

# *OSPI CNS Farm to Summer Guide*

## Washington Farm to Summer: What is it?

Summer is a time of agricultural abundance. Using Washington grown foods in your summer meal program is a great way to take advantage of all the produce our state has to offer. Incorporating food education into your program also increases kids' willingness to try new foods!

## How do I participate in Farm to Summer?

- ✓ Serve local foods as part of your meal service
- ✓ Include nutrition or agriculture enrichment activities

## What are the advantages of Farm to Summer?

- ✓ Serving foods during their peak growing season improves the quality and appeal of meals
- ✓ Nutrition and agriculture activities are fun and increase kids' willingness to try new foods
- ✓ Introduces participants to fresh produce that may be unavailable during the school year
- ✓ Supports local farmers and keeps dollars in your community
- ✓ Celebrates Washington agriculture

## Farm to Summer Week

OSPI encourages sponsors to serve local food and include food-related enrichment activities in their meal service throughout the summer. Farm to Summer Week is an opportunity to taste, teach, and connect about food grown in your community. Look for more details in the OSPI Child Nutrition Services newsletter each spring to learn dates and more information about participating in Farm to Summer Week.

## Information and Resources

Visit OSPI's website for several resources to support your Farm to Summer efforts, including a resource list of nutrition and agriculture activities and sample outreach language to promote your great work. It's applicable to all sponsors and Child Nutrition Programs, not just schools!

- ✓ The [WSDA's Farm to School Toolkit](#) has lots of great information about buying local and working with farmers.
- ✓ [USDA's Farm to Summer website](#)
- ✓ OSPI CNS Farm to Summer Guide: Outreach for Sponsors
- ✓ OSPI CNS Farm to Summer Guide: Resources

