

What is Farm to School?

Farm to School (F2S) is a mutually beneficial partnership between NC schools and NC farmers. At its most basic level, the F2S program in North Carolina is a strategy to get fresh, local produce to NC students. F2S can also include taking students on farm field trips, creating school gardens, teaching cooking classes, and even offering nutrition education.

Examples of produce that are provided through F2S include: strawberries, watermelons, cantaloupes, several varieties of apples, slicing and grape tomatoes, sweet potatoes, red and green cabbage, broccoli, apple slices, and blueberries.

How do schools participate in Farm to School?

It's easy for a school to get involved in F2S! Some schools participate by working directly with local farmers in their communities. Others work through community organizations that seek to connect farmers with schools such as the [Appalachian Sustainable Agriculture Project](#) (ASAP). The majority of schools participate in Farm to School through the [North Carolina Department of Agriculture](#) (NCDA) program.

For more information about the F2S program in NC and to learn how you can get involved, please see below.

Why should I support Farm to School?

Child Nutrition Programs (CNPs) are working hard to provide fresh, local fruits and vegetables to NC students through the F2S program. F2S not only benefits students and farmers but also our local economy. In order to continue providing these healthy foods through F2S, CNPs need state financial support. To learn more about the financial challenges Child Nutrition Programs in North Carolina are facing, please visit www.ncschoolnutrition.com.

How can I help support Farm to School?

- Contact your [legislator](#) and encourage them to support state funding for Child Nutrition Programs and Farm to School Programs in NC.
- Contact your child's Principal or Nutrition Director to see if your district is involved in F2S. Ask them how **you** can help!

Resources

Check out the following resources to learn more about how you can support Child Nutrition Programs and the Farm to School Program in NC.

[Farm to School in North Carolina](#) (video)
[NC Child Nutrition Advocacy Website](#)
[NC Farm to School Program](#) (NCDA)
[US Farm to School Program](#)
[NC Child Nutrition Services](#)
[Appalachian Sustainable Agriculture Project](#)