



Homefield Advantage Farm to School – Know Your Food

This useful one-pager provides practical ways for parents and family members to get involved in making this Play a success – in school and at home!

Lend a Hand at School

- Meet with your school's dietitian and members of the local PTA to find out what types of local foods are already available in your school's meal programs.
- Volunteer to help coordinate a visit to or from a local farm. Your local Dairy Council can help you find and invite farmers to your school to explain what they do. Use the [Dairy Council Locator](#) to find a contact for your area.
- Help organize farm to school [taste test events](#) at your school.
- Volunteer to help [start or maintain a school garden](#). Work with local businesses to secure donations of materials or funding.

Help at Home

- Promote the activities and inform parents and caregivers about the benefits of serving fresh dairy foods, seasonal fruits and vegetables, and whole grain foods at home.
- Serve local, [seasonal foods](#) at home; help children learn how to prepare them and what nutrients are in them.