

# CARROTS FOR KIDS PROGRAM

**LOCATION:** Peterborough, Ontario

## ABOUT THE PROGRAM:

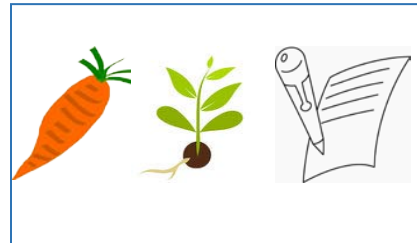
Food for Kids Peterborough and County was inspired to bring more local food into SNP programs after having 15 local schools participate in the National Great Big Crunch, a day of promoting healthy eating and local food. In November 2012, and again in November 2013 and January 2014, the Carrots for Kids program brought locally grown carrots into schools. Based on the positive response, the program has started the Local Food Box with support from the YMCA and the Greenbelt.

## HOW IT WORKS:

- Food for Kids sourced local carrots and a farmer dropped them to a central location.
- 20-pound bags of carrots, along with recipes and resources, were delivered to schools.
- SNP coordinators met to discuss buying local and to share successes.
- The school box program includes carrots, cucumbers, apples and a monthly highlighted food.

## CHALLENGES TO OVERCOME:

- Schools were geographically widespread and it took two days to deliver carrots to all the schools.
- Requires stable funding to cover transportation and staffing costs.



## HIGHLIGHTS

- Used over 400 pounds of carrots in 2012 and 600 pounds in 2013.
- Incorporates local food and farming education into the curriculum, including the poster '5 Reasons to Eat Carrots'.
- 42 different schools tried the food box program initial trial.
- Provided a new market for local carrot farmer, who increased carrot production to meet demand.
- Kids try carrots in new ways - smoothies, muffins, and spreads.