



Steps to Including Farm to School in Local School Wellness Policy

adapted from "Promoting Local Purchasing and Farm to School Activities" at

<http://www.cias.wisc.edu/foodservtools/8-Build-sustainability/model-wellness-policy-language.pdf>

The Healthy, Hunger-Free Kids Act of 2010 requires school districts to strengthen their local school wellness policies. This is an excellent opportunity to include Farm to School in the revision process. A comprehensive local school wellness policy that addresses a school or district's many needs can be updated to support local purchasing and other farm to school activities. Farm to school programs offer creative ways to expand nutrition education and nutrition promotion and increase servings of fresh and minimally processed foods.

Almost all school districts have a local school wellness policy in place, but implementation and evaluation vary widely. Where to begin in your efforts to integrate farm to school depends on where your district is in its process. Here are some suggested steps:

STEP 1: Find out the status of your local school wellness policy

Find out what progress the district has made in developing, revising, implementing or evaluating a local school wellness policy and whether farm to school programs have been included. One place to start is the district superintendent's office or food service director. You can also locate a current copy of the local school wellness policy which is usually posted on the district web site under board policies.

STEP 2: Participate in a Wellness Committee to Promote Farm to School in the LSWP

Play an active role in the conversations around local school wellness policies. Although your district's policy has likely been written by this point; you can become part of the stakeholder group, usually called a wellness committee, that revises it and evaluates its implementation. If no such entity exists, you can help bring together the important players from the school district and the community—including school administrators, food service staff, teachers, parents, students, community representatives and members of the agricultural community. Use the policy ideas in model Farm to School policies and in other resources to help start the conversation.

STEP 3: Adopt a LSWP with Farm to School Language

Draft farm to school language that fits the needs and interests of your school district. Draw upon model language and explore resources to build your case for why the addition of a farm to school component is important. Find out the process to revise policies. Present an updated version to your school board for adoption. Also consider passing a board resolution to support farm to school.

STEP 4: Monitor the Farm to School Implementation

A true test of an effective policy is how well it is implemented. Develop an evaluation plan that measures the included components of farm to school programs so you can ensure that the policy is being implemented the way it was intended. Be sure to report on your progress at board meetings and through other methods, such as school newsletters and local media.



Farm to School Local School Wellness Policy Toolkit

School Board Resolution for Farm to School Programs

Model Language for Board Resolutions for Farm to School

http://changelabsolutions.org/sites/philpnet.org/files/Farm-to-School-ModelSchoolBoardResolution_FINAL_20111130.pdf

Esparto Unified School District's School Board Resolution for Farm to School

<http://boe.espartok12ca.schoolfusion.us/modules/groups/homepagefiles/gwp/2043194/2048455/File/2012-10-9/VI5E.pdf>

Washington Unified School District's School Board Resolution for Farm to School

<http://www.davisfarmtoschool.org/wp-content/uploads/2013/10/WUSD-f2s-resolution.pdf>

Model Policy Language for Farm to School and Local Purchasing

Model Wellness Policy Language for Schools *(contains steps for including Farm to School in the policy, sample policy language, specific activities, and other valuable resources)*

<http://www.cias.wisc.edu/foodservtools/8-Build-sustainability/model-wellness-policy-language.pdf>

California School Board Association (CSBA) LSWP Model Policy with Farm to School language

(integrates farm to school specific language into CSBA LSWP template)

<http://marinschools.org/Health-Wellness/wellness/Documents/Model%20Policy.farm%20to%20school.pdf>

CSBA Policy Brief on Green Schools *(includes Farm to School)*

http://www.csba.org/GovernanceAndPolicyResources/DistrictPolicyServices/~/_media/CSBA/Files/GovernanceResources/PolicyNews_Briefs/StudentHealth/Asthma/2009_11_PolicyBrief_Asthma_GreenSchools.ashx

Sample School Wellness Policy: Farm to School from Public Health Law Center *(provides model Farm to School policy language to include in LSWP)*

<http://publichealthlawcenter.org/sites/default/files/resources/ship-fs2-schoolwellnesssamplepolicylanguage-2011FarmtoSchool.pdf>

Promoting Local Purchasing & Farm to School Activities

How Do I Engage My Community Around Farm to School from Colorado *(includes ideas on movie nights, social media, and other techniques to promote the program)*

http://www.farmtoschool.org/files/publications_319.pdf

For general local school wellness policy resources, please visit the California Local School Wellness Policy Collaborative web page at <http://www.teamcaliforniaforhealthykids.org/school-wellness/>. The Collaborative is comprised of state and local agencies whose vision to inspire school communities to take their wellness policies from paper to practice.