



## Farm to Plate Talking Points

Farm to Plate enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools and early care and education settings. 'Farm to Plate' brings all of the nutrition programs under one name in Kansas to focus on locally sourced food products.

Farm to Plate Food Groups include the entire my plate [www.choosemyplate.gov](http://www.choosemyplate.gov)

Most milk in our nutrition programs comes from Kansas dairies. Check your carton.

Meat and eggs supplied from inspected facilities may be used in Kansas nutrition programs.

Kansas is the breadbasket of the U.S. Products from local mills are readily available and often sold through vendors.

Cook with seasonal produce as much as possible. Kansas Department of Agriculture offers a regional crop calendar for fruits and vegetables.

A local directory for Farmers Markets:

[www.ams.usda.gov/local-food-directories/farmersmarkets](http://www.ams.usda.gov/local-food-directories/farmersmarkets)

Contact your local Extension office to make connections to purchase local foods for Child Nutrition Programs and resources to promote agriculture in your regional area.

Kansas Farm Bureau has an Ag Adventures book series that provides a fun way for young people, parents and teachers to learn more about agriculture in Kansas.

Sponsors can create their own definition for local that works for their particular needs and goals. There is no State or Federal definition of local. Sponsors can choose to define local as within a certain number of miles, within the county, within the State.

Geographic preference may be used to purchase local products in the competitive bidding process.

Students will gain access to healthy, local foods and school gardens, cooking lessons and farm field trips can provide educational opportunities.

Farm to Plate is an important tool in the fight against childhood obesity and food insecurity.

The National Farm to School Network <http://www.farmtoschool.org> offers resources to help you get started.

Farm to School and Farm to Preschool Fact Sheets are available from <http://www.fns.usda.gov/farmtoschool>

Guidelines and resources for Kansas sponsors are on our KSDE website [http://www.kn-eat.org/F2S/F2S\\_Menus/F2S\\_Home.htm](http://www.kn-eat.org/F2S/F2S_Menus/F2S_Home.htm)

In addition to improving health, when schools buy local, they create new markets for local and regional farmers and contribute to vibrant communities, a win-win-win scenario!