

**Haywood County Farm to School Project:** A collaboration of NC Center for Health and Wellness (NCCHW) at UNC Asheville, Appalachian Sustainable Agriculture Project (ASAP), Haywood County Schools, and *you!*



## What is Farm to School?

- Farm field trips
- Local food in the cafeteria
- Cooking with local food in the classroom
- School gardens

These experiences are not only critical components of health and obesity prevention strategies, but also important teaching tools that meaningfully engage students while providing a viable market opportunity for local farmers and building connections to agricultural heritage and rural communities.

## The Farm to School movement is growing in Haywood County!

**The Haywood County Farm to School Project** is bringing Farm to School activities to five sites and approximately 3,000 participants:

**Bethel Elementary**  
**Jonathan Valley Elementary**

**Riverbend Elementary**  
**Hazelwood Elementary**

**North Canton Elementary**

On average, **80%** of the students at these schools eat meals prepared by the school's child nutrition program each day. The Farm to School project is designed to increase opportunities for local growers to supply school nutrition sites with healthy, fresh foods and to connect classroom activities to the cafeteria, contributing to lifelong wellness for children and staff members.

## The project needs your support!

**Parents** can help by volunteering in the school garden, assisting teachers with cooking demos, and cooking with local food at home.

**Educators** can help by incorporating Farm to School activities into their lesson plans.

**Chefs** can help by bringing local food into the classroom through interactive cooking demos and taste tests.

**Farmers** can help by selling local products to the schools to be prepared by the child nutrition program or to be cooked in the classroom by chefs and teachers. They can also host classrooms on farm field trips and demonstrate how food is grown.

Contact [brittany@asapconnections.org](mailto:brittany@asapconnections.org) to get more information about the specific ways that you can help grow Farm to School in Haywood County.

