



Farm to School Month Checklist Printout!

Add a Local Item to a meal from a grocery/farm/garden	
Submit a Proclamation to city or county government celebrating your Farm to School heroes and farmers	
Visit FoodChain's Youtube Channel	
Host an in-person or virtual garden harvest party or other school garden activity	
Cook a meal with items at home with family	
Serve a meal at your local food bank	
Participate in the Big Crunch	
Try a new fruit or vegetable	
Use an old family recipe	
Use the Nutrition labels to understand the nutritional value of the products we consume	
Find a new recipe	
Grab something healthy to snack on	
Eat at a new restaurant and try something you've never had before	
Add more	