F2S: Ontario Digs In!
Raising the Salad Bar

NRC 2018 Forum – Unpacking Food Literacy

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Farm to Cafeteria Canada is a national organization that is working to inspire Farm to School momentum across Canada and inspire Farm to School champions to grow the movement.

Sustain Ontario is a province-wide, cross-sectoral alliance that promotes healthy food and farming. Sustain Ontario has partnered with F2CC to support the Farm to School: Canada Digs In! project in Ontario.
What is Farm to School?
Healthy Local Food in Schools

Schools source local food in many ways, including direct farmer relationships, through food distributors, schoolyard farms, or the harvesting of wild or traditional foods.

When local food arrives in schools it is often served in the form of a salad bar, hot lunch program, tasting activity, fundraiser, or community celebration.

Regency Acres in Aurora, ON.
Hands-On Learning

Food literacy is a critically important component of Farm to School. Step into any school offering Farm to School and you will find students learning about food in the school garden, greenhouse, kitchen or classroom. They may also be getting ready for field trips to local farms, forests, and shores.

Parry Sound High School
Farm to School is built upon strong relationships. Schools establish relationships with farmers, community members, and support organizations, tapping into local knowledge, passion, skills, and resources.
Farm to School: The Evidence

When Farm to School is offered:

- Students eat more servings of fruits and vegetables
- Students are willing to try new and healthy food, and choose healthier options at school and at home
- Students know more about their food & food system
- Food service staff have increased morale and knowledge about local foods
- Each new F2S job helps create 1.67 additional jobs
- $2.16 economic activity generated for every $1 spent

Momentum is Building Across Canada!
National School Food Map

http://www.farmtocafeteriacanada.ca/our-work/school-food-map/
# National Data

<table>
<thead>
<tr>
<th>CANADIAN SCHOOLS:</th>
<th>CANADIAN STUDENTS:</th>
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<td><strong>1192</strong></td>
<td><strong>848,993</strong></td>
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- **Number of schools with gardens and/or greenhouses**: 584
- **Number of schools cooking and/or preserving local, healthy foods**: 604
- **Number of schools who purchase local, healthy foods**: 457
- **Number of schools who serve healthy, local meals**: 438
- **Schools selling local, healthy foods**: 327
- **Number of schools who are composting**: 255
- **Estimated total amount spent on food/year** (of schools who provided amounts): $46,724,710
- **Estimated total spent on local food/year** (of schools who provided amounts): $16,355,075
Farm to School: Canada Digs In!

- A 3-year, evidence-based, multi-sectoral chronic disease prevention partnership led by Farm to Cafeteria Canada that is scaling up efforts to get healthy local foods into the minds, and onto the plates of students across Canada.

- Funding received from PHAC and Whole Kids Foundation.

- Is helping to establish, implement and evaluate programs in over 92 K-12 schools and at least 14 campuses in 5 provinces across Canada – BC, ON, QC, NB and NL.

- Includes 32 Farm to School Salad Bar grants in Ontario from 2 granting rounds (2016 and 2018).
F2S Salad Bar Deliverables Include:

• **Offer a salad bar meal service** at least 20 times / school year
  • A salad bar = a food service that enables students to serve themselves a meal from a selection of healthy, local foods that includes a wide variety of produce

• Attend **2 in-person training sessions** and ongoing calls

• Set **local food procurement targets** & work to increase amount of local foods procured and served each year

• Work to **increase student consumption** of healthy, local fruits and vegetables each year

• Develop and implement an **education strategy** (growing, harvesting, preparing, serving, eating healthy local foods)

• Work to ensure the **all children have access** to the Farm to School salad bar program regardless of means
Sharing Stories from Oakwood PS

Students enjoy the salad bar at Oakwood Public School in Oakville

Other Grantee Schools’ F2S Salad Bar stories are available at http://www.farmtocafeteriacanada.ca/
About Oakwood:

- Located in Oakville, ON
- ~225 students (K-5)
- Highest Social Risk Index community in Halton Region
- Changing community - growing, gentrification
- Support from amazing community partners
Foundations for a Healthy School

- Curriculum, Teaching & Learning
- School & Classroom Leadership
- Student Engagement
- Social & Physical Environments
- Home, School & Community Partnerships
OUR TEAM

- Halton Food for Thought
- Parent Coordinator
- Breakfast Program Coordinator
- Public Health Nurse
- Public Health Inspector
- Parent Volunteers
- Community Volunteers

Inspire Award Recipients!
Spring 2016
Garden Planted

Oct 2016
Parent Night

Oct 2016
Great Big Crunch
Jan 2017
Workshop - What Living Things Need

Feb 2017
Family Movie Night

March 2017
Farmer Visit
SALAD BAR LAUNCH PARTY

We invited everyone to come have a Salad with our students and staff:

- School board superintendents
- Health Department officials
- MP's
- Regional Councillors
- Community partners
- Media
It's all in presentation!

- Beets --> Purple spaghetti
- Carrots --> waffles
- Cucumber --> green ribbons

Kids eat what they grow!
(ours grew microgreens)
National Farm to School Conference

Join your Canadian colleagues in beautiful British Columbia, May 15-17, 2019
For More Info: F2CC’s Farm to School Resources

The Farm to Cafeteria Canada website provides a wide range of Farm to School resources including Fact Sheets, Stories from the Field, Videos, and Toolkits.

http://www.farmtocafeteriacanada.ca/
Thank You!

Form More Info about F2SCDI contact:

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Our Partner Organizations