



Welcome to our Farm to School Lessons

FNS ADMINISTRATOR CINDY Long and Mid-Atlantic Regional Administrator Dr. Patty Bennett joined FRESHFARM, District of Columbia Office of the State Superintendent Director of Nutrition Services Liz Leach, and leadership from DC Public Schools and FoodCorps Oct. 25, 2022, at Kimball Elementary School in DC to celebrate Farm to School Month.

During the visit, Administrator Long and Dr. Bennett got to observe and interact with students from a kindergarten FoodPrints lesson. FRESHFARM, a previous Farm to School grantee, designed FoodPrints to integrate gardening, cooking, and nutrition education into the curriculum at 19 elementary schools across the District with the goal of engaging students with the growing, preparing and enjoying fresh, local whole foods.

The lesson, “Seasons of the Garden” included the harvesting of sweet potatoes and teaching age-appropriate cooking skills to enthusiastic students. The students also had exposure to an in-class farmers market learn about buying and selling of produce. The program, which used the in-school field trip model, impressed Long as an effective way to engage students with a fun activity that also integrated with academic standards. They also heard from older students and educators as they enjoyed snacking on the quesadillas prepared as part of the lessons.

The fourth graders talked about their exposures to new foods, and how they looked forward to the program for the experiences and the new skills they learned. Eric Dabney, principal at Kimball spoke about how the program integrates into the academics. “It’s the type of program we seek for students,” he said. “It’s a true collaboration.”

