

Description:

The free resources catalogued here pertain to the Farm to School programmatic elements of local food in school meals, nutrition and agricultural classroom education, school gardens, and other student engagement activities. Interested audiences might include educators, food service personnel, and other school staff. Both state and national resources are listed. As this catalog is intended to be comprehensive, no determinations about material quality have been made.

Wisconsin Resources			
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Resource	Description	Components	Website
Wisconsin Farm to School Toolkits (CIAS)	Interactive toolkits for school nutrition directors and producers include a wealth of information to help plan your farm to school program, source locally grown fruits and vegetables in season, work out purchasing details, estimate quantities, set prices, educate students, market your program and develop strong community partnerships.	School Meals	http://www.cias.wisc.edu/toolkits/
Nutritious, Delicious Wisconsin (Team Nutrition, DPI)	Thematic unit of instruction that uses local foods to teach nutrition concepts to elementary students with a connection to Wisconsin's history, culture, and people.	Classroom Education	http://ne.dpi.wi.gov/files/ne/pdf/ndw.pdf
Local Food and Nutrition (Wood County Farm to School)	Nutrition education and food system concepts for third through fifth grade students. Topics include soil, plants, food choices, and food systems.	Classroom Education	http://getactive.co.wood.wi.us/GetActiveYouth/FarmtoSchool.aspx
Wisconsin Homegrown Lunch Lessons (REAP Food Group)	These lessons from Madison, Wisconsin's farm-to-school program present students with information and samples of fresh produce or other foods via the school meal program or classroom snack program.	Classroom Education	http://www.reapfoodgroup.org/farm-to-school/classroom-education
Snack Bites (REAP Food Group)	These materials provide information about the from where the snack came from and nutritional information that can be shared with students as they enjoy their snack.	Classroom Education	http://www.reapfoodgroup.org/farm-to-school/classroom-snack-program
Wisconsin Ag in the Classroom (Wisconsin Farm Bureau)	Wisconsin Ag in the Classroom offers lesson plans for PreK through high school grade levels about agriculture, agricultural careers and other topics.	Classroom Education	http://www.wisagclassroom.org/programs-activities/lesson-plans/
Toward a Sustainable Agriculture (CIAS)	A curriculum for high school students	Classroom Education	http://www.cias.wisc.edu/curriculum/index.htm

Got Dirt? (Nutrition, Physical Activity, and Obesity Program, DHS)	The Got Dirt? Garden toolkit is designed to provide simple, step-by-step plans for starting a garden. Even better...tips from garden experts and garden success stories from around Wisconsin are also included.	School Garden	http://www.dhs.wisconsin.gov/publications/P4/p40112.pdf
Got Veggies? (Nutrition, Physical Activity, and Obesity Program, DHS)	Got Veggies? is a garden-based nutrition education curriculum created with the goal of getting children to eat more fresh fruits and vegetables. Got Veggies? features seven full lesson plans that are aligned with Wisconsin's Model Academic Standards for Nutrition, Health, Science, and other related subjects.	Classroom Education, School Garden	http://www.dhs.wisconsin.gov/publications/P0/P00228.pdf
Youth Gardening Publication (University of Wisconsin-Extension)	<i>Youth Gardening</i> will help you design, plan, and build a garden that will provide enrichment for years to come	School Garden	http://learningstore.uwex.edu/Youth-Gardening-P1705.aspx
Kidsnacks: Traditional Foods for a Healthy Future	This curriculum is designed as a way for youth to become engaged with their traditions, culture, and health through food.	Classroom Education, Student Engagement	http://www.nativefoodsystems.org/node/105

National Resources

Resource	Description	Components	Website
Recipes for Healthy Children: Cookbooks for Childcare Centers and Schools (FNS)	The recipes in the cookbook feature foods both children and adults should consume more of: dark green and orange vegetables, dry beans and peas, and whole grains. All of these healthy recipes are low in total fat, saturated fat, sugar and sodium. With fun names like Porcupine Sliders, Smokin' Powerhouse Chili, and Squish Squash Lasagna, these kid-tested, kid-approved recipes are sure to please children and be an instant hit!	School Meals	http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0
Teaching the Food System (Johns Hopkins Center for a Livable Future)	Lesson plans engage students in critical analyses of food system issues.	Classroom Education	http://www.jhsph.edu/research/centers-and-institutes/teaching-the-food-system/
Harvest of the Month (Network for a Healthy)	Harvest of the Month features ready-to-go tools and resources that can be used in diverse applications to	Student Engagement	http://www.harvestofthemonth.cdph.ca.gov/

California)	support healthy eating and daily physical activity.		
Nourish: Food + Community (Nourish California)	This guide offers a rich set of resources to open a meaningful conversation about food and sustainability. Beautifully designed and brimming with big ideas, the materials contain a viewing guide, seven learning activities, student handouts, a bibliography, and a glossary.	Classroom Education	http://www.nourishlife.org/teach/
Great Garden Detective Adventure (FNS)	Discover what fruits and vegetables are sweetest, crunchiest, and juiciest through a series of investigations and fun experiences connecting the school garden to the classroom, school cafeteria, and home. This eleven-lesson curriculum for 3 rd and 4 th grades includes bulletin board materials, veggie dice, fruit and vegetable flash cards, and ten issues of Garden Detective News for parents/caregivers.	School Meals, Classroom Education, School Garden, Student Engagement	http://www.fns.usda.gov/tn/great-garden-detective-adventure-standards-based-gardening-nutrition-curriculum-grades-3-and-4-1
Dig In (FNS)	Explore a world of possibilities in the garden and on your plate using ten inquiry-based lessons that engage 5 th and 6 th graders in growing, harvesting, tasting, and learning about fruits and vegetables. More information is also available at Dig In! At Home Parent Booklet and Dig In! Posters.	School Meals, Classroom Education, School Garden, Student Engagement	http://www.fns.usda.gov/dig-standards-based-nutrition-education-ground-0
Grow It, Try It, Like It (FNS)	Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables is a garden-themed nutrition education kit for child care center staff that introduces children to: three fruits – peaches, strawberries, and cantaloupe, and three vegetables – spinach, sweet potatoes, and crookneck squash.	School Meals, Classroom Education, School Garden, Student Engagement	http://www.fns.usda.gov/tn/grow-it-try-it-it
Eat. Think. Grow (Portland Partners for School Food and Garden Education)	Lessons for the school garden for grades kindergarten through five.	School Garden	http://eatthinkgrow.org/
Growing Minds (Appalachian Sustainable Agriculture)	Save or print full lesson plans, activities, or curriculum ideas related to school gardens, farms, and local food.	Classroom Education, School	http://growing-minds.org/lesson-plans-landing-page/

Project)		Garden, Student Engagement	
Outdoor Biology Instructional Strategies	OBIS activities, which take youngsters outdoors to investigate biology and to increase their environmental awareness, can be used together or individually.	Classroom Education, School Garden	http://www.outdoorbiology.com/search/site/?f%5b0%5d=im_taxonomy_vocabulary_3%3A62
Getting Started: A Guide for Starting a School Garden (Life Lab)	The Life Lab Science Program distilled their years of world-wide school garden experience into a concise 50-page guide that asks and answers most questions you need to consider for creating an outdoor classroom garden.	School Garden	http://www.lifelab.org/wp-content/uploads/2010/06/GettingStarted.pdf
Garden Science Exploration Lessons (Life Lab)	Created with lessons from the K-5 Life Lab Science Curriculum and The Growing Classroom, these six lessons are garden themed and aligned to the California State Science Standards.	Classroom Education, School Garden	http://www.lifelab.org/2010/02/free-garden-science-exploration-units/
Edible Schoolyard Project	This searchable database allows visitors to find or submit resources related to edible education.	Classroom Education, School Garden, Student Engagement	http://edibleschoolyard.org/
Rethinking School Lunch (Center for Ecoliteracy)	Discover through this visual guide how an enriched school environment can enhance student understanding of personal well-being and the natural world.	Classroom Education, School Garden, Student Engagement	http://www.ecoliteracy.org/sites/default/files/uploads/CEL-VisualGuide.pdf
Food Inc., Discussion Guide (Center for Ecoliteracy)	Discussion guide for high school classrooms to accompany the Academy nominated documentary Food Inc.	Classroom Education	http://www.ecoliteracy.org/sites/default/files/uploads/foodinc_discussion_guide.pdf
Tasting Lessons (Cooking with Kids)	Free bilingual fruit and vegetable tasting lessons provide opportunities for children to explore, learn about, and taste varieties of fruits and vegetables.	Student Engagement	http://cookingwithkids.net/free-tasting-lessons/
Kidchen Expedition (Oklahoma Farm to School)	Food service professionals can find food safety tips for local food, a cookbook, and promotional materials for Oklahoma-grown produce.	School Meals, Student Engagement	http://www.kidchenexpedition.com/
Discovering our Food	<i>Discovering our Food System</i> (DFS) is an interdisciplinary,	Classroom	http://blogs.cornell.edu/garden/get-

System (Cornell Garden-Based Learning)	community-based exploration of the people and processes that shape our food system.	Education	activities/signature-projects/discoveringfoodsystems/
The Hayride: A Resource for Educational Farm Field Trips (Growing Minds, Appalachian Sustainable Agriculture Project)	The Hayride serves as a guide for educators in Western North Carolina who wish to incorporate farm field trips into their classroom and curriculum.	Student Engagement	http://growing-minds.org/documents/the-hayride-a-resource-for-educational-farm-field-trips.pdf
Cornell Garden-Based Learning (Cornell University)	School garden lessons, program planning and development tools, and how-to instructions.	School Garden	http://www.gardening.cornell.edu/
Food Day Curriculum (Food Day)	Designed for upper elementary and middle school students, the curriculum offers five lessons to teach children the importance of eating real, fresh food, cutting back on processed foods, and advocating for a healthier community.	Classroom Education	http://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1373291130/FoodDay2013_SchoolCurriculum_FIN_AL.pdf?1373291130
Harvesting HEALTH: Garden-Based Nutrition Education (North Coast Nutrition and Fitness Collaborative)	Garden-based education teaches students about nutrition by exposing them to a variety of fruits and vegetables and strengthening the connection between seed and table. This hands-on initiative brings students into gardens and gardens into classrooms and promotes healthy eating at school and at home.	Classroom Education, School Garden, Student Engagement	http://www.northcoastnutrition.org/garden-based-nutrition-education-27
Food for Thought (Healthy and Active Preschoolers)	Food for Thought is a nutrition education curriculum for preschoolers structures around five units: Fall Fruits and Vegetables, Winter Fruits and Vegetables, Go-Grains, Power up with Proteins, and Spring Snacking	Classroom Education	http://www.healthypreschoolers.com/food-for-thought
For Your School Garden (Hidden Villa Classroom)	This K-5 curriculum was designed for use in a garden program to teach students about science through hands-on investigation or experimentation.	Classroom Education, School Garden	http://classroom.hiddenvilla.org//curriculum/curriculum-for-your-school-garden
New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks (Vermont FEED)	A cookbook of recipes developed by school chefs for school chefs organized by meal component and in line with the latest USDA Meal Patterns for School Meals	School Meals	http://www.vtfeed.org/tools
National Ag in the Classroom	A compilation of agriculture lessons from around the country.	Classroom Education	http://www.agclassroom.org/teacher/index.htm

Kids Cook Farm-Fresh Foods (California Department of Education)	An activity guide that links academic California content standards to the real work through gardens, nutrition, cooking, recycling, and the environment.	Classroom Education, School Garden, Student Engagement	http://www.cde.ca.gov/ls/nu/he/documents/kidscookcomplete.pdf
George Watts Montessori Edible Garden	15 classroom and school garden lessons for grades 1-3.	Classroom Education, School Garden	http://growinggardeners.files.wordpress.com/2010/09/lcng_lower_el.pdf
George Watts Montessori Edible Garden	15 classroom and school garden lessons for grades 4 and 5.	Classroom Education, School Garden	http://growinggardeners.files.wordpress.com/2010/09/lcng_upper_el.pdf
Youth Farmers' Market Handbook (Denver Youth Farmers' Market Coalition)	This document was created as a resource for teachers, community members, parents and others who are interested in starting or improving Youth Farmers' Market programs in their community.	Student Engagement	http://www.thelunchbox.org/sites/default/files/YFM%20Manual.pdf
Grow Yourself Healthy (Nevada Extension)	The Grow Yourself Healthy program provides a series of eight spring and eight fall 50-minute, garden-referenced nutrition lessons for students in Grades 4 and 5.	Classroom Education, School Garden	https://www.unce.unr.edu/publications/files/hn/2012/cm1205.pdf
Nutrition to Grow On (UC-Davis)	Nine lessons are designed to teach children and their families about nutrition by relating each lesson to a garden activity. The curriculum uses the garden to integrate disciplines, while reinforcing the California academic content standards.	Classroom Education, School Garden	http://cns.ucdavis.edu/resources/curriculum/
Growing Healthy Habits (University of Maryland Extension)	Nine chapters for teaching and demonstrating nutrition education to youth. It includes lots of great gardening lessons as well but can be used effectively without a garden. The lessons are linked directly to the Maryland Voluntary State Curriculum.	Classroom Education, School Garden	http://extension.umd.edu/growit/youth-gardening/growing-healthy-habits-ghh-curriculum
Growing Healthy Kids (Oregon Extension)	A 12 lesson hands-on, activity-rich curriculum for 2 nd and 3 rd grade children focused on nutrition education and the connection to plant parts.	Classroom Education, School Garden	http://extension.oregonstate.edu/nep/garden_nutrition/