the breakfast &amp; lunch menu each Monday morning.</b>	Schools are required to provide this information to anyone who requests it under the Healthy Schools Act. Many schools post the menus on their website or have copies hanging in the cafeteria. DCPS schools can view the menus <a href="#">here</a> . Charters can view their menus on each school’s website or check the cafeteria! Point out the items that are locally-sourced.
<b>Use local food as your writing prompt topic.</b>	Have students spend a few minutes writing a descriptive essay or drawing a picture of the local food they tasted during school breakfast or lunch.
<b>Track student consumption.</b>	Create a bar graph that tracks students’ participation in tasting the local food during breakfast in the classroom or school lunch. At the end of the month declare a winner!
<b>Visit a local farmer’s market.</b>	Take a walking field trip to a mid-week farmer’s market or grocery store that sells local food. Call ahead to let them know you’re coming to see the local food and ask for a special tour for your students.
<b>Taste a veggie from the school garden.</b>	You cannot get MORE local than your own backyard! Plan a trip out to your school garden or to a nearby community garden and work with the coordinator to do a garden taste test with your students. Have them share descriptive adjectives that describe what they taste.

*If you would like assistance planning or implementing any of these project, please contact Erica Walther, farm to school specialist at the Office of the State Superintendent of Education by emailing [erica.walther@dc.gov](mailto:erica.walther@dc.gov) or visiting [OSSE’s website](#).*

