



Building a Successful Farm to School/Preschool Model

Top 10 Tips for Success in Kansas

<p>1. Determine what is grown and available locally. Make a list or use K-State's Buying Guide for Kansas Grown Fresh Fruits and Vegetables.</p>	<p>2. Look at current menus and consider ways to substitute or incorporate local foods. Experiment with new recipes or consider "Cook from Scratch" meals.</p>	<p>3. Start small and make good choices for your school and budget. Highlight 1 local product in one meal once a week.</p>
<p>4. Seasonal Swap-Outs. Think seasonally. Start with fruits and vegetables that are fresh and currently being harvested.</p>	<p>5. Locate local. Communicate with farmers, distributors and express your needs and commitment to buying local products. Explore From the Land of Kansas.</p>	<p>6. Procure. Jump in and make that first local purchase. Serve local products on the salad bar. Whole fruit requires no extra processing and are easily added.</p>
<p>7. Consider a campaign such as Harvest of the Month or Farm Fresh Fridays.</p>	<p>8. Expand beyond fruits and vegetables to incorporate local dairy, meat, and grains.</p>	<p>9. Promote your program. First, always ASK for local product. Use social media and school newsletters, announcements, and resources.</p>
<p>10. Educate staff and students. Find a mentor. Consider classroom field trips and school garden and nutrition education curriculum.</p>		



Resources: [USDA Food and Nutrition Service](#) and [Child Nutrition & Wellness, KSDE](#)