



Helping Kids to Learn to Eat Healthfully and Appreciate the Taste of "Real" Food

The F2C Program works closely with school administrators and teachers to create and implement classroom activities that give students hands-on experiences with growing, harvesting, cooking and eating local organic foods. In the 2009-2010 school year, the Farm to Classroom component of F2C headed by Mandy Randolph with the help of F2C Coordinator, Bruce Orchid, was created. One of the first segments of this new curriculum was to give K-4 students real experiences with food as well as educate them from the roots up about healthy eating and the benefits of fresh foods. Our goal is to continue this program and expand it into higher grades.

Teaching Kids to Appreciate Where Fresh Food Comes From

The F2C Program creates more opportunities for kids to visit local farms and harvest fresh food right out of the ground. Our wonderful local farmers welcome classes visiting their farms and take the time to tell them about how farms grow food as well as let them touch, feel and taste for themselves.



Giving Kids the Opportunity to Spend Time Learning in the School Garden

The School Garden offers lessons in agriculture, science, math, music, art, and just about every subject taught in the regular classroom. Getting outside, digging in the soil, observing, smelling, tasting and experimenting in the garden never fails to offer up a great day at school. It's also a place where the community has the opportunity to contribute time caring for the garden in the summer.

Encouraging Kids to Eat Fresh Local Foods in the School Cafeteria

What are we doing to change the tide of lunches past? Our Food Service Director, along with the help of our F2C Coordinator, contacts local farmers regularly to see what's in season and plans the school lunch menu accordingly. The kitchen staff is constantly honing their skills in the techniques of "scratch" cooking so less and less processed food is used or needed.

Creating a Legacy of Healthy Kids

Because of this change of procurement and preparation, the numbers of staff and students eating lunch in the cafeteria has increased almost 40% in the first year of implementing this program. Increased breakfasts and lunches means increased revenue to the school. The F2C Program helps augment the cost of procuring food from local sources. It's a win-win all the way around.

Letting Kids Contribute to What's On the School Lunch Menu

Another accomplishment of the F2C Program in 2010 was to put together the first ever Orcas Island School District Student Chef Competition. Students in all grades submitted recipes and those chosen were prepared by the student before a panel of judges. All items were ones that could be served in the school cafeteria. Students are also encouraged to help in the kitchen.

Inviting Adults to be Role Models

Planting and harvesting home gardens, scratch cooking and other one-on-one experiences with your children or grandchildren at an early age has immeasurable impact on how they form opinions around good food and healthy choices. Schools can create some of these experiences, but reinforcement at home makes it stick.



Statistics show that buying locally not only supports our local farms, but benefits our community as a whole.

The Economics of School Lunch

For the school years 2009-2010, the Federal reimbursement for school lunches is \$2.68 per meal for free lunches, \$2.28 for reduced lunches and 25c for those whose families make more than \$38,000 per year. The Orcas Public School has about 32% of its student body receiving free or reduced lunches. Schools are being pressured to serve nutritional and healthy food to our public school kids but given little to no funding. School cafeterias notoriously operate in the red, so getting away from subsidized, greasy, prepared food in a bag in the school cafeteria ultimately falls upon the generosity of the community and what financial sacrifices it is willing to make to ensure the health of our Island kids.

Some History

Fresh, locally grown greens have been provided to the Orcas Island Public School Cafeteria since 2005 through the generosity of our local farmers, donations made through the Orcas Island Education Foundation, and private individuals. In 2009, the Orcas Island Farm to Cafeteria Program was officially launched, a committee was formed to oversee it, and serious funding to implement and sustain it was sought.

When the nutrition of our youth really matters, our Island farmers are the answer

We have made great progress in 2009 and 2010. The use of local products and scratch cooking with fresh foods has increased the number of students eating lunch in the school cafeteria by almost 40%. Fun and successful events have been created such as the Celebrity Chef lunches and the Student Chef Competition. The receipt of generous grants and contributions keep us financially viable, the school garden has flourished, and a delightful offshoot of the Program called "Farm to Classroom" has been implemented for Grades K-4 where kids learn all about food from the roots up. The future of the Orcas Island Farm to Cafeteria Program looks bright.



Our Farms

Maple Rock Farm • Morningstar Farm • Red Rabbit Farm
La Campesina Project • Black Dog Farm • Orcas Farm
Taproot Farm • Coffelt's • Lone Cow Farm
Sweet Home Produce • Goldeneye • Doe Bay Garden

F2C Projects

Celebrity Chefs at School • 5th Season • Student Chef Competition • The School Garden • The Farm to Classroom Project

The F2C Program Structure

The F2C Program Committee, which oversees, approves and often implements all activities under the umbrella of Farm to Cafeteria, is comprised of members from each segment of the Program: The Garden and Farms, Elementary, Middle and High Schools, the Orcas Island Education Foundation (OIEF), the Cafeteria, the Students and the School Administration. It also includes the F2C Coordinator and a Chairperson.

Ways to Help

We LOVE volunteers! Please call and let us know you'd like to help. The Orcas Island Education Foundation (a 501(c)3 non-profit) stewards our funding. Monetary donations of any size are happily accepted. You may make a check payable to OIEF and mail to 38 Colorado Blvd, Eastsound WA 98245. You may also donate via the OIEF website at www.oief.org. Be sure it is clear the donation is to benefit the Farm to Cafeteria Program.



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