



*Ideas for
Healthy
Kids and
Healthy
Schools*

WHAT'S COOKING IN CONNECTICUT SCHOOLS?



*A report of the
Connecticut Food Policy Council
2004*

INTRODUCTION

A Report of the Connecticut Food Policy Council 2004

The Connecticut Food Policy Council is a state council charged with the development, coordination and implementation of food system policies, and with making recommendations to the Governor and the Legislature on food policy issues.

In Connecticut and throughout the United States people are working to help children in our schools be healthier. We know that healthy children are better learners.

School lunch and school breakfast programs are important in making sure that children do not go hungry. On average our children get one-third of their daily nutrition from school lunches. Free and reduced price school lunches help feed more than 144,000 children in Connecticut.

Recently, the issue has expanded from simply assuring that children are not hungry to helping them learn about nutritious foods and healthy behaviors. For example, we are learning that childhood obesity also places our children at risk. The percent of school children age 6-11 who are overweight more than doubled from the late 1970s to 2000, from 6.5% to 15.3% and the percent of overweight adolescents age 12-19 tripled from 5% to 15.5% in the same period.¹ Poor eating habits and a lack of exercise contribute to obesity and national studies cite school food as one part of a complex issue.²



This report presents examples of some of the actions already taking place in Connecticut schools and suggests resources that communities can use in developing their own plan to improve the nutrition environment in schools.

Child Nutrition Legislation

As more is known about both the short and long-term dangers of overweight and obesity in children we must take action to create lifelong healthy eating and exercise habits in children.

Legislators and community leaders from across Connecticut partnered in the 2004 legislative session to take state action for healthy children. HB 5344: An Act Concerning Childhood Nutrition was passed and signed into law.

This bill creates a sound nutritional and physical atmosphere for children in our schools, giving them the tools for healthful eating and learning that can be carried into their future. The legislation includes the following:

- Calls for schools to make available dairy products (including low-fat dairy products), 100 % natural juice products, water, fresh or dried fruits when foods are sold in school buildings during the school day.
- Each student shall have at least 20 minutes for lunch each full school day.
- Students in grades K-5 must have a period of physical exercise every full day of school. (Physical education is a core curriculum in the state that must be "planned, ongoing and systematic". This legislation is not intended to replace physical education classes.)

¹ National Center for Health Statistics, Health, United States, 2002. Hyattsville (MD): 2002. Table 71

² Government Accounting Office Report GAO-03-506, "School Lunch Program: Efforts Needed to Improve Nutrition and encourage Healthy Eating." <http://www.gao.gov/newitems/d03506.pdf>

STRATEGIES FOR LOCAL ACTION

School administrators, teachers, parents and school boards can work together to make schools healthier. Communities don't have to wait for state or federal legislation or funding to make a difference in their schools. Here are some ideas of strategies that people in local communities can use and examples of where these are already being used in Connecticut schools.

1. Offer locally grown fruits and vegetables in schools

Work with local farmers can bring a variety of fresh produce to schools – and national pilot programs show that school children will eat healthy food when it is offered to them. In the Meriden Public Schools, the Food Service Director buys local farm produce for cafeterias throughout the district.



2. Encourage physical activity and healthy eating behaviors

Develop or adapt curriculum and instruction that emphasize healthy eating behaviors and more physical activity. At Tolland Elementary School, “Happy Feet, Healthy Food” uses a website and action program to teach nutrition and physical activity goals to second graders. There are many resources to help teachers with food and nutrition education.

3. Start a school or community garden.

Help children learn about food systems – where their food comes from and how food gets from the farm to the table. “Harvest of Dreams” school gardening project combines curriculum and community outreach at Warren Elementary School. In New Haven students and teachers learn about food systems at Common Ground High School.

4. Replace unhealthy food choices in schools

Make a commitment to improve food options for children while in the school or at school events. At Kent Center School, school leaders decided to offer higher quality nutritious foods in school lunches.

5. Build community partnerships for healthy children

Partnerships of parents, community and school leaders take action to promote healthy schools and healthy communities for children. Community organizations outside the school system teach children about the range of food choices available to them and about how to make healthy selections.

1. OFFER LOCALLY GROWN FRUITS AND VEGETABLES IN SCHOOLS

- Fresher locally grown produce is more attractive to kids and they are more likely to make positive choices to eat fruits and vegetables.
- Buying Connecticut grown produce also supports local farms and businesses.

What's happening in Connecticut?

More than thirteen school districts are now working with the CT Department of Agriculture to purchase directly from farmers in the Farm-to-School program. Both the Agriculture Department and the State Department of Education's Office of Child Nutrition are working on ways to eliminate barriers to success for farm-to-school programs.

Connecticut Grown for Connecticut Kids

Since the early 1980's Kathy Zarton, Food Service Director for the Meriden Public Schools, has been purchasing locally grown apples for the cafeterias. Zarton first connected with Crooke Orchards owned by Elaine Crooke who was happy to provide and deliver apples to the schools.

As Food Service Director, Zarton serves 5,000 lunches a day to 13 schools and preschools. Purchasing local apples not only led to kids eating more fruit, it also offered greater variety at a comparable cost. Unlike large apple suppliers, Crooke Orchards can package a variety of apples in one box, offering students the freedom to experiment. Zarton can



How You Can Do It

Want to connect to local farmers for produce for your schools? Rick Macsuga, Marketing Representative at the Connecticut Department of Agriculture (860-713-2544) works with farmers and local schools to develop direct purchase programs. Mary Ragno of the Connecticut Department of Education Office of Child Nutrition works with school food service directors to help them participate in the farm-to-school program.

get fresher fruit with more variety for students for about 15 cents an apple.

Zarton posts CT Grown signs with the apples and visits classrooms to raise awareness about the local orchard connection. She visits elementary schools to offer taste testing – kids are amazed to learn the taste difference among apples of different varieties and colors.

Last year Zarton began working with High Hill Orchards in Meriden to supply pears for all of her schools, resulting in better quality and higher consumption. Now these successes have led to more use of local farmers for produce that includes lettuce, tomatoes, peppers and squash. Special attention to cooking and seasoning has already increased vegetable consumption in the past few years and Zarton hopes local produce will increase students' appetites for vegetables.



In the South Windsor school system children have the option of the Connecticut Grown potato bar two days a week in the school cafeterias. The school system also uses posters and banners to let children know that they are eating products grown by area farmers here in Connecticut.

The National USDA Vegetable Pilot Program

The 2002 National Farm Act funded a pilot program to improve fruit and vegetable consumption among school children. The program provided fresh and dried fruits and fresh vegetables in 100 schools in four states in the 2002-2003 school year. This program has now been expanded to more locations in the Child Nutrition Reauthorization Bill signed on June 30, 2004, but Connecticut is not one of the states included.

The first evaluation reports³:

"Nearly everyone recognized some health benefit or other values from the pilot. School staff believed that the pilot lessened the risk of obesity, increased attention in class, reduced consumption of less healthy food, reduced the number of unhealthy snacks brought from home, increased students' awareness and preference for a variety of fruits and vegetables, helped children who would otherwise be hungry get more food, and increased students' consumption of fruit and vegetables at lunch.

Some of the reason that children liked the program was that they got to eat favorite fruits and vegetables more often, they liked the health benefits of eating these foods, it was a welcome break from normal classroom activity, and they could eat the food as a breakfast substitute. Many students described improvement in their eating habits, greater willingness to try different fruits and vegetables, or at the very least, a greater consciousness about eating too much of what they call 'junk' foods."

³Evaluation of the USDA Fruit and Vegetable Pilot Program: Report to Congress. Jean C. Buzby, Joanne F. Guthrie, and Linda S. Kantor. Food Assistance and Nutrition Research Program, Economic Research Services, USDA, May 2003.

2. ENCOURAGE PHYSICAL ACTIVITY AND HEALTHY EATING BEHAVIORS

- Develop or adapt curriculum and instruction in schools that emphasize healthy eating behaviors and physical activity.

In the growing concern about childhood obesity national survey data finds children are less active today than in previous years. The American Academy of Pediatrics in August 2003 called pediatric overweight and obesity an “epidemic” in the United States. Among their policy recommendations they state “change is desperately needed in opportunities for physical activity in child care centers, schools, after-school programs and other community settings.”⁴ The State of Connecticut requires a planned and sequential program of physical education for students in grades K-12, but requires neither a minimum amount of time for physical education nor that it be distributed evenly during the school year.

What’s happening in Connecticut?

The Tolland Story – Happy Feet, Healthy Food

On the first day of school at Birch Grove Primary School in Tolland, teacher Carol Goodrow gives her second graders a running journal. All year long students run and write. The journals help them record their thoughts as well as learn simple sentences and spelling. At the end of the year, the running culminates in the “Run! Spot! Run!” Fun Run. Students and families, as well as alumni and their families, come together to run one mile and to write. There is no competition, everyone runs and then starts writing.

Running and being active was the initial message of Goodrow’s classes and her website www.kidsrunning.com, a subsidiary of *Runner’s World*. But recently she saw the need for healthy eating in addition to staying active. “There is more to being healthy than just running,” and she could see older students gaining weight and eating junk food. So Goodrow sat down with her kids and brainstormed ways to bring healthy food into the classroom with a healthy snack program.

Goodrow starts each day reading favorite stories to her students. During that time kids can eat their snack with one stipulation. Only healthy snacks can be eaten. Junk food can only be eaten later in the day. Students brainstormed a list of 50 healthy snacks and there were rewards for the first student to bring in one of the snacks on the list.

Kids began to talk about their snacks and worked to have their name listed on the



How You Can Do It

Get involved with Team Nutrition, the partnership of the Connecticut Department of Education and UCONN to promote healthy school nutrition environments. Team Nutrition this year is working with ten school districts in a pilot program to develop, adopt and implement school policies that promote healthy eating and physical activity, and foster a supportive health school nutrition environment. The pilots will serve as best practices models for other schools.

Six other schools are working with Team Nutrition on a pilot program for healthy vending and snack sales. The project focuses on developing a state model for providing health snack choices without hurting school finances.

For more information contact Susan Fiore, the Team Nutrition Director at 860-807-2075 or susan.fiore@po.state.ct.us.

board. In the end each student who participated also received a prize. Goodrow knew the program was really working when the incentives stopped and kids still brought in healthy snacks.

Goodrow’s website reaches students and parents nationwide. The town has been inspired to have their own 5K run and other teachers have begun their own healthy snack programs.

In 2003 the Centers for Disease Control surveyed children ages 9-13 years and their parents about their levels of physical activity. This survey was the first as the CDC works toward national 2010 objectives to increase levels of physical activity and reduce sedentary behavior among children and adolescents. Sixty-one (61) percent of these children do not participate in any organized physical activity during after-school hours or on weekends and 23 percent do not engage in any free-time physical activity during those times. The CDC now has begun a 5-year media campaign *VERB It’s what you do*, intended to promote physical activity. Information is at www.verbnow.com for children and www.verbparents.com for parents.



Insufficient nutrition education in the classroom is a major barrier to promoting a healthy school nutrition environment according to one-half of the respondents to the survey of public school nutrition programs by the Office of Child Nutrition of the Connecticut Department of Education. Other barriers were: serving unhealthy foods at class parties or school social events, sales of unhealthy foods by school groups other than the food service, lack of training and lack of resources on how to promote a healthy school environment.

⁴Prevention of Pediatric Overweight and Obesity; Pediatrics, the journal of the American Academy of Pediatrics, August 2003.

3. START A SCHOOL OR COMMUNITY GARDEN

- Help children learn about food systems – where their food comes from and how food gets from the farm to the table.

What's happening in Connecticut?

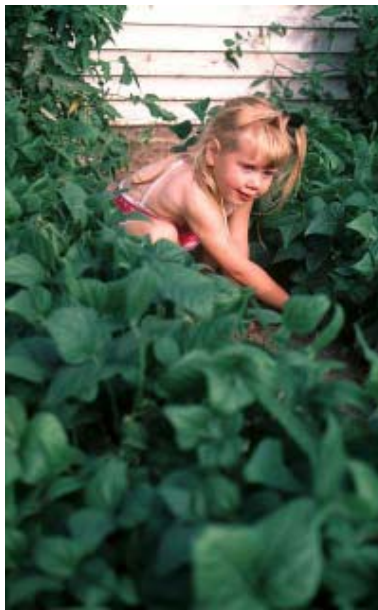
Harvest of Dreams – Warren

Harvest of Dreams is an organic community garden at Warren Elementary School, a 112 student K-6 grade school in Warren, Connecticut. Sixth grade teacher Alisa Wright created the community garden to have a focus on outreach and education.

Wright had no gardening experience coming into the project. Presentation at a school parents' night created a partnership with parents, staff and students. Parents and staff constructed the garden of raised beds created from such items as discarded cement road barriers, and an old swing set. All 112 students filled the beds with donated topsoil and mulch and planted seedlings grown in Wright's class.

The garden has been a success from the first day. Small grants helped provide seeds and supplies; the local vocational agriculture school gave advice and lessons. Wright and her class manage the garden during the school year. All the vegetables are harvested cleaned and delivered to the New Milford soup kitchen and food bank. During the summer families volunteer for a week at a time to maintain the garden and deliver produce.

The whole school learns from the garden with such events as an all school cookoff and an annual community luncheon. The garden is part of a larger curriculum and learning environment. Sixth graders teach younger students. Students grow plants from seeds as part of a unit on life science. In math, they measure vegetables to learn about



How You Can Do It

The website for the **National Gardening Association**, www.kidsgardening.com, offers a wealth of information where educators can find information, inspiration, and community. Combined, the site features 2,000 articles, 30,000 FAQs, how-to projects, online courses, seed swaps, a school garden registry, and much more.

The **American Community Gardening Association** offers links on their website www.communitygarden.org to resources and information about existing gardens and ideas for starting gardens.

circumference, diameter, estimation, and calculations. In social studies Wright's students research the origin of the garden's vegetables and herbs. The garden is running so well that it has expanded each year – last year they donated 200 pounds of produce to the soup kitchen and food bank.

Grow Hartford

In 2004 Hartford youth and staff of the Hartford Food System converted a half-acre lot in Hartford into an organic vegetable operation that encourages active lifestyles, and fosters community action related to food security and sustainable agriculture. The urban farm serves as an outdoor classroom for more than one-hundred young people and families. These families learn about making healthy food choices and how food is grown.

Ten Hartford youth, ages 12-17, participate in a long-term training program at the site from May through October. Participants in the program learn about sustainable agriculture and the environment through hands-on lessons and integrated daily farm work. They learn business and work skills by planning and operating an on-site farmers market and community lunch, demonstrate an understanding of food and agriculture by teaching simple agricultural lessons, and explore their community through field trips and outreach activities.

Grow Hartford's End of Summer Review

It's nearly October now and we're happy to report that we all survived the transition into, gasp, Fall. The youth in the program bid a sad goodbye to the camp like days of summer and now attend program two days each week after school and some Saturdays. Our farmers market ended labor day weekend and, after much revision of soggy mud stained market logs, we determined that the market raised over \$2000! More than 200 local residents kindly patronized our humble farm stand. 38% of our sales were in wic farmers market coupons, senior farmers market nutrition program coupons, or Foodshare pantry coupons.

3. START A SCHOOL OR COMMUNITY GARDEN, CONT.

- Help children learn about food systems – where their food comes from and how food gets from the farm to the table.

Common Ground High School – New Haven

Common Ground High School is the first public charter school in Connecticut with a focus on ecology and the urban environment. The instruction program encourages hands-on inquiry, research, and investigation into the natural world, agriculture and the urban environment.

Students learn on-site at an urban farm working on real projects that engage them in raising plants and animals and studying neighborhood environmental issues. Nearly one acre of the farm is dedicated to organic gardens. The 100 students at Common Ground High School learn about and participate in the planting and harvesting of food, bringing them into direct awareness of the food chain and their place in it. Extra produce is distributed through a youth-run stand at a downtown farmer's market.

From students at Common Ground High School –

"At Common Ground High School I have had experiences that most high school students don't get to have: going for hikes, working in a farm environment, investigating controversial issues in New Haven. I believe that these few things are only the beginning of what life has to offer. I have a strong education in environmental issues. I have also established a great appreciation for nature..."
Jeff Brown



How You Can Do It

Connecticut is one of 23 states offering the **Resources for Learning** curriculum for educators that was developed by **Food, Land & People**, a national nonprofit organization committed to helping people of all ages better understand the interrelationships among agriculture, the environment, and people of the world. Food, Land & People's science- and social sciences-based curriculum, *Resources for Learning*, includes 55 hands-on lessons, developed and tested by more than a thousand educators. The subjects range from environmental science and stewardship ("Don't Use It All Up!") to human populations and land use issues ("What Will the Land Support?")

"Organic farming is the core of Common Ground, giving students experience in growing food without inputs of industrial agriculture.... Maintaining the garden is hard work, requiring a serious attitude. A neglected garden will not be productive.... our techniques are environmentally friendly. The alternatives to pesticides include fencing to keep out the rodents, growing trap crops to deter pests, and growing food in raised beds."

Jeff Brown, Kristen White

Connecticut programs are offered through the Kellogg Environmental Center of the CT Department of Environment Protection. Contact Sue Quincy, CT Department of Environmental Protection, Kellogg Environmental Center, P.O. Box 435, Derby, CT 06418, phone: 203-734-2513; fax: 203-922-7833, susan.quincy@po.state.ct.us. Information is on their website at <http://www.dep.state.ct.us/educ/workshops.htm>.

The Connecticut Chapter of NOFA (Northeast Organic Farmers Association) also offers ideas for schools to link to organic farmers in the state. Contact them at www.ctnofa.org or 203-888-5146.

4. REPLACE UNHEALTHY FOOD CHOICES IN SCHOOLS

- Parents and school boards can be leaders in making healthier food available for kids. School food policies can be changed locally to make for healthier school nutrition environments.

What's happening in Connecticut?

Kent Center School

At Kent Center School in Kent, Connecticut, school leaders made the decision in 2002 to offer higher quality school nutrition in school lunches. Under the leadership of the chair of the Board of Education, Karren Garrity, a community group, "The Lunch Bunch," worked to propose improvements in the quality of school nutrition.

Beginning in September 2002 wheat bread replaced white bread, potato chip and tortilla chip type snacks were removed and turkey sandwiches replaced grilled cheese. The school also moved to use fresher local foods, pizza from local restaurants, lower fat meatballs from a local supermarket, fresh soups, and a wider range of fresh fruits and vegetables.

This decision came at a cost, the price of school hot lunches was increased in January 2003 from \$1.50 to \$1.85; students qualifying for free or reduced price lunches were not affected.



How You Can Do It

The School Foods Tool Kit – a packet of resources for local communities to help them be successful in improving the nutritional quality of foods and beverages in their local schools. The Nutrition Policy Project of the Center prepared the Kit for Science in the Public Interest (CSPI). Three parts cover: How to Improve School Foods and Beverages, Model Materials and Policies and Case Studies. Available on line at <http://cspinet.org/schoolfood> or contact CSPI's School Foods Tool Kit, 1875 Connecticut Avenue, NW, Suite 300, Washington, DC 20009, 202-777-8352.

Vista Unified School District

Though there have been no evaluations of the effectiveness of a ban on sodas and other similar beverages, some case studies have demonstrated that students will choose healthier options in vending machines if given the opportunity. At Vista Unified School District in San Diego, the district decided that the offerings in the school vending machines were too unhealthy. To address the issue, the district in 2001 purchased 17 vending machines and filled them with healthy food and beverage choices, such as granola bars, juice, and milk, as part of a pilot program to improve student health. Though the school still allowed some soda to be sold on campus, the new vending machines proved to be more profitable than the old vending machine contracts. The program also resulted in an additional \$15,000 in commissions for the school district, which was more than the \$9,000 gained from previous, "soda only" sales.

Vista Unified School District (VUSD) case study "Offering Healthier Foods and Beverages in Vending Machines," is online at www.vusd.k12.ca.us/cns; contact Enid Hohn, Director of Child Nutritional Services, VUSD, at ehohn@vusd.k12.ca.us for more information.

Many school districts across the U.S. have now decided that schools should be setting the example for healthy eating and have chosen to limit or completely eliminate junk foods and beverages available through vending machines, fundraising sales, or other means. Often school systems use money from vending machine sales as a way to secure extra funding for academic or extracurricular programs in this era of extremely tight and reduced school budgets. Choosing to eliminate that income stream is difficult and needs the support of parents and community leaders.

In a typical Connecticut school system, a school lunch costs the food service department \$3 to prepare. Through the USDA National School Lunch Program (NSLP) administered by the Connecticut Department of Education, each school system is reimbursed for part of the costs of each lunch. Current reimbursements are:

students eligible for free lunch	\$2.19 per meal
students eligible for reduced price lunch	\$1.79 per meal
all other students	\$.21 per meal

The school food service department then must meet the costs of the entire program from other sources including: meal sales to other students and teachers, a la carte items that anyone can purchase, in-school catering services.

Most vending machine sales in schools do not benefit the food services department. Rather the profits support general school budgets, special school programs such as athletics, or special school clubs or extracurricular activities, or academic programs.

All of this means that local efforts to change the contents of vending machines or the nutritional content of food service offerings must address the issue of cost to the school district. The VISTA program in California cited above and reports from schools in Maine, California, Minnesota, and Pennsylvania show that replacing soda in vending machines with healthy beverages has not reduced revenue.

4. REPLACE UNHEALTHY FOOD CHOICES IN SCHOOLS, CONT.

- Parents and school boards can be leaders in making healthier food available for kids. School food policies can be changed locally to make for healthier school nutrition environments.

New Haven Public Schools

By fall 2004 New Haven public school administrators plan to move their “junk food-free school” initiative from the Nathan Hale Elementary School to every school in the system. They’ve developed a program that eliminates junk foods, offers cooking classes for parents, adds nutrition lessons into regular science classes, and will expand gyms for more physical activity.

Vending machines have no salty, greasy and sugary food and drink. Soda is replaced by water, juice and milk. The cafeteria at Nathan Hale offers salads as well as the main course and baked versions of traditionally fried foods. School leaders and advisers hope this will have a ripple effect from the school to community and help combat a growing epidemic of childhood obesity.



How You Can Do It

Changing the Scene: Improving the School Nutrition Environment is an action kit prepared by the U.S. Department of Agriculture. Whether you are a parent, school administrator, teach, school foodservice staff or other concerned community member, the guide can help you look at your own community, create a plan and put it into action. The kit helps schools identify ways in which they can improve the nutrition environment by incorporating the concepts of healthy eating into the overall school day. Order and print out resources at www.fns.usda.gov/tn/Healthy/kit.html

In the fall of 2003 volunteers in 24 states surveyed the contents of 1,420 vending machines in 251 schools. The results reported in **Dispensing Junk: How School Vending Undermines Efforts to Feed Children Well** suggest that the overwhelming majority of options available to children in school vending machines are high in calories and/or low in nutrition. “In both middle and high schools, 75% of beverage options and 85% of snacks were of poor nutritional quality.”

The report was prepared by the Center for Science in the Public Interest and recommends “One important strategy is for federal, state, and or local governments, schools, and school districts to enact policies to ensure that foods sold out of vending machines, school stores, fundraisers, a la carte, and other venues outside of the school meal programs are healthful and make a positive contribution to children’s diets.”

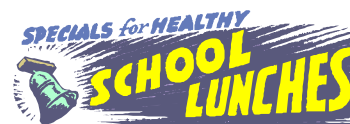
The report cites communities across the country who have stopped selling soda and junk food in vending machines and who are not losing money as a result. It notes that the sale of low nutrition foods makes it difficult for parents who entrust schools with the care of their children during the day to ensure that their children are eating well. The full report is available at www.cspinet.org/nutritionpolicy/Dispensing_Junk.pdf or CSPI, 1875 Connecticut Ave, NW, Suite 300, Washington, D.C. 2009

For Parents: Healthy Eating at School

Five questions to ask your school principal or school board member about policies and programs to support healthy meals and snacks at school:

- Who decides “what’s for lunch” in the school cafeteria?
- Who determines school policies on vending machines, and snacks and sodas in the cafeteria or student store?
- Who makes decisions about what foods can be sold as part of student activity fund-raisers?
- How can parents and students participate in the decision-making process?
- Does the school or school district post its lunch menus for the week and do the menus provide information about nutrition facts?

Published by the Center for Health and Health Care in Schools – www.healthinschools.org



5. BUILD COMMUNITY PARTNERSHIPS FOR HEALTHY CHILDREN

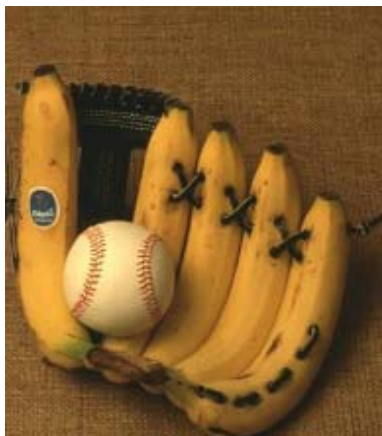
Schools alone do not carry the responsibility for improving children's nutrition, creating healthy eating behaviors, and expanding physical activity programs for kids. Community groups, government leaders, parents, and school leaders and partnerships among them can organize and take action locally to improve the health of children and everyone in their community

What's happening in Connecticut?

HEALTHY East Hartford *Healthy Eating & Active Living to Help You...work, play, learn, grow and thrive*

East Hartford was one of two communities in Connecticut chosen to address the national obesity epidemic with local community planning, discussion and action funded by the Connecticut Department of Public Health and the federal Centers for Disease Control and Prevention. For almost a year community residents, employees and leaders researched and talked about obesity. They explored ways that the community can rearrange itself to encourage more healthful living. That includes how to make it easier to eat sensibly and more convenient and attractive to build physical activity into daily routines.

After gathering opinions and ideas from more than 1000 people East Hartford developed seven strategies to address obesity. These include a multicultural community health partnership to dives further outreach and intervention programs, a community walking program, a fresh produce initiative and more. Key partners in this project included local public and private schools and the Board of Education. (H.E.A.L.T.H.Y. Headquarters at www.ci.east-hartford.ct.us)



How You Can Do It

Action for Healthy Kids

Action for Healthy Kids (AFHK) is a nationwide initiative dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools. This effort represents a response to our nation's epidemic of overweight, sedentary, and undernourished children and adolescents. Healthy schools produce healthy students — and healthy students are better able to learn and achieve their true potential. An outgrowth of the 2002 *Healthy Schools Summit*, AFHK is composed of 51 State Teams and a national coordinating and resource group. An integrated grassroots network of *AFHK State Teams* is launching state-level Action Plans focused on improving nutrition and physical activity opportunities in schools. The Connecticut State Team is chaired by *Charles Chatterton, Jr* at Eastern Connecticut State University and Lucy Nolan at End Hunger Connecticut! Inc. Contact End Hunger CT at 860-560-2100 or www.endhungerct.org.

THE "LIFE" PROJECT *Ledyard Interested in Fitness & Exercise*

Ledyard was the second community in Connecticut chosen by the CT Dept of Public Health to tackle the problem of obesity on a community level – to pilot a community-driven project using a policy and environmental change approach.

They recognized that obesity is a nationwide epidemic and a problem in their community. Right in Ledyard, 70% of students failed the President's Fitness Test in 2002.

The collaborative partners, Ledge Light Health District (LLHD), Ledyard Public Health Nursing Service and the Town of Ledyard, sought suggestions from the community on two goals: to improve nutrition in their community and to increase physical activity in the community. They identified three main areas of concern: nutrition issues at school and at home; the perception that exercise is "not fun" and lack of awareness of local resources.

The partners created information about local walking trails, Ledyard library resources, "50 Things to do in Ledyard," and a program on local cable tv. A General Mills Champions of Fitness grant was awarded for a middle school program.

With their grant completed, the community partnership continues to work on projects such as fitness days, walks and runs. They are advocating for Board of Education policy changes in schools concerning healthy food offerings. And they are offering ideas for the community on how to make changes in their workplace, school, civic organization or faith community to improve nutrition and increase physical activity.

APPENDIX – RESOURCES

Resources for Healthy Schools – in Connecticut

Certified Organic Growers – CT Northeast Organic

Farming Association – www.ctnofa.org – resources for farmers and consumers about regional organic farms, CSAs, farmers’ markets, farm tours, and legislation. Northford, CT, 203-484-2445

Connecticut Association of Boards of Education –

assists local Boards in providing high quality education for all CT children through effective leadership. www.cabe.org. For more information: Robert Rader, Executive Director, CABE, 81 Wolcott Hill Road, Wethersfield, CT 06109. 571-7446, or rrader@cabe.org

• Connecticut Department of Education

• **Summer Food Service Program:** Charlene Russell-Tucker, charlene.russel-tucker@po.state.ct.us, 807-2071

• **School Breakfast Program:** Mary Ragno, mary.ragno@po.state.ct.us, 807-2082.

• **National School Lunch Program:** Mary Ragno, mary.ragno@po.state.ct.us, 807-2082.

• **After School Snack Program:** Mary Ragno, mary.ragno@po.state.ct.us, 807-2082.

• **Special Milk Program:** Mary Ragno, mary.ragno@po.state.ct.us, 807-2082.

• **School and Child Nutrition** – CT State Department of Education – 860-638-4239

• **Community Nutrition Programs:** Charlene Russell-Tucker, charlene.russel-tucker@po.state.ct.us, 807-2071

• **Nutrition Resource Catalog**, May 2003 – directory of information on child nutrition programs, food service management, nutrition, cooking for kids, and nutrition education materials. Contact Susan S. Fiore, MS, RD, Nutrition Education Coordinator, Bureau of Early Childhood, Family and Student Services, Connecticut State Department of Education, 25 Industrial Park Road, Middletown, CT 06457, (860) 807-2075. Online at <http://www.state.ct.us/sde/deps/nutrition/index.htm>

• **Healthy School Nutrition Environment Survey Summary Report**, published in June 2002 by the Bureau of Adult Education and Nutrition Programs in the CT Department of Education. This survey was distributed to the 158 sponsors of public school nutrition programs, and the report concludes that the most frequent barrier to promoting a healthy school nutrition environment was insufficient nutrition education in the classroom. Contact Susan S. Fiore,

M.S., RD, Team Nutrition Project Director, Office of Child Nutrition, CT State Department of Education, (860) 807-2075

Connecticut Food Policy Council, CT Department of Agriculture, 165 Capitol Avenue, Hartford, CT 06106. Works to promote the development of a food policy for the State of Connecticut and the coordination of state agencies that affect food security. <http://www.statefoodpolicy.org/ctfpc.htm>

Connecticut Foundation for Environmentally Safe Schools, Newton, CT, 802-223-4622. Online: <http://pollutionfreeschools.org/>.

Connecticut Parent Teacher Association – www.ctpta.org – a source of information and support to all local units and members, of our members for their work toward the health, education, and welfare of CT children. Contact: connecticut.pta@snet.net, 203-281-6617, 60 Connolly Parkway, Building #12, Hamden, CT 06514

Connecticut School Lunch Advisory Council, CT Department of Administrative Services, Food Distribution Program. 165 Capitol Avenue, Hartford, CT 06106

End Hunger Connecticut, an advocacy group for the elimination of hunger in Connecticut. Information on school nutrition programs and pilot projects, 102 Hungerford Street, Hartford, CT 06106, 860-560-2100, www.endhungerct.org

Expanded Food and Nutrition Education Program - part of the University of Connecticut Cooperative Extension System – an educational outreach program targeted to low-income families, EFNEP works with families to offer knowledge and skills to help people control and manage their food and nutrition practices for better health and quality of life. Contact: Linda Drake, LindaDrake@uconn.edu, 860-486-1783

Farmers’ Markets – CT Department of Agriculture, Marketing Bureau of Information, 860-713-2503, <http://www.state.ct.us/doag/>

Food Safety – CT Department of Public Health, Food Protection, 860-509-7297

Making Room at the Table, a guide to community food security in Connecticut, published by the CT Food Policy Council.

The Healthy School Nutrition Environment Resource List - a regularly-updated list containing many resources, listed by category, to assist schools in promoting healthy eating and physical activity for children. Contact Susan S. Fiore, Nutrition Education Coordinator, CT State Department of Education, Bureau of Early Childhood, Family and Student Services, (860) 807-2075, susan.fiore@po.state.ct.us.

UConn Cooperative Extension Master Gardener program – individual community members who actively care for lawns, trees, flowers, gardens, and the environment in general, and who are a resource for knowledge and training. Trained by Extension agents, Master Gardeners volunteer through their Extension center to provide horticultural education programs. Online at <http://www.canr.uconn.edu/garden/programs/mastergrd.html>. Contact Cyndi Wyskiewicz, *Master Gardener Coordinator*, at cwyskiew@cant.cag.uconn.edu for more information.

Yale Sustainable Food Project, an organization of members of the Yale administration, Berkeley College, student groups, and Dining Service managers, who try to make seasonal, local, organic food an integral part of Yale's cuisine.

Resources for Healthy Schools – National

Agriculture in the Classroom, a grassroots program coordinated by USDA whose goal is to help expand students' awareness and appreciation for the role of agriculture in the economy and society, so that they may become citizens who support wise agricultural policies. www.agclassroom.org Kathleen Cullinan, National Program Leader, USDA, 1400 Independence Avenue S.W., Agriculture in the Classroom, Stop 2251, Washington, DC 20250-2251. Kcullinan@intranet.reeusda.gov, 202-720-7925

American Community Gardening Association – website links to gardening with children programs and resources: <http://www.communitygarden.org/links/index.html#Children>

Bringing Local Food to Local People: A Resource Guide for Farm-to-School and Farm-to-Institution Programs, ATTRA, <http://attra.ncat.org/attra-pub/PDF/farmtoschool.pdf>

Citizens' Campaign for Commercial-Free Schools, Winter 2003 Newsletter "Just Schools," contains updates on legislative measures to prevent commercial food sales in schools. Online at <http://www.scn.org/cccs/>. For more information contact Brita Butler-Wall, bbwall@drizzle.com, 206-523-4922

"Community Food Security 101," an interactive educational workshop which spreads the word about community food security, and engages participants in brainstorming about creative solutions. Online at <http://www.foodsecurity.org/CFS101.pdf> By Bill Emerson National Hunger Fellows Amy Matthews (amatthews@hungercenter.org, 202-273-7575) and Bridget Murphy (bmurphy@hungercenter.org, 202-338-0737 x108)

"Competitive Foods: Soft Drinks vs. Milk, Food Assistance Research Brief," addressing the issue and reviewing the impact of the sale of junk foods in schools, and presenting a case study on the competition between soda and milk. Published by the Economic Research Service, USDA. For copies or more information contact Biing-Hwan Lin at blin@ers.usda.gov, or 203-694-5458; or Katherine Ralston, kralston@ers.usda.gov, or 203-694-5463

Comprehensive School Nutrition Policy, a publication of the CSNP Task Force of The Food Trust, promoting healthy eating in schools and communities. Policy ideas to establish healthy eating habits during youth. Online at <http://www.thefoodtrust.org/pdfs/snpolicy.pdf>. For more information, contact TFT at 1201 Chestnut Street, 4th Floor, Philadelphia, PA 19107, 215-568-0830, contact@thefoodtrust.org, www.thefoodtrust.org

Cornell Farm to School Program – develops and disseminates strategies, working with farmers, suppliers, food service directors, farm organizations, and community members to increase the amount of locally grown food served in New York schools. Publishes a newsletter and brochure, and administers a listserv as a stakeholder communication forum. Visit www.cce.cornell.edu/farmtoschool for resources and more information, or contact Tracy Farrell, Project Manager, at 607-255-2620, or Jennifer Wilkins, Program Director, at 607-255-2730

Digging Deeper: Integrating Youth Gardens Into Schools & Communities: A Comprehensive Guide, Joseph Kiefer & Martin Kemple Food Works, Montpelier, Vt. 05602 - A step by step practical guide from Vermont's knowledgeable team of educators at Food Works.

Ecology-Technology Academy, University City High School, Philadelphia, PA. Curriculum centered on one acre of herbs, vegetables, and fruit trees. Teaches about nutrition, cooking, gardening. Coordinator Martin Galvin.

Farm to School: An Introduction for Food Service Professionals, Food Educators, Parents, and Community Leaders, Alison Harmon, PhD RD, Senior Extension Associate & Instructor, Food Science Department, 203A Borland Lab, phone: (814) 863-7782, fax: (814) 863-6132, e-mail: ALH139@psu.edu

"Food For Thought: Food, Diet, and Health," a WK Kellogg Foundation issue paper. Reviews local, state, and national health programs that offer schools and communities ideas for using food and diet to increase health, online at www.wkkf.org/Pubs/FoodRur/FandS/Pub3779.pdf

Food Research and Action Center, online links to Federal Food Programs, state profiles, school resources, and the Third Annual Report from FRAC and Second Harvest regarding steps taken or not taken to address

the food assistance gap. www.frac.org/html/federal_food_programs/federal_index.html

From Farm To School: Improving Small-Farm Viability and School Meals – the New York portion of a multi-state project funded by the USDA, Initiative for Future Agriculture and Food Systems (IFAFS). For more information contact Jennifer Wilkins, Ph.D., RD, at jlw15@cornell.edu, or 607-255-2730, and go to: http://www.cals.cornell.edu/agfoodcommunity/afs_temp3.cfm?topicID=245.

Growing Healthy, a project of The Institute for Community Health – promotes healthy eating habits to elementary school students in Cambridge and Somerville through a combination of food service changes, garden programming, and interactive events and activities. Jennifer Burden, Research Associate, Institute for Community Health, 119 Windsor Street, Cambridge, MA 02139, 617-655-3680, jburden@challiance.org, www.icommunityhealth.org

New York FarmTo School-L – a listserv for stakeholders interested in learning about farm-to-school activities in New York State to share ideas, contacts, sources of product, organizations, and state leaders. To subscribe, contact Aleta Coggin at afc23@cornell.edu, or 607-255-2142

New York State Department of Agriculture & Markets, “State Promotes New York Food In New York Schools,” 1/6/2003, Jessica Chittenden, 518-457-3136. The theme “Good Foods for Every Body” is on 5,000 posters in school cafeterias.

“**Nutrition in the Garden, Teaching Healthy Living Through Horticulture**,” a curriculum guide and study on “The Effect of School Gardens on Children’s Attitudes and Related Behaviors Regarding Fruits and Vegetables,” by Sarah Lineberger and Jayne Zajicek, Agricultural Communications, Texas Agricultural Extension Service, Texas A&M University System. Teaches how to beautify and respect students’ environment and their bodies, and about healthy lifestyles and gardening skills

“**Obesity Begins Early: Findings Among Elementary School Children in New York City**,” a survey published in the NYC Department of Health and Mental Hygiene and Department of Education monthly newsletter *NYC Vital Signs*. Helped provide impetus to the nutritional guidelines overhaul in the NYC schools. For more information contact Lorna Thorpe, Division of Epidemiology, Rm 315, NYC Dept of Health and Mental Hygiene, 125 Worth ST, NY, NY 10013, 202-788-4478, lthorpe@health.nyc.gov.

Our Children, Our Schools, Healthy Food for Healthy Kids, a publication of The Food Trust, a nonprofit organization whose mission is to ensure equal access to nutritious, affordable food, through farmers’ markets, school nutrition programs, and community nutrition education in the Mid-Atlantic region. For more information, contact TFT at 1201 Chestnut

Street, 4th Floor, Philadelphia, PA 19107, 215-568-0830, contact@thefoodtrust.org, www.thefoodtrust.org.

“**Policy Options**,” a working paper by the Center for Food and Justice. For updates visit <http://departments.oxy.edu/uepi/cfj/index.htm>, and for more information contact Mark Vallianatos, UEPI Occidental College, 1600 Campus Road, Los Angeles, CA 90041, mvalli@oxy.edu, 323-259-1458

“**School Lunch Program: Efforts Needed to Improve Nutrition and Encourage Healthy Eating**.” A report to Congressional Requesters, of the US General Accounting Office. Outlines accomplishments and challenges of the program. For the full report, go to <http://www.gao.gov/new.items/d03506.pdf> for more information contact David D. Bellis at 415-904-2272.

School Nutrition Association (SNA) website, www.asfsa.org has information and resources for parents and students on working with child nutrition professionals to create healthy school nutrition environments

USDA Team Nutrition resources page:

www.fns.usda.gov/tn/resources/index.htm Lists USDA educational merchandise and an order form for books, posters, handouts on healthy foods, food pyramid, recipes, physical fitness and nutrition at school, for parents and educators, including items specifically designed for elementary, middle, and high school students. **Fruits & Vegetables Galore** is a recent publication, a tool for school foodservice professionals packed with tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables.

USDA – Economic Research Service “**Do Healthy School Meals Cost More?**” Food Assistance Research Brief – contact Joanne Guthrie, jguthrie@ers.usda.gov, 202-694-5373 – reports on how well school meals are achieving their nutrition goals, how much they cost, and their relationship of outcomes to cost.

USDA – Economic Research Service “**A Healthy School Meal Environment**,” Food Assistance Research Brief – contact Katherine Ralston, kralston@ers.usda.gov, 202-694-5463 – reports on the extent to which healthy school meal environments affect the success of USDA’s school meals program.

University of Northern Iowa – Local Food Project.

Works with institutional food buyers to explore ways to purchase a greater portion of their food locally and regionally. Report available at www.uni.edu/ceee/foodproject/ or contact Dr. Kamyar Enshayan, Center for Energy & Environmental Education, Cedar Falls, Iowa 50614, 319-273-7575, or kamyar.enshayan@uni.edu

Vermont FEED (Food Education Every Day) – a partnership of NOFA VT, Food Works, and Shelburne Farms, a curriculum program using food, farms, and nutrition to meet VT’s Framework of standards,

building connections between classrooms, the cafeteria, school gardens, local farms, and the community. Contact NOFA VT for more information: P.O. Box 697, Richmond, VT 05477, 802-434-4122, info@nofavt.org, www.nofavt.org

Models of Healthy Schools

Davis Joint Unified School District – Crunch Lunch

Salad Bars – farmers’ market salad bars at two Davis, CA public schools. Contact Rafaelita Curva, Davis Joint Unified School District Student Nutrition Services, (530) 757-5385 ext.121, rcurva@djsud.k12.ca.us.

The Crunch Lunch Manual: A case study of the Davis Joint Unified School District Farmers Market Salad Bar Pilot Program and a fiscal analysis model by Renata Brillinger, Jeri Ohmart and Gail Feenstra of the UC Sustainable Agriculture Research and Education Program and the Center for Food and Justice, Occidental College, March 2003. Describes the process of the Davis project to initiate a farmers’ market salad bar, and describes the process of planning, implementation, expansion, and modifying the model, as well as a fiscal analysis and a listing of farm-to-school and food policy resources. Regarding study, contact Gail Feenstra, 530 752 8408, gwfeenstra@ucdavis.edu, or Mark Wall, mwall@oxy.edu.

Los Angeles Unified School District: LA Board of Education voted to ban junk food from vending machines and student stores, and to limit the amount of fat, sugar, and sodium in any snacks sold at school. Contact Food Services Branch, 213-633-7087. See article “Sale of Junk Food at School Banned,” *LA Times*, 10/29/03. View online article at: <http://www.asu.edu/educ/eps/CERU/Articles/CERU-0310-174-OWI.doc>. LAUSD Food Services website: <http://cafe-la.lausd.k12.ca.us/> lists approved and unapproved drinks, contains nutrition and recipe information.

Maine Public Schools ban soda and junk food – Contact Child Nutrition Services, 624-6841. See article online at <http://20below.maintoday.com/press/pph/031212vending.shtml>.

New York Public Schools – NY Ban on soda and junk food from public schools: NYC Education Department’s acknowledgment of rising obesity levels leads to a reduction in the fat content in City school meals and bans junk food from school vending machines. “New York City Schools Cut Down on Fat and Sweets in Menus,” *New York Times*, 6/25/03, Abby Goodnough. Article: <http://www.nytimes.com/2003/06/25/nyregion/25NUTR.html?pagewanted=print&position=>

Ross School, East Hampton, New York: healthy lunch alternatives. See <http://www.wnbc.com/education/1991565/detail.html> for article.

Safe School Lunches Organizing Kit, an activist kit for people who want to work with their school board to pass a ban on irradiated foods. Developed by Public Citizen. Public Citizen is working with school districts to pass bans on irradiated foods following the USDA decision to allow irradiated food in the National School Lunch Program. Download the kit at www.safelunch.org. For more information contact Tracy Lerman, Senior Organizer, Public Citizen, California Office, 1615 Broadway, 9th Floor, Oakland, CA 94612, 510-663-0888 x 103, tlerman@citizen.org www.citizen.org/california

UN Chronicle, “Health-Promoting Schools Initiative in the Americas,” Josefa Ippolito-Shepherd, Regional Advisor on Health Promotion and Health Education, Healthy Setting Unit, Area of Sustainable Development and Environmental Health, PAHO/WHO, 525 Twenty-third Street, NW, Washington, DC, 20037, ippolitj@paho.org. Article summarizes the Pan American Health Organization, Regional Office of the World Health Organization’s 1995 Health-Promoting Schools Initiative in the Americas.

Useful Internet Sites

Farm to School Guides and Information:

Azuma, A. M. and Fisher, A. Healthy Farms, Healthy Kids: Evaluating the Barriers and Opportunities for Farm-to-School Programs. Community Food Security Coalition, January 2001. Executive summary on-line at <http://www.foodsecurity.org>. Order by e-mailing asfisher@aol.com, or by calling (310) 822-5410, or faxing (310) 822-1440.

Community Food Security Coalition: Farm to School Program. Located at: http://www.foodsecurity.org/farm_to_school.html

Cornell University Farm to School Program Located at: <http://www.cce.cornell.edu/farmtoschool/>

Farm Fresh Start: A Guide to Increasing the Consumption of Local Produce in the School Lunch Program. The Hartford Food System, 191 Franklin Ave., Hartford, CT 06114. Located at: http://www.hartfordfood.org/programs/project_farm.html.

Information on national and California-based farm to school projects. Located at: www.farmtoschool.org.

Reinvesting in America (a project of World Hunger Year). Farm to Cafeteria FAQ and information. Located at: http://www.reinvestinginamerica.org/faqs/ria_063.asp

Rethinking School Lunch. Web-guide and resource about planning farm-to-school programs. Center for Ecoliteracy. Located at: <http://www.ecoliteracy.org/pages/rethinking/rethinking-home.html>

Small Farmer Success Story. Marketing Fresh Produce to Local School: The North Florida Cooperative Experience. USDA Agricultural Marketing Service. Located at: <http://www.ams.usda.gov/tmd/sfss-1.pdf>

Small Farmer Success Story. Cultivating Schools as Customers in a Local Market: The New North Florida Cooperative. USDA Agricultural Marketing Service. Located at: <http://www.ams.usda.gov/tmd/sfss-2.pdf>

Small Farmer Success Story. Success of the New North Florida Cooperative: A Progress Report on Producer Direct Sales to School Districts. USDA Agricultural Marketing Service. Located at: <http://www.ams.usda.gov/tmd/sfss-4.pdf>

Sobel, David. You Learn What You Eat: Cognition Meets Nutrition in Berkeley Schools. Orion Afield, Summer 2001. Located at: http://www.oriononline.org/pages/oa/01-3oa/01-3oa_learn.html

USDA Agricultural Marketing Service, Direct Marketing site, Located at: <http://www.ams.usda.gov/directmarketing/>

Government Food, Nutrition, & Agriculture Sites

United States Department of Agriculture
<http://www.usda.gov>

Center for Nutrition Policy and Promotion
<http://www.usda.gov/cnpp>

Food, Nutrition and Consumer Services
<http://www.fns.usda.gov>

Child Nutrition Home Page
<http://www.fns.usda.gov/cnd/>

Discover School Breakfast Toolkit
<http://www.fns.usda.gov/cnd/Breakfast/toolkit/Default.htm>

National School Lunch Program
<http://www.fns.usda.gov/cnd/Lunch/default.htm>

Healthy School Meals Resource System
<http://schoolmeals.nal.usda.gov/>

NSLP Recipes and Menus
<http://schoolmeals.nal.usda.gov/Recipes/index.html>

NSLP Menu Planning
<http://www.fns.usda.gov/cnd/menu/menu.planning.NSLP.htm>

NSLP Food Buying Guide
<http://schoolmeals.nal.usda.gov/FBG/buyingguide.html>

USDA FNS Child Nutrition Studies
<http://www.fns.usda.gov/oane/MENU/Published/CNP/CNP.HTM>

Nutrition and Your Health: Dietary Guidelines for Americans
<http://www.health.gov/dietaryguidelines>

Small Farms @ USDA
<http://www.usda.gov/oce/smallfarm/index.htm>

National Organizations and Projects:

American Dietetic Association
<http://www.eatright.org>

American Farmland Trust
<http://www.farmland.org/>

American Obesity Association
<http://www.obesity.org>

American School Food Service Association
<http://www.asfsa.org>

Center for Ecoliteracy
<http://www.ecoliteracy.org>

Center for Food Justice
<http://departments.oxy.edu/uepi/cfj/index.htm>

Chef's Collaborative
<http://www.chefscollaborative.org>

Community Food Security Coalition
<http://www.foodsecurity.org>

Cornell's Discovering the Food System Project
<http://www.cce.cornell.edu/foodsys/>

Food Circles Networking Project
<http://www.foodcircles.missouri.edu>

Food Routes Network (Resources and farmer locator)
<http://www.foodroutes.org/index.jsp>

Healthy Foods from Healthy Soils Curriculum
<http://www.hffhs.org/>

Kids Gardening- a project of the National Gardening Association
<http://www.kidsgardening.com/>

Leopold Center for Sustainable Agriculture
<http://www.leopold.iastate.edu>

Local Harvest (Farmer locator)
<http://www.localharvest.org/>

National Gardening Association: Kidsgardening.com
<http://www.kidsgardening.com/>

North American Farm Direct Marketing Association
<http://www.nafdma.com>

Organic Consumers Association: Safeguard Our Students Campaign
<http://www.organicconsumers.org/sos.htm>

Project Food Land and People
<http://www.foodlandpeople.org/>

Slow Food
<http://www.slowfoodusa.org>

State and Regional Resources for Farm to School

Arizona:
Community Food Connections
<http://www.foodconnect.org/>

University of Arizona Cooperative Extension Agriculture Literacy Program
<http://ag.arizona.edu/agliteracy/>

California:
California Farm to School Program
<http://www.farmentoschool.org/california/index.htm>

California Food Policy Advocates
<http://www.cfpa.net/>

California Foundation for Agriculture in the Classroom
<http://www.cfaitc.org/>

California's Project LEAN (Leaders Encouraging Activity and Nutrition)
<http://www.californiaprojectlean.org/>

Community Alliance with Family Farms (CAFF)
<http://www.caff.org>

The Edible Schoolyard
www.edibleschoolyard.org/homepage.html

Connecticut:
Connecticut Agriculture in Classroom
<http://www.ctaitc.org/>

Connecticut Department of Education
<http://www.state.ct.us/sde/>

Connecticut's Team Nutrition Program
<http://www.team.uconn.edu/>

The Hartford Food System
<http://www.hartfordfood.org>

Northeast Organic Farming Association Connecticut Chapter
<http://www.ctnofa.org>

Kentucky:
Kentucky Farm-to-School Program
http://www.kyagr.com/mkt_promo/hort/programs/hort/farmentoschool/index.htm

Iowa:
Iowa Agriculture Awareness Coalition
<http://www.agaware.iastate.edu/>
Practical Farmers of Iowa
<http://www.practicalfarmers.org/>

University of Northern Iowa Local Food Project
<http://www.uni.edu/ceee/foodproject>

Maine:
Maine Agriculture in the Classroom Association (MAITCA)
<http://www.mainefarmbureau.com/aginclass/>

Maine Farms Project
<http://www.ceimaine.org/farm/home.htm>

Maine Organic Farmers and Gardeners Association (MOFGA)
<http://www.mofga.org/>

Maine School Garden Network
http://www.mofga.org/msgn_b.html

Massachusetts:
Community Involved in Sustaining Agriculture (CISA)
<http://www.buylocalfood.com>

Massachusetts Agriculture in the Classroom
<http://www.aginclassroom.org/>

Northeast Organic Farming Association Massachusetts Chapter
<http://www.nofamass.org/index.php>

Minnesota:

Minnesota Agriculture in the Classroom
<http://www.mda.state.mn.us/maitc/>

Minnesota Food Association
<http://www.mnfoodassociation.org/>

Minnesota Institute for Sustainable Agriculture
<http://www.misa.umn.edu/>

Sustainable Farming Association of Minnesota
<http://www.sfa-mn.org/>

Missouri:

Community Food Systems and Sustainable Agriculture Program
<http://agebb.missouri.edu/sustain/index.htm>

Missouri Agriculture in the Classroom
<http://www.mofb.org/mofborg.nsf/LinksView/AgInTheClassroom?Opendocument>

New York:

Cornell Food Project
http://www.nysaes.cornell.edu/cifs/ift_international/FoodProject2.html

Just Food
<http://www.justfood.org>

New York Agriculture in the Classroom
<http://cerp.cornell.edu/aitc/>

New York State Fruit and Vegetable Harvest Calendar
<http://www.agmkt.state.ny.us/HarvestCalendar.html>

Pride of New York Program
<http://www.prideofny.com/>

The Northeast Region:

Northeast Organic Farming Association
www.nofa.org

Northeast Regional Food Guide
<http://www.nutrition.cornell.edu/FoodGuide/>

Northeast Sustainable Agriculture Working Group
<http://www.smallfarm.org/nesawg/nesawg.html>

Oklahoma:

Oklahoma Agriculture in the Classroom
<http://www.okfarmbureau.org/programs/agInTheClassroom.asp>

The Kerr Center for Sustainable Agriculture
<http://www.kerrcenter.com/>

Pennsylvania:

Pennsylvania Agriculture in the Classroom
<http://www.cas.psu.edu/docs/CASPROF/agclassroom/agclassroom.html>

Pennsylvania Association for Sustainable Agriculture
<http://www.pasafarming.org/>

Pennsylvania Department of Education Food and Nutrition Programs
http://www.pde.state.pa.us/food_nutrition/site/default.asp

Pennsylvania School Food Service Association
<http://www.psfsa.org/>

Sustaining Pennsylvania Agriculture
<http://susag.cas.psu.edu/>

Vermont:

Northeast Organic Farming Association Vermont Chapter
<http://www.nofavt.org>

NOFA Vermont Farm to School Mentor Program
<http://www.nofavt.org/programs/farm-to-school.php>

University of Vermont Center for Sustainable Agriculture
<http://www.uvm.edu/~susagctr/>

Vermont Agriculture in the Classroom Partners
<http://www.vermontagriculture.com/AITC/index.htm>

Vermont Fresh Network
<http://www.vermontfresh.net/>

Washington:

Seasonal Harvest Guide
<http://www.whatcom.wsu.edu/family/facts/harvestchart.htm>

Washington Agriculture in the Classroom
<http://www.waic.net/>

WSDA Farm to Cafeteria Connections
<http://agr.wa.gov/Marketing/SmallFarm/farmtocafeteria.htm>

Wisconsin:

Wisconsin Agriculture in the Classroom
<http://www.wisagclassroom.org/>

Wisconsin Homegrown Lunch
<http://www.reapfoodgroup.org/farmtoschool/>

Connecticut Food Policy Council

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