



# NEWTRITION!

UPDATES ON NUTRITION AT YOUR SCHOOL

OCTOBER 2013

## National Farm to School Month

### *A Tribute to Opaa! Farm Partners*

Farm to School is the practice of sourcing local food for schools or preschools and providing agriculture, health and nutrition education opportunities such as school gardens, farm field trips, and cooking lessons. Farm to School activities can help cultivate long-term healthy eating habits. These programs deliver food that not only nourishes children's bodies, but provides the opportunity to enhance their educational experience by connecting with local farms and farmers. Farm to School programs ensure that your child is offered the highest quality food available.



Farm to School improves the health of children and communities while supporting local and regional farmers. They are a win-win for kids, farmers, communities, educators, parents, and the environment.

This school year, Opaa! is fortunate to be working with a number of Farm to School partners. These partnerships have greatly expanded the number of menu items offered to students and staff members during the growing season.

**Farm to School Initiatives are a win-win for students, farmers, educators, and communities!**

#### **Opaa! Farm Partners and Locally Grown Products Include:**

- Rasa Orchards in Lexington, Missouri – Jonathan Apples
- Hamra Farms in Sikeston, Missouri – Hydroponically Grown Living Lettuce, Green Peppers and Tomatoes
- Martin Rice in Bernie, Missouri – Long Grain White & Brown Rice
- VAP Wheat Co-Op (Wheat from Farmers in Kansas and Oklahoma) – Whole Grain-Rich Crust for Pizza and Calzones
- Fahrmeier Farms in Lexington, Missouri – Fresh Vegetables
- Bush Farms in Bonner Springs, Kansas – Sweet Potatoes
- Southeast Missouri Farms – Variety of Fresh Melons

In an effort to expand our Farm to School program, Opaa! actively seeks local farms to provide fresh products to our students. This expansion is part of our initiative to provide as much “locally grown” food in our schools as possible. Join us in celebrating National Farm to School month and look for the apple icon on our monthly menus to identify farm fresh items served while in season!