



## Sustainable Food

*Farm to School | Food Miles | Compost | Healthy School Lunches | Water | Soil | Nutrition  
| Diet Induced Illnesses | Local & Organic | Farmer's Market | GMOs | Food Deserts*

More than 30 million children in the United States eat a school lunch five days a week, 180 days a year. Regrettably many of these school lunches are filled with poor quality, highly processed foods that contribute to childhood obesity, diabetes, reduced attention spans and poor grades.

Most students have little to no idea where their food comes from, how it is grown and harvested, how it is processed and the impacts of its production, processing and transport to the environment.

Schools across the country are exploring and implementing innovative programs focused on food. Sustainable food programs work to bring fresh, local food to school. They provide healthy meals in school cafeterias, improve student nutrition, offer curricular connections on topics related to healthy nutrition and food and connect schools to their local communities and farms.

There are tremendous opportunities for schools to feed their students and staff better, reduce their environmental footprints, support their local economies and at the same time enhance the curriculum with engaging food-related content.

### Driving Questions

- ✓ How can we, as cafeteria staff, bring healthier food options that taste good, to students?
- ✓ How can we, as local chefs, work with students, staff and parents to create quick, healthy meals that can be enjoyed at home and school?
- ✓ How can we, as county food policy council members, ensure that our students have equitable access to healthy, affordable food, including fresh fruits and vegetables?
- ✓ How can we, as farmers, work with our local school and community to raise awareness around food systems and increase participation or start a farmer's market?



### TOOLS AND RESOURCES

[Top 10 Tips](#) | [Fast Facts](#) | [Standards Alignment](#) | [Sample Action Plan](#) | [Sustainable Food Audit](#) | [Resources](#)