

# FARM 2 SCHOOL

## Education Opportunities



### K-6th Grade Option:

- 1-4 sessions, 30 minutes each
- Sessions focusing on food groups, eating lots of fruits and vegetables, whole foods vs. processed foods, and reading nutrition facts
- Students will get to taste test recipes featuring local produce from Farm to School
- Possible field trips to local farms, CCE Harvest Kitchen, or School Cafeteria!

## 6-12th Grade Option:

- 1-4 sessions, 45 minutes each
- Sessions focusing on building a wholesome diet, whole vs. processed foods, recipe makeover, cooking skills
- Students will get to taste test recipes featuring local produce from Farm to School
- Additional sessions available for groups interested in Jr. Iron Chef competition!



## Jr. Iron Chef:

- Teams will create recipes based on school meal guidelines and containing at least two produce items sourced through the Farm to School program.
- Teams will be required to make an oral presentation describing the dish and highlighting the F2S sourced ingredients, including research on the local F2S producer.
- The winning dish will be added and highlighted on participating school's cafeteria menu.

Contact Kristy Coyle at 315-379-9192 x236 or [kpc43@cornell.edu](mailto:kpc43@cornell.edu) for more information.



Scan me

