

Farm to School Month • Morning Announcements

Oct. 1: October is Farm to School Month! The United States Congress declared October as National Farm to School Month in 2010 to celebrate Farm to School programs as a means to improve child nutrition, support local economies and educate children about the origins of food. Each day this month, a short fact about Kansas agriculture and Farm to School programs will be read during the morning announcements.

Oct. 2: What is Farm to School? Farm to School is defined as any program that connects schools (K-12) and local farms. Learn more at www.farmtoschoolmonth.org.

Oct. 3: The Kansas Fresh Fruit & Vegetable Program reaches more than 51,540 students in over 171 schools! Learn more about the nutrients you need from fruits and vegetables at www.kn-eat.org.

Oct. 5: Kansas farm to school programs are growing in numbers! The April 2012 edition of Eat Smart Play Hard Video News featured videos of Farm to School and School Garden programs in our state! Watch the videos at www.eatsmartplayhard.org.

Oct. 8: Today, one Kansas farmer feeds 155 people plus you. Eighty years ago a farmer only fed 19 people. That's a big difference! Technology has made our food production system more efficient than ever before.

Oct. 9: Kansas is called the "Wheat State" for a reason. In 2010, Kansas produced more than 360 million bushels of wheat. That's enough to make 1.5 billion loaves of bread! Wheat is used to make more than just bread though; it's in hair shampoo and conditioner, laundry detergent, golf tees, charcoal and more!

Oct. 10: Winter Squash is great source of potassium, fiber, Vitamin C and magnesium—all of which are important nutrients that your body needs. But would you be able to recognize it? Varieties of winter squash include pumpkins, butternut squash, banana squash and acorn squash, all of which are grown in Kansas!

Oct.12: Do you drink milk every day? Calcium is an important nutrient needed to grow strong and healthy bones. There are more than 123,000 dairy cows in Kansas, which produce more than 2.5 billion pounds of milk each year!

Oct.15: Kansas raises food that helps feed families all over the world. Last year, Kansas exported food to more than 105 other countries. Agriculture is an international industry working to ensure that families all over the world are fed nutritious foods.

Oct.16: Did you know there are more cattle in Kansas than people? Yes, it's true! There are about 6.63 million beef cows in Kansas and 2.8 million people. Kansas is the second highest beef producing state in the nation.

Oct.17: More than 7.8 million teenage girls are lacking dietary iron in their diet, making iron a leading nutrition deficiency in the United States. Kansas raised beef provides the iron and other nutrients you need!

Oct.18: Do you know what the Kansas state flower is? It's a sunflower, of course! But, did you know that sunflowers are an important Kansas-grown food as well. Last year, Kansas raised 186,060,000 lbs. of sunflowers. Sunflowers are used in medicine, oil, fuel, food and more.

Oct.19: What's your favorite sandwich protein? Kansas raised more than 1.8 million hogs last year, supplying ham for your hoagie sandwiches, pork chops for your dinners and more.

Oct.22: Governor Brownback declared this week, October 22-26, as Kansas Farm to School Week! What is your school doing to celebrate local farmers? <Insert any Farm to School activities>

Oct.23: Did you know that Americans are eating 900% more broccoli than we did 20 years ago? That's a lot! Broccoli is a great source of Vitamin C, Vitamin K, fiber and potassium. Two thousand years ago broccoli was the Roman's favorite vegetable... but it's grown in Kansas today as well!

Oct.24: Today is Kansas Food Day! Kansas Food Day celebrates healthy food production and consumption. The food that you eat at school each day is a balanced diet of protein, grains, dairy and fruits and vegetables. If you're participating in Kansas Food Day events today, make sure to thank your local farmers for all they do to feed you and the world!

Oct.25: Did you know that there are more than 65,500 farms in Kansas? That's more than 46 million acres of farmland all growing the food you eat, each and every day. More than 85% of the land in Kansas is used for agricultural production.

Oct.26: Supporting Kansas grown food is important! There are more than 115 Farmers' Markets all across Kansas. Local farmers sell fresh produce, such as tomatoes, squash, peaches, apples, jams, breads and more. Going to the farmers' market is a great way to support your local economy and farmers.

Oct.29: Sweet potatoes are considered to be among the most nutritious foods in the vegetable food group, they provide fiber, Vitamin A, Vitamin C and manganese. Sweet potatoes are typically available in the months of September and October in Kansas.

Oct.30: It's estimated that the food you eat today travelled about 1,500 miles to get on your plate. Supporting Kansas agriculture and your local farmers is important. You can help out your local farmers by visiting the Farmers' Market, working at a U-Pick Farm, or even produce some of your own fresh produce by gardening.

Oct.31: Boo! Are you afraid of Jack O'Lanterns? Well you shouldn't be! Pumpkins are vegetables that provide great sources of Vitamin A and C. The heaviest pumpkin ever grown by Kansas producers weighed 1,810 pounds—that's heavier than a horse!