Farm to Institution: Using local foods to enhance community health and alleviate hunger
## Why Farm to Institution?

<table>
<thead>
<tr>
<th>Health Crisis</th>
<th>Farm Crisis</th>
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<tbody>
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<td>- For the first time in 200 years, children have a shorter life expectancy than their parents</td>
<td>- Number of farms (and the land in agriculture) continues to decline</td>
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<td>- More than 30% of all children are obese.</td>
<td>- Farmers receive less than 18 cents for every food dollar.</td>
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<td>- Almost 50 million people in the U.S. are food insecure.</td>
<td>- The average age of the WI farmer is 56.</td>
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School-aged children eat between 19-50% of their daily calories at school, this is much higher for food insecure children.

Broccoli, snap peas, spinach, and turnips!
Student Outcomes

Consume more fruits and veggies (0.99-1.3 servings per day increase)

Consume fewer unhealthy foods and sodas

Willingness to try new foods

Enhanced overall academic achievement in K-12
Food Service Outcomes

Increase in meal participation of 3-16%, generating increased revenue for meal programs

Improvements in food service operations

Improved food service staff motivation, moral, and knowledge
Farmer Outcomes

Average increase of 5% in income from Farm to School sales for individual farmers

Increased market diversification and positive relationships with their community

Each dollar invested in Farm to School stimulates an additional $2.16 of economic activity

Farmer Outcomes
What Types of Products?

Vegetables

Meat, Poultry, and Fish

Dairy

Fruit

Beans, Grain, and Flour

Eggs
Many Sources for Local Foods

- Direct from farm
- Through a distributor
- From a food hub
- From farmers’ markets
- Using garden produce
Local Foods and Your Hospital

“Let food be thy medicine and medicine be thy food.”
- Hippocrates
When hospitals buy local food, they can:

- Increase patient and employee satisfaction
- Improve public image
- Improve economic viability of local agriculture → improved community economic health for local communities
- Improve environmental stewardship of the land
Farm to Table Logistics

- Supply vs. Demand
Farm to Table Logistics

FEEDING AMERICA
Eastern Wisconsin

Farm link
What is Farm to Summer?

• Summer is a natural extension of the farm to school model, and works to connect summer meal providers to local food producers with the objectives of:

  » serving healthy, fresh foods to children while school is out
  » improving child nutrition
  » providing related educational opportunities (edible gardens, taste tests, farm visits, etc.)
Benefits of Farm to Summer

- Take advantage of peak growing season in many regions
- Expose children to a variety of products that may not be available during the school year
- Continue enjoyment of school gardens while school is out
- Test new items and recipes for use in SBP or NSLP
- Develop consistent, year-round farm to school programming
- Provide a reliable outlet for producers
- Engage the community in agriculture-based activities at feeding sites
Farm to Summer Activities

- Growing or visiting edible gardens
- Offering agriculture-based, hands-on activities
- Organizing farm field trips or visits from producers
- Cooking demonstrations and lessons teaching students to prepare meals with local ingredients
- Taste tests with various fresh, seasonal products
- Junior Iron Chef Competitions with garden grown or locally sourced items
- Creating and sending newsletters home for parents with recipes, farmers’ market tips, etc.
- Many, many more!
Toolkits

http://www.cias.wisc.edu/toolkits/
Questions