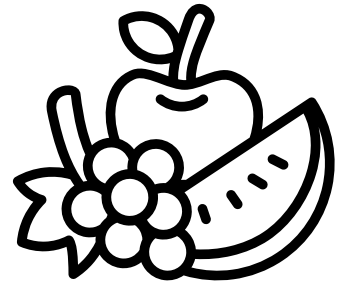


Benefits of Fresh Produce

Check out this fact sheet to learn all about the benefits of serving local fresh produce in YOUR school meals!

Why serve fresh produce?

Incorporating local fresh produce into your meals offers numerous advantages for students, schools, and the community. By serving local fresh produce, YOU can play a critical role in promoting health, education, and sustainability, benefiting students and your local community.



Nutritional and Health Benefits

- ▶ Local produce is often fresher and retains more nutrients compared to items that have traveled long distances. This means students receive meals full of essential vitamins and minerals.
- ▶ Fresh produce typically has a better taste and texture which can be more appealing to students and encourages healthier eating habits.
- ▶ Access to locally grown fruits and vegetables allows for a more diverse menu with a wide range of flavors and nutrients.

Economic Benefits

- ▶ Purchasing from local farms strengthens the local economy by providing farmers with a structured, reliable market for their produce.
- ▶ Establishing relationships between schools and local farms can build a sense of community and support.

Educational Opportunities

- ▶ Schools can integrate garden-based learning and incorporate farm to school activities for students to learn about agriculture, sustainability, and nutrition. This is a perfect opportunity to teach students about where their food comes from and the importance of supporting local!



Farm to School Support:

- Join the SY 2024-2025 Farm Fresh Challenge next April!
- Participate in [Try it Local](#) to be reimbursed for serving local foods!



This institution is an equal opportunity provider.