

3ACRES TASTEBUDS LOCAL HARVEST PROGRAM

LOCATION: Seven schools throughout Hamilton

ABOUT THE PROGRAM:

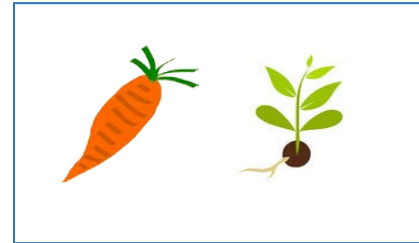
In the fall of 2013, a pilot project was started at 7 different Student Nutrition Programs. The goal is to bring local fresh produce into schools using a sustainable delivery system. 3Acres hires The Hammer Active Alternative Transportation Co-op cyclists to deliver local food orders by bicycle each week. The program encourages students to try new local foods, like kohlrabi, and provides information about produce and recipes to SNP providers.

HOW IT WORKS:

- Farmers deliver to a central hub (space was provided by the not-for-profit St. Matthews House).
- 3Acres staff sort food into bins for each school.
- Bicycle coop delivers to schools (it takes 3 hours to deliver to all 7 programs).
- Schools get recipe ideas and vegetable profiles.
- Future plan: a mobile refrigerated hub that is accessed by farmers and moves locations as needed.

CHALLENGES TO OVERCOME:

- Lack of cooking facilities in some schools limits options for food preparation.



HIGHLIGHTS

- In Fall 2013, local food was served to 830 students in 7 different SNP programs.
- Five farmers gained a new market, leading to a more self-sufficient food economy
- Food was delivered by bicycle, to model a healthy, active lifestyle and sustainable transportation
- Children were exposed to new local foods such as kohlrabi, and foods in a more natural state (carrots with tops rather than baby carrots in package)