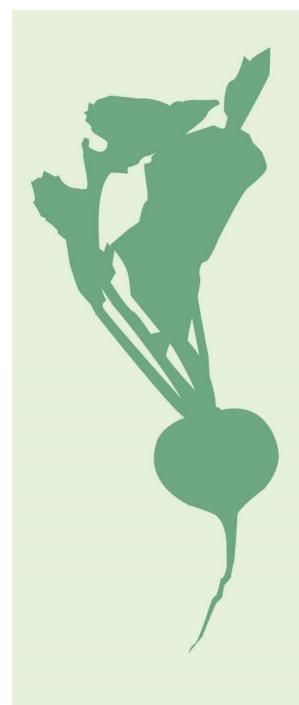


About our project:

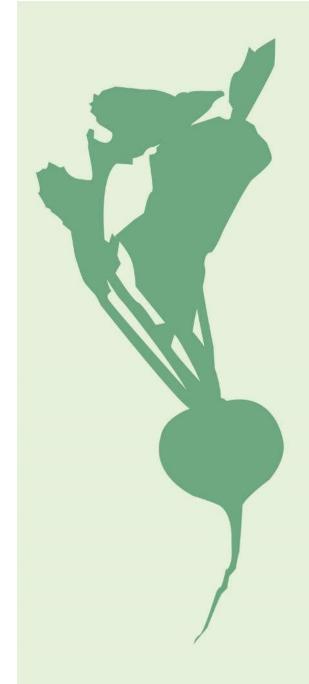
(from our Food Secure Assembly Presentation, November 2018)

Generating Success for Farm to School is a SSHRC funded project at George Brown College. Co-investigators are students from the Honours Bachelor of Business Administration (Hospitality) and Culinary Nutrition Management programs.

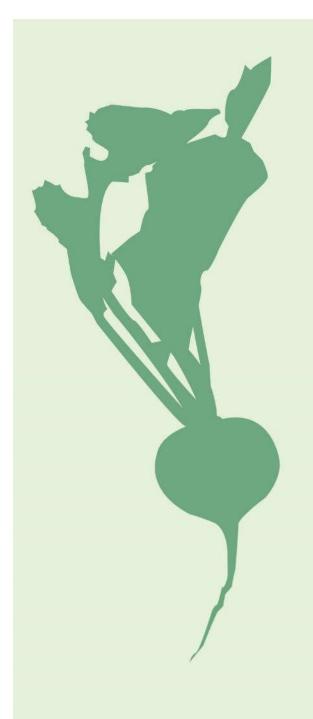


Overview

Canada faces a range of increasingly complex health challenges. According to the Public Health Agency of Canada, food insecurity and overweight children are both critical health issue across all socio-economic groups in Canada. Addressing its primary causes is a critical challenge for the Country and a long-term endeavor that requires innovative actions from a diverse range of organizations across all sectors.

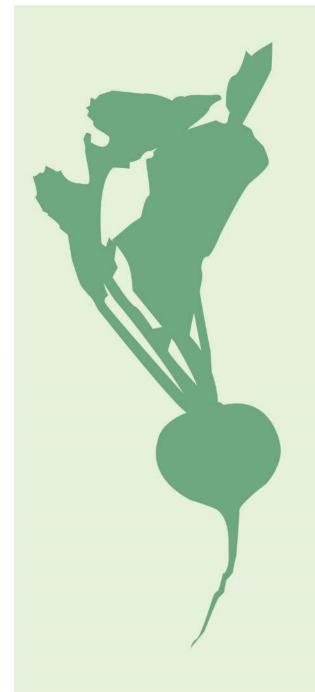


Research indicates the need for an integration of the work necessary to foster student health, develop good health behaviours, increase food literacy, build local food infrastructure, understanding, and buy-in among all stakeholders. There is also a need to research, aggregate, and analyze existing data on practices and outcomes and establish best practices for student nutrition and F2S programs while connecting diverse stakeholders across Canada. Our social innovation research project will investigate these essential processes.

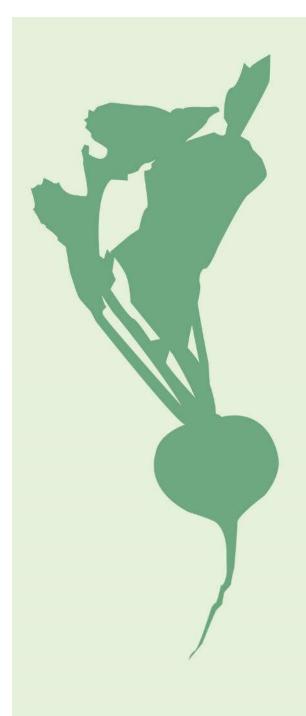


Three Pillars of Our Research:

One aspect of our work presents first-hand research and an analysis of survey and interview results of Farm to School stakeholders, from Ontario and cross Canada.

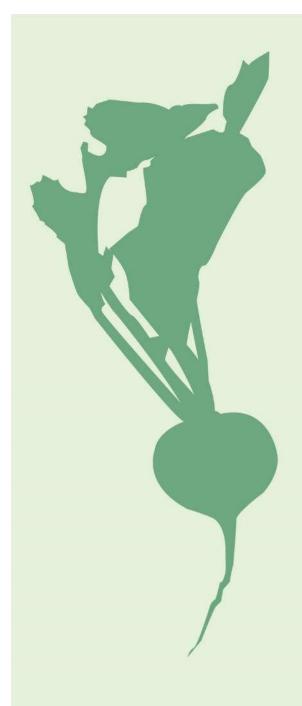


Another aspect of our work, a review of scientific literature, links the evidence-based benefits of a healthy diet, nutritious meals, and food literacy education for children and students, to school meal programs and Farm to School activities.



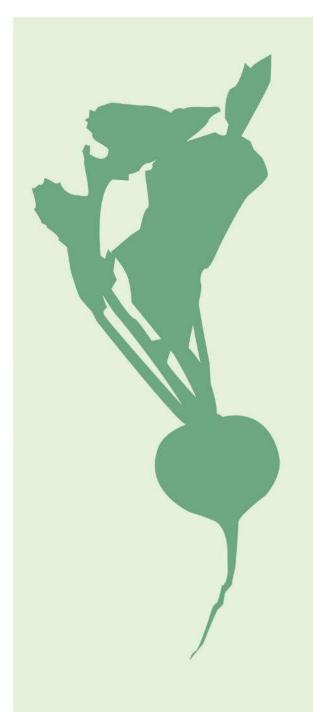
Snack Pilot Project:

Our Snack Pilot Project represents another aspect. We developed 25 healthy local food based snack recipes and are currently conducting hands-on culinary classes and theory workshops in food security and food literacy for GTA middle and secondary school students students.

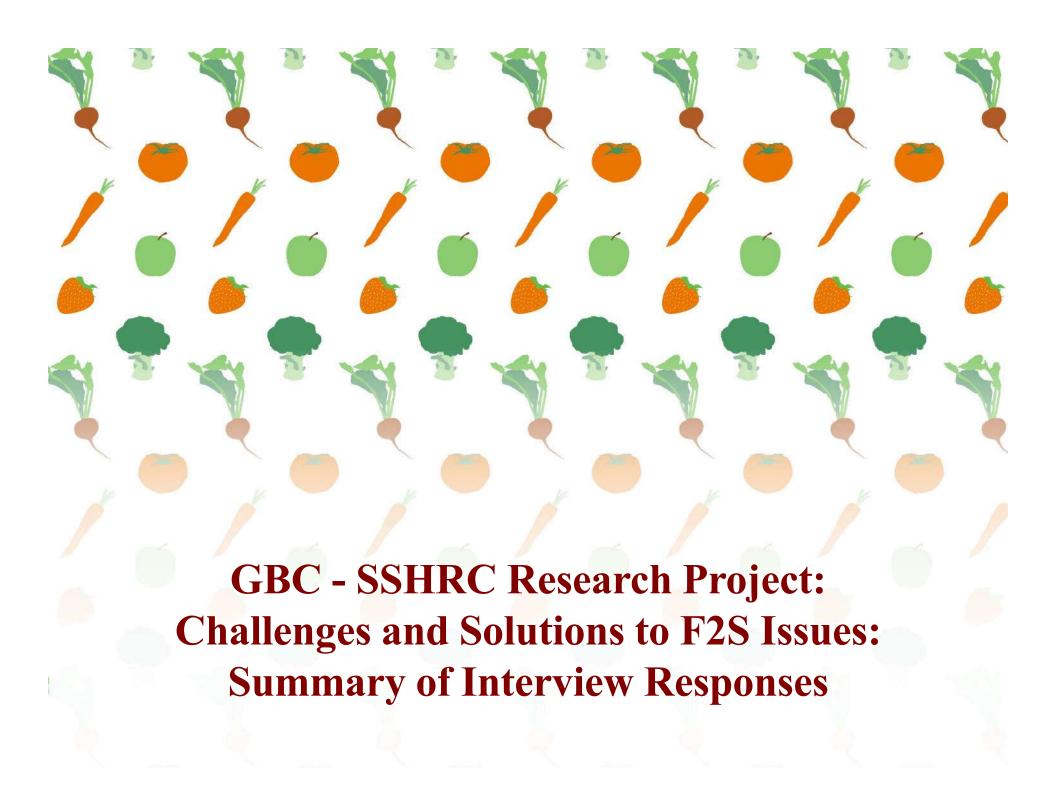


Conclusions so far...

At this point in the project, our research indicates that without a nutritious breakfast and lunch and a good food literacy education, including the hands on learning of F2S activities, children's health and well-being and academic success will likely suffer.



We recommend instituting a universal school meal program in Canada to provide students with food security and combining this with Farm to School activities to ensure, buttress, and enhance benefits and provide school and community connectedness.



General Challenges

(from our Sustain Ontario Conference Presentation, February 2019)

- Funding;
- Seasonality;
 - Hard to work together with farmers;
- Difficulty trying to run a CSA to schools from their gardens;
- Lack of support (except NGOs;
- Teachers need NGOs for support and resources;
- Need community partners.

Procurement Challenges

- Price;
- Seasonality;
- Availability;
- Scale;
- Distribution;

Forecasting quantities needed.



Suggestions from NGO Recipients

- Find champions at school boards;
- Communicate strategy;
- Work on procurement strategies;
- Recruit and work directly with teachers and cafe workers;
- Always combine literacy with procurement.



Suggestions from NGO Recipients

- Make meals and snacks healthy and enjoyable for kids;
- Get away from processed and fast foods;
- Improve food literacy at school;
- Use a POS system for metrics;
- Determine usage increase over a two-year period;
- Operating at a sustainable level.



Suggestions from Teachers

- Find school champions at school boards;
- Communicate strategies;
- Work on procurement strategies;
- Consider environment factors;
- Recruit and work directly with teachers and cafeteria workers;
- Always combine literacy with procurement.



Farm to School Success Factors

- Determine two-year goals;
- Make programs more accessible and sustainable;
- Add more literacy;
- Operate a cafeteria as fulltime as possible;
- Add catering for selfsustainability;
- Find local food;



More Success Factors

- Commitment and support from policy makers, school administration, teachers, and staff;
- Community partnership;
- Activities to engage students:
 - Field trips to local farms or farmer's markets;
 - Cooking or nutrition lessons;
 - Exposure to different foods and different cultures.





Thank you Please Get in Touch!

Gary Hoyer
Professor and Principal Investigator
George Brown College

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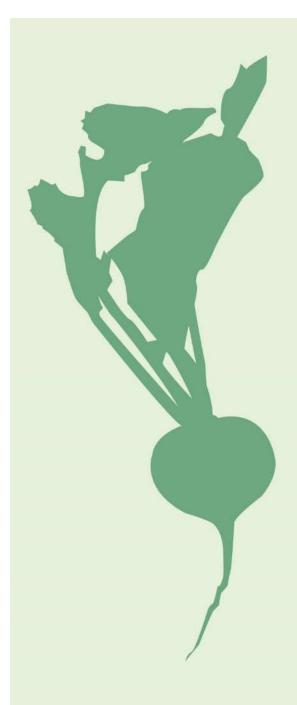
And please complete our Survey!









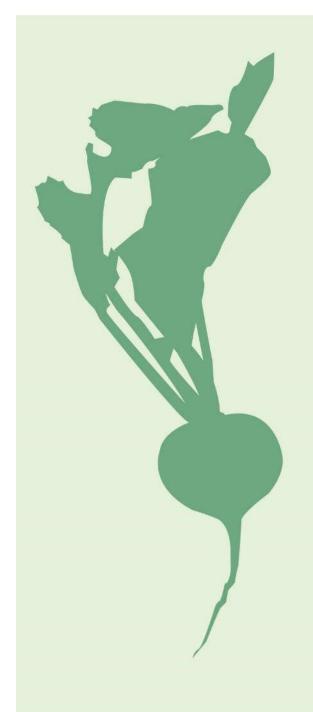


Farm to School:

(from our Snack Project School Workshops, Spring 2018 to This is from one of four theory workshops where students brainstorm the benefits of Farm to School Activities)

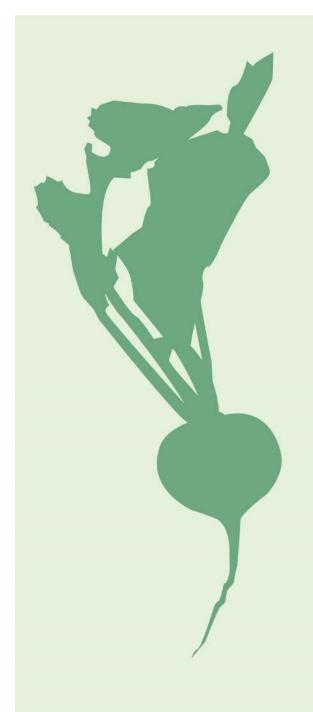
There are three aligned pillars of Farm to School:

- 1. Healthy Local Food
- 2. Food Literacy and Hands-On Learning
- 3. Community Connectedness



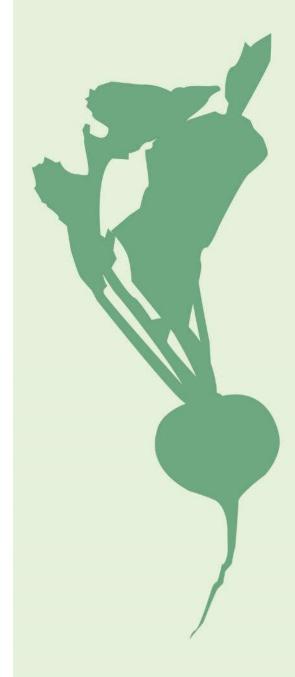
Defining Farm to School

What is Farm to School? Farm to School activities and programs endeavor to bring healthy local and sustainable foods into schools, provide food literacy resources to schools and students, and connect the community of stakeholders. These efforts are also underway for hospitals, Post-Secondary education campuses, and other public institutions (Farm to Cafeteria Canada, 2018.)



Defining Farm to School

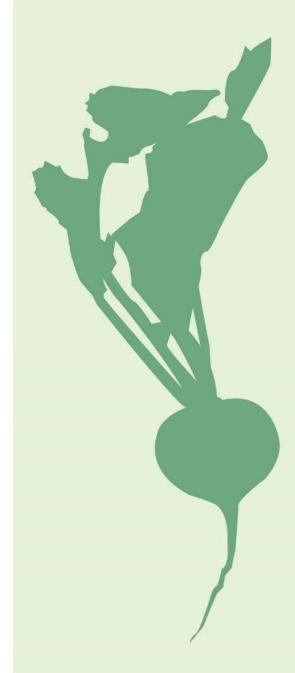
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Farm to school implementation differs by location but always includes one or more of the following:

Farm to school enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools and early care and education sites.

Students gain access to healthy, local foods as well as hands-on and theoretical education opportunities such as school gardens, cooking lessons and farm field trips, and healthy diet and nutrition curriculum. Farm to school empowers children and their families to make informed food choices while strengthening the local economy and contributing to vibrant communities.

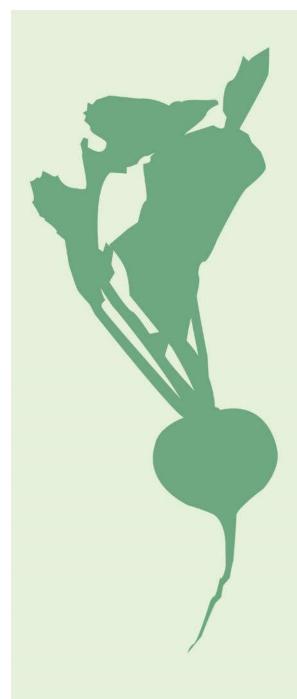


Procurement: Healthy local foods are purchased, promoted and served in the cafeteria or as a snack or taste-test;

Education: Students participate in education activities related to agriculture, food, health or nutrition;

Strengthens community economies through local food procurement and connects the community through activities designed to engage all stakeholders;

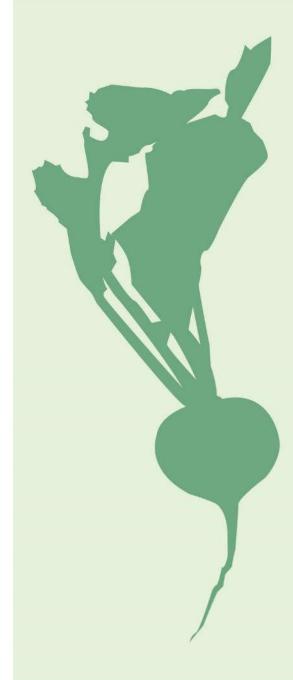
School gardens: Students engage in hands-on learning through gardening (farmtoschool.org, n.d.; farmtocafeteriacanada.ca, n.d.).



Benefits of Farm to School

A review of literature from both peer- and non-peer reviewed reports cited the most common benefits of F2S programs as an increase in fruit and vegetable consumption in children (Berlin, et al. 2010). They are also widely touted as promising a range of economic, health and academic benefits including:

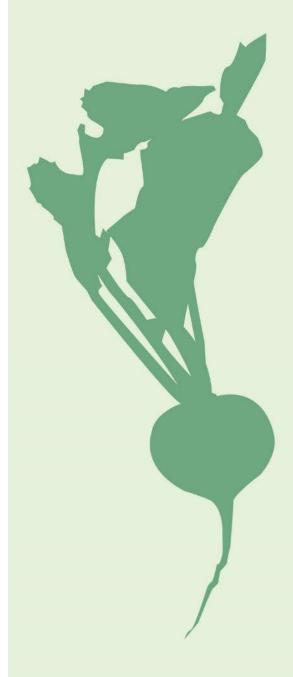
- Support for local farmers (increasing their profits), the community, and the economy;
- Higher quality food in schools;
- Increased fruit and vegetable intake in students;
- Improved diets;
- Increases in student knowledge about nutrition;
- Increased participation in school meal programs;
- Improved school public relations (Aftosmes, A. 2011).



Benefits of Farm to School

According to a Health Canada Commissioned Study from 2000:

Farm to School provides an immense amount of benefits for students and the community. Student nutrition is improved with increases in healthy food consumption such as fresh fruits and vegetables. Food literacy provides a base for health and wellness where food knowledge improves habits and willingness to try new foods and make healthier choices, it engages educators and parents, reduces food waste, can provide more sustainable choices, and increases the community's acceptance, affinity and relationship to local food. Local food and food literacy both lead to increased agricultural and associated economic investment and output (farmtoschool.org, n.d.).



Workshop Topics to Brainstorm!

What do you think the three pillars mean and why would they be important?

What activities can you imagine for each pillar?

Who might these activities benefit and how?