



# What's Growing On... Rhode Island Farm to School



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www.kidsfirstri.org

## What's Sprouting in Rhode Island?

### Winter Stores

*As our RI farms are tucked in for a long winters rest, these late harvest items are patiently waiting to be purchased and served to RI school kids. Kids First can help connect you to a source, develop tasty recipes and work with food service staff and students to make them popular in your school lunch.*

**Apples**

**Carrots**

**Butternut**

**Potatoes**



**Dave Cotta**

of Quonset View Farm

*Dave grows some of the tastiest spuds around, and students in schools around the state have been enjoying them in school meals!*

## Annual Farm to School Stakeholders Meeting

### Steps to Sustainability

Farmers, food service providers, distributors and supporters came together last week to discuss the successes and challenges of the current harvest season and RI's Farm to School program. The general consensus is that Rhode Islanders are demanding RI Grown in school lunch and stakeholders will work towards a sustainable system of distribution to satisfy the demand. Kids First will continue to promote RI agriculture and healthier school lunch, a natural marriage. Farmers will do their part by growing more of what schools are looking for, such as broccoli, carrots and grape tomatoes. Food service will continue to make purchases of RI Grown within their strict budgets and their distributors will work harder to ensure schools and students know which RI Farms their food is coming from. Communities can show their support by sending messages of encouragement through their wellness committees and purchasing school lunch when RI Grown is offered. For more information or a copy of the meeting notes, contact Kimberly Clark at Kids First.

## Please Support Kids First, home of RI Farm to School!

*Your tax-deductible donation of ANY size does make a difference.*

**THANK YOU  
FOR YOUR SUPPORT!**

### EAT HEALTHY, BE HEALTHY!

A lack of access to healthy foods and a lack of education about nutrition and its benefits are threatening a generation of children.

KIDS FIRST has been working for more than a decade to impact health outcomes by improving school meals and delivering hands-on education workshops, programs and training to parents, students and staff in every community in the state.

Our mission to make healthy and long-lasting changes in every Rhode Island school, classroom and cafeteria and to provide proper nutrition knowledge and skills to children and families NEEDS YOUR HELP.

Some of the many services Kids First has provided -- and will continue to provide with the help of your tax-deductible donation:

- Farm to School Project
- Healthy Food Tastings
- Healthy Food Display Cooking
- Classroom Nutrition Education
- Food Service Staff Training
- Healthy Recipe Development
- School Staff Wellness Workshops
- Parent/Caregiver Workshops
- Food Service Assessments
- Food Safety Training
- Promotional Materials
- Public Relations Outreach
- District Wellness Facilitation
- Advocacy
- Public Policy Leadership

For Farm to School programs and technical assistance, contact Kimberly Clark at Kids First (401) 751-4503

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