

# FARM TO SCHOOL PROGRAM

The USDA's Farm to School program encourages school districts to bring locally produced foods into school cafeterias; make available hands-on learning activities such as school gardening, farm visits, and culinary classes; and integrate food-related education into the regular classroom curriculum.

## 3 Farm to School Must Haves

### Procurement:

local foods are purchased, promoted, and served for lunch or snack or as a taste-test.

### School Garden:

students engage in hands-on learning through gardening.

### Education:

educational activities related to agriculture, food, health, or nutrition are offered to students.

## Dairy education can be a great component of any Farm to School program

Milk is nutritious and local—did you know milk's journey from the farm to the grocery store takes only 48 hours?



Farmers use machines to milk their dairy cows **at least twice a day**.



Milk is transported to a plant where it is **tested for quality and pasteurized**.



The milk is made into **cheese, ice cream, or other dairy foods** and packaged.



The **milk arrives at your grocery store** for you to purchase, take home, and enjoy!

# ST. LOUIS DISTRICT DAIRY COUNCIL HAS THE RESOURCES TO BRING FARM TO SCHOOL TO LIFE AT YOUR SCHOOL.

## Dairy Smart Board Lessons

Students will get a closer look at how milk travels from the farm to the grocery store and how dairy foods help build healthy bodies through interactive games and lessons.

Grades 1 – 6

## Moo to You

Learn more about the local farm families who produce the milk and dairy foods found in school cafeterias and grocery stores with these free downloadable mini-posters.

Grades 1 – 6

## Dairy Dollars

Funding is available on a limited basis to support students learning to cook, prepare, and taste-test dairy foods in the classroom and cooking labs.

Grades 1 – 6,  
High School FACS classes

## From Your Local Farmer to You

In this unique video, students experience a typical day on a dairy farm. They will learn how calves grow, how cows are cared for, and how milking is done. An activity sheet that reinforces concepts from the video is also available.

All Grades

## CoCo Cookbook

This recipe book for children offers a hands-on dairy food experience and includes a tasting chart and stickers.

Grades Pre-K – K



## Adopt-A-Cow

Dairy farmers in Missouri and Illinois have partnered with the St. Louis District Dairy Council to allow classrooms to adopt a real baby calf. Students will name the calf and track her growth throughout the school year with monthly email updates, including photos of the calf, from local farmers.

Grades Pre-K – 2

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My classroom adopted a cow this year, and the kids LOVED getting to see pictures of the calf each month and learning about cows and the milk they drink. The program sends very informative information and detailed updates on the calf you have adopted. It's great fun for the kids!

Connie Hermann

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Visit [STLDairyCouncil.org](http://STLDairyCouncil.org) for many other resources, including activity and information sheets.

