

Frankfort Independent Schools Farm to School Action Plan

Vision: Nourishing healthy lifelong learners and a just, sustainable food system through the ways our FIS community eats, buys, produces, and learns about food.

Long-Term Goals:

- Deepen connections to fresh, healthy foods, local producers, our community and its diverse food cultures, and the natural world through school meals, school gardens, field trips, and farm to school activities.
- Support students in developing a taste for a wide variety of fresh, scratch cooked, healthy foods by serving these foods regularly in school meals.
- Fully utilize our cafeterias and school grounds as learning spaces and approach them as some of the largest classrooms in our district.
- Support the local food system by purchasing locally produced and processed foods.
- Ensure all members of our community have access to fresh, healthy food and the support needed to make nourishing food choices.
- Honor and justly compensate the work of feeding each other while giving students an opportunity to explore and gain experience in growing food and food system careers.
- Support the SSS Wellness Policy vision and Student Welfare Policy wellness goal and help students attain the FIS Profile of a Graduate.

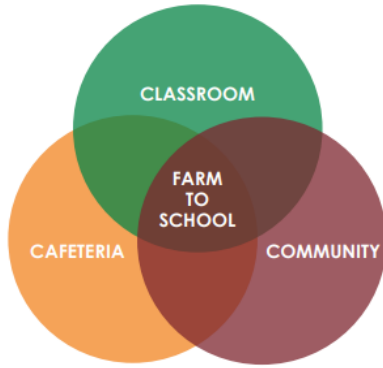
-SSS Wellness Policy vision: To build a culture of health and wellbeing that supports each student in becoming an active, healthy, caring, lifelong learner with the capacity to participate productively in their community.

-FIS Student Welfare Policy wellness statement: Wellness: The board is committed to providing school environments that promote and protect student health, well-being, and ability to learn by supporting healthy eating and physical activity . . .

Defining Local

FIS prefers to source products from within Franklin County (or as geographically close as possible). A local product is defined as any Kentucky Proud product.

FIS Farm to School Proposed Overview of Activities (2022-2024)



The 3 Cs of farm to school
Farm to school is most successful and enduring when it is integrated into the cafeteria, classroom, and community.

Three C's Model of Change

“Farm to School is a comprehensive strategy that extends beyond serving a local product in the cafeteria. The “3 Cs” approach, which VT FEED developed in 2000, has taken root across the country as a successful model of change that integrates efforts in the cafeteria, the classroom, and the community to achieve robust and sustainable farm to school programs”

(Vermont_FEED_Guide_2019_Action_Planning.pdf)

FIS will use the 3 C's approach to structure farm to school activities.

CAFETERIA

- Serve a wide variety of fresh fruits, vegetables, and other fresh foods and offer tastings and educational activities to give students many opportunities to experience these foods.
- Source local foods when possible and offer students opportunities to participate in their preparation.
- Integrate foods produced in the school gardens and through the district's partnership with the Jane Julian Farm into school meals (this will include a special focus on winter squashes and sweet potatoes as part of the district's Specialty Crop Block Grant project).
- Develop a repertoire of fresh, seasonal, scratch-cooked dishes that students have been involved in developing and taste testing that are served as a regular part of the school meal menu.
- Explore the feasibility of implementing a composting program in district kitchens and cafeterias.
- Develop outreach materials to educate students, families, and the community about these foods and the ways that FIS is incorporating them in school meals and involving students in that process.

CLASSROOM

- FIS is known for its traditions. Develop a grade by grade calendar of farm to school activities that happen each year that students can look forward to participating in as they grow up in the district. (For example, third graders could plant popcorn in May and then help harvest it as fourth graders in the fall and prepare it to be served as snacks through the winter.)

- Coordinate with the STEM program at Second Street School to implement some on-going projects (such as aquaponics or growing mushrooms or microgreens) that would provide food to the cafeteria and allow all students at the school to experience them on a regular basis.
- Develop and maintain school gardens at both Second Street School and Frankfort High School that can be used as outdoor classrooms and provide food, beauty, and a space for reflection and exploration for the school and wider community.
- Develop a plan for the FHS and SSS grounds that incorporates school gardens, play spaces, outdoor classrooms, and other uses to guide the district's management and development of these spaces.
- Build upon the district's current partnership with the Jane Julian Farm by developing a plan for how this non-profit organization and FIS can collaborate on farm to school activities.
- Develop a library of resources and materials that teachers can use to connect farm to school activities to math, science, English, social studies, art, music, and other subjects..
- Develop a plan for how farm to school activities can be integrated into spring and fall break offerings and summer feeding and other summer activities.

COMMUNITY

- Design a portion of the school gardens to welcome the wider community to enjoy and harvest from them.
- Connect students to the community food system through a range of volunteer, project, and internship opportunities.
- Build connections with a range of local partners to support the vision and long-term goals of the district's farm to school activities.
- Partner with the Franklin County Farmers Market and other parts of the local food system to provide fresh food access and educational programs that can support families in feeding their kids and connecting with fresh, local foods.
- Partner with the Friends of the Franklin County Farmers Market to coordinate and develop the South Frankfort Food Share.
- Share the story of the district's farm to school work in a variety of ways to help achieve this vision and these goals and build support for farm to school efforts.