



Farm to School Routes

FarmToSchool.org Monthly Newsletter, November 2007

PUBLICATION

The Kindergarten Initiative: A Healthy Start to a Healthy Life

The Kindergarten Initiative's toolkit *The Kindergarten Initiative: A Healthy Start to a Healthy Life* provides both the inspiration and practical information that policymakers, legislators, school districts, teachers and parents need to flexibly implement the Kindergarten Initiative in their communities.

The toolkit outlines the story of how The Food Trust created a program in southeastern Pennsylvania that promotes healthy eating through education, incorporates snacks from local farms, involves parents and is supported by the community. It also demonstrates options for implementing a similar program in your area and tailoring the Kindergarten Initiative to suit your particular needs.



The toolkit will help you:

- Identify your school and community partners and make sure everyone understands their role in creating, implementing and sustaining a successful program.
- Explore ways to integrate nutrition and agriculture education and gardening into your regular curriculum.
- Create a system for getting healthy snacks to your students on a regular basis that includes some % of locally grown fruits and vegetables.
- Develop a Parent Program that includes regular monthly activities and events to maximize parent involvement.
- Establish a relationship with a local farmer who can provide farm field trips and who is willing to work with you to create appropriate farm and nutrition lessons.
- Design and implement easy and useful ways to evaluate your program's success, which will assist you in finding champions who want to sustain your program.

The CD that accompanies the booklet includes useful resources that have worked in Philadelphia including classroom lessons, sample press releases, and planning guides that can be modified or used "as-is" depending on your specific needs. While some educational materials on the CD were created with Pennsylvania educational standards in mind, any of them can be easily adapted to your municipality.

As teachers, policymakers, and parents search for ways to teach children about making nutritious food choices, The Food Trust offers this toolkit as a valuable resource to help people who care about children do just that!

For a FREE downloadable version of the toolkit, visit: www.thefoodtrust.org/pdf/KI%20for%20web.pdf.

To request a hard copy (including CD) of toolkit contact lgoldberg@thefoodtrust.org Please note that toolkit price is \$5 to cover shipping costs.