



Farm to School Delegation
SD44 Board of Education Public Meeting

Samantha Gambling
Farm to School BC
Community Animator, Vancouver Area Hub
vancouverregion@farmtoschoolbc.ca

Presentation Overview

1. Overview of Farm to School

- Core Elements of F2S
- F2SVA Video
- Farm to School Vancouver Area & North Vancouver examples

2. Resources

3. Contact Information



What is Farm to School?

Farm to School programs bring **healthy, local food** into schools and provide students with **hands-on learning opportunities** that foster **food literacy**, all while strengthening local food systems and enhancing **school and community connectedness**.



Farm to School is an international movement – quite large in the US (US National Farm to School Network = 40,328 schools!)

F2SVA Mission: Working with communities and partners, Farm to School Vancouver Area Regional Hub seeks to empower and support schools in building comprehensive Farm to School programs that vibrant, sustainable, regional food systems, develop student food literacy, and enhance school and community connectedness.

Farm to School Landscape

- **National:** Farm to Cafeteria Canada
- **Provincial:** Administered by the Public Health Association of BC, Provincial Coordination
- **Regional:** Team of Farm to School Health Region Leads from each health authority
- **School community:** Farmers, processors, gardeners, students, parents, principals, teachers, volunteers, school board trustees, dietitians, community healthy specialists, community partners, environmental health officers, elders, policy makers, academics....





Farm to School Vancouver Area video: farmtoschoolbc.ca

Farm to School Vancouver Area Hub

Funded 120 Schools since 2007

North Vancouver:

- Sutherland Secondary: Schoolyard Market Garden & Cafeteria Salads
- Windsor House: Harvesting, Cooking & Preserving programs



Farm to School BC has funded approximately 120 schools since it was established in 2007, with many other schools across the province building their programs organically along the F2S spectrum.

F2S in a school might look like:

- Salad bar
- Hot lunch program
- Tasting activity
- Fundraiser
- Field Trips to Local farms, Forests, Shores
- Integrating food into the curriculum

In the Vancouver Area, we're currently funding 8 schools to engage with F2S activities, including 2 in North Vancouver.

Farm to School Vancouver Area Hub



Opportunities:

- ✓ **Building and strengthening** F2S programs
- ✓ **Increasing the number of schools** involved in F2S initiatives
- ✓ **Establishing networks** and resource groups for providing support to establish and maintain F2S programs
- ✓ **Communicating** about F2S initiatives to the general public

Building and strengthening: increasing the capacity of Edible Garden Project to provide local food to schools, for example

Increasing the number of schools: for instance, starting a F2S program through Carson's culinary program or increasing the amount of local food being procured for the TWN-Sherwood Park breakfast program

Establishing networks: for example, connecting with the North Shore Table Matters Network or with local farmers (Tapping into local knowledge, passion, skills and resources)

Communicating: through celebration events, videos, and other media

Upcoming F2SVA Events

- October is F2S month – Three *Farm to Cafeteria Canada* F2S grants for \$1500
- Monthly Network Meeting series online -- our first meeting is **Wed Oct 19 from 3:45-4:45PM**
- Inaugural Farm to School Advisory Committee meeting November 29, 2016 – inquire for details

Stay Connected...Follow Us!



Farm to School BC



[@farmtoschoolbc](https://twitter.com/farmtoschoolbc)

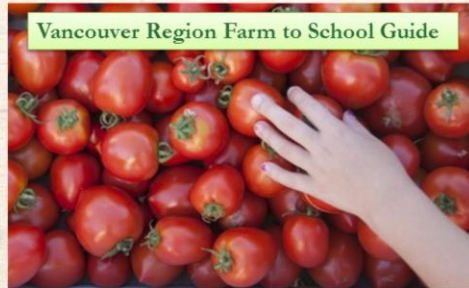
Farm to School BC Seasonal Newsletter

Signup button on the Farm to School BC website

www.farmtoschoolbc.ca



Utilize Farm to School Resources



www.farmtoschoolbc.ca

Practical Tips on Building a Farm to School Program and Reaching Out to Key Partners in your community.

- Farm to School BC Guide ("Fresh Crunch in School Lunch")
- Vancouver Region Farm to School Video on our website
- Email me for resources

Contact Information

Samantha Gambling

Greater Vancouver Regional Hub -- Community Animator

vancouverregion@farmtoschoolbc.ca

Vanessa Perrodou


Farm to School BC -- Provincial Manager

prov.manager@farmtoschoolbc.ca

Helen Yeung

Vancouver Coastal Health -- Public Health Dietitian

Helen.Yeung@vch.ca



Additional Content

Healthy, Local Food



Schools serve local food in a variety of ways:

- Salad bar
- Hot lunch program
- Tasting activity
- Fundraiser
- Community celebration

Schools source local food in a variety of ways:

- Direct farmer relationships
- Food distributors
- Schoolyard farms
- Harvesting wild/traditional foods

One of F2SVA's goals: Promote healthy eating in Vancouver area schools by supporting the further development of healthy school food environments and consumption of fruit and vegetable intake.

Hands-on Learning

Food Literacy - Students

learning about food through:

- School Gardens/Greenhouse
- Cafeteria
- Kitchen
- Classroom
- Field Trips
 - Local farms
 - Forests
 - Shores



F2SVA Goal: Advance experiential hands-on learning opportunities related to food systems and the development of student food literacy in Vancouver area schools.

School & Community Connectedness

Successful & sustainable F2S programs
are built upon strong relationships:

- Farmers
- Community Members
- Support Organizations

Tapping into local knowledge, passion,
skills and resources.

Supporting sustainable, regional food
systems.



F2SVA Goal: Enhance school and community connectedness in the Vancouver area.

F2SVA Goal: Support the development of sustainable regional food systems in the Vancouver area by bringing more healthy, local, and sustainable food into Vancouver area schools.

Benefits of Farm to School

From BC Evaluation & Reports

- ✓ Increased **consumption** of fruit and vegetables
- ✓ Increased **willingness to try** new foods and healthier options
- ✓ Enhanced **food literacy**
 - Enhanced knowledge and skills in food production, processing, serving
 - Increased knowledge about local food systems, local food and nutritional health (*staff, teachers and students*)
- ✓ Expanding **community partnerships** among many stakeholders – teachers, administrators, farmers, distributors, chefs, parents, students, volunteers, dietitians, grocers, etc.



BC Evaluation, reports and data:

1. **Changing the way we think about feeding our kids:** An evaluation of the Farm to School Salad Bar Project (2008) Dragon Lake Elementary, Quesnel, BC
2. **Farm to School Sprouts in British Columbia:** A Final Report of the Farm to School Salad Bar Initiative, (Jan 2007 – Mar 2010). Final report to BCHLA.
3. **Farm to Cafeteria National Survey** (2012)
4. **Produce Availability In Remote Communities Initiative:** Final Report on projects and evaluation (2012), Province of BC
5. **Research into Local Food within School Districts Across North America** (2013), Public Health Association of BC
6. **Scaling Up Local Food Procurement in Greater Vancouver Schools** (2013), Public Health Association of BC

Farm to School Vancouver Area Hub

The primary objectives of the Regional Hubs include:

- ✓ **Building and strengthening** F2S programs in communities
- ✓ **Increasing the number of schools** involved in F2S initiatives
- ✓ **Establishing networks** and resource groups for providing support for establishing and maintaining F2S programs (connecting stakeholders)
- ✓ **Communicating** about F2S initiatives to the general public
- ✓ **Establishing a Regional Hub model** that might be applied throughout BC, and elsewhere in Canada, but remains flexible to meet the needs of different communities

Starting a F2S Program



F2S Champion

- Any one who has the time, energy and passion
- Potential champions
 - Teacher
 - Parent
 - Principal
 - Students



Building a Team

- Who do you need on board?
- How to get your team started
- Key Team Building Pieces
 - Defining roles and responsibilities
 - Communication
 - Student support



Visioning, Goal Setting, Planning

- Develop a vision
- Set goals
- Establish Objectives
- Develop an Action Plan



Fundraising

- Initial funds required
- Develop programs that are self financing
- Equal access for students



Logistics of Running a Program

- Program Coordination
- Volunteer support
- Transportation of food



Sustainability

- How do you keep your program running long term?



Utilize Farm to School Resources



"New Tools from the Shed" e-files

- Templates, tools and more!
 - ✓ Farmer & School Contract Templates
 - ✓ School Order Form Templates
 - ✓ Farm Field Trip Toolkit

www.farmtoschoolbc.ca