



# Farm to School Optional Activities

These are some optional extension activities that can support the “What to Do” section of the Farm to School Play.

## Step 1: Education

- Invite local farmers to visit your school and talk about what they do. For help, go to the [Dairy Council Directory](#). Locate the phone number for your state or regional Dairy Council and contact the Dairy Promotion Office.
- Have your Fuel Up to Play 60 student team create "Farms Deliver" posters and/or videos emphasizing the role farmers play in helping your school and community stay healthy.
  - Have students include special messages highlighting the new foods they have discovered through the taste tests and farmer visits.
  - Have them share the posters with their families, media, local restaurants and on the school or district website to encourage consumption of those foods at home.
  - Consider sending the posters or videos to dairy farmers **in** your state or region and include thank-you messages about providing funding for Fuel Up to Play 60, for providing nutritious foods and for their commitment to environmental stewardship.

## Step 2: Implementation – Get Local Foods on the Menu

- Hold monthly food-group promotions (one month per food group) based on what is available locally and seasonally and which local farmers you can get to participate.
- Although *not* eligible for Fuel Up to Play 60 funding, you can help students **plant a school garden**. They can plant seedlings and care for them throughout the year, harvesting and tasting the food they yield along the way. Students will be proud of what they grow! Work within local community guidelines for gardens and composting as appropriate. Check out this [Grow a Pizza Garden Play](#) to learn more about school gardens.
- **Consider changing an outdoor area** into a farm to school learning space. Take a look at this [story about a middle school in Florida](#) that created an [arts and agriculture project](#) that measured more than 3,000 square feet! Students learn about the plants and animals they depict on the mural, and they and grow school gardens full of the things they learn about.