



A Farm to School Experience

Empowering Students to Nourish & Connect

Our Farm to School Experience is a hands-on learning opportunity to empower TK-8th grade students to connect to food as nourishment and learn how to make healthier choices for themselves and their community.

Guided by skilled facilitators, this Whole School experience seamlessly integrates multiple components of our food lifecycle including:

- 1. Kids Farmers Market:** Students are guided in a market experience with direct access to local farm produce. Students gain insights into our food systems, and sample and select seasonal produce to take home.
- 2. Healthy Cooking:** Students learn how to cook healthy meals during an interactive demonstration on a mobile kitchen. Students build food literacy awareness and take nutritional recipes home.
- 3. Food for Good:** Students learn about the importance of food reuse through simple innovative art and science projects for the greater good.

Experiences integrate mindfulness and compassion habits during the program and can be offered during the school day or after-school.

This Butte County collaboration is brought to you by:

