



Farm to School in Canada

Case for Support





Farm to school is about more than giving students a healthy lunch

In the fall of 2018 on a day North America recalled romaine lettuce due to E-Coli, Sir Guy Carleton Secondary, a vocational school in Ottawa's west end, hosted their inaugural farm to school salad bar, welcoming 120 students to enjoy a healthy salad lunch that was grown, prepared and served by their peers.

Watch teacher Derek Brez share their full story by visiting <https://bit.ly/3oSgdqM>



farm to Cafeteria  *De la ferme à la Cafeteria*
Canada Canada

www.farmtocafeteriacanada.ca

Derek Brez
Science & Urban Farming Teacher
Sir Guy Carleton Secondary School
Ottawa-Carleton District School Board
Ottawa, Ontario

Can you share a story about the impacts of your farm to school program on your school?

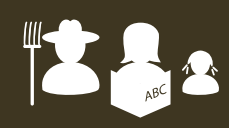
FARM TO SCHOOL TRANSFORMING FOOD SYSTEMS



Hands on Learning

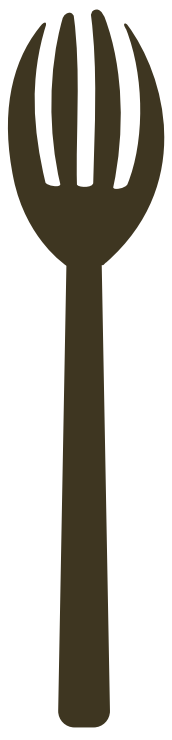


Healthy, Local Food in Schools



School and Community Connectedness

Working together to bring more healthy, local, and sustainable foods in the minds and on the plates of all students.



Farm to school approach

Farm to school is a holistic approach to school food that supports the health and wellbeing of students, their families, and their communities.

// Healthy living and the prevention of chronic diseases starts with making good choices, including becoming educated and exposed to healthy food options. Teaching kids about healthy food can have a tremendous impact on their health and wellbeing, and forms the basis for making positive, healthy lifestyle choices that can help prevent obesity and chronic disease.

Dr. Theresa Tam, Canada's Chief Public Health Officer on the launch of Farm to Cafeteria Canada's Farm to School: Canada Digs In! initiative





Farm to Cafeteria Canada is transforming Canada's school food environment

When schools are designed with food in mind:



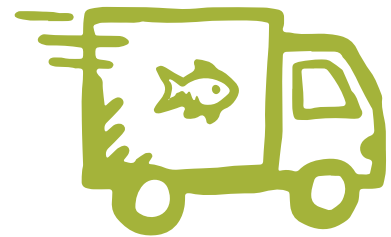
Teachers win

because they can access resources to bring their lesson plans to life.



Students win

because they can access healthy, locally sourced foods so they can learn and grow.



Farmers win

and other local food providers win by gaining access to new and reliable markets.



Communities win

because schools are at the heart of our communities, providing natural gathering spaces where food can be shared and relationships can be built.



The Planet wins

because students learn to better value environmentally sustainable food systems and understand the impacts of their own food choices on future generations.



THE NEED IS NOW

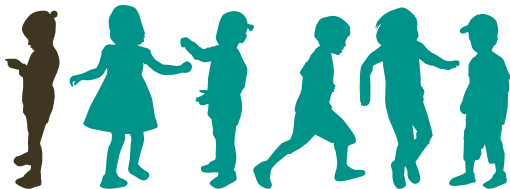
The need to provide healthy meals through our schools has never been greater.

1 in **6**

children in Canada is affected by household food insecurity.¹

More than **50 %**

of the energy intake of children between 4 and 18 years comes from ultra processed foods.²



This means they're not getting the nutrition they need to learn and grow.



Serving pre-packaged, processed foods is detrimental to the health of our children, and the planet.

WE CAN DO BETTER.



COVID-19 has highlighted school food as an essential service, but Canada's schools are not designed with healthy food in mind.

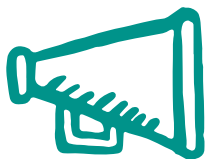
Food insecurity in Canada is expected to double from the existing 4.4 million, with disproportionate impacts on Indigenous, Black and racialized communities.³

Disruptions in school meal services have led to **increases in food insecurity and unhealthy snacking.** A spike in childhood obesity could be the result.⁴





TOGETHER WE CAN DELIVER NOW

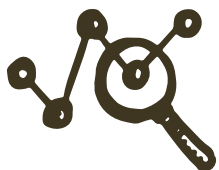


Events of 2020 underscored vulnerabilities and inequities in the global food system. These disparities are having a direct impact on Canadian communities, especially vulnerable youth.

This call to action is work that Farm to Cafeteria Canada and its partners have been collaborating on to advance since 2011.



we support innovative approaches



we evaluate them



and we share the emergent models

A Partnership-Based Approach allows Farm to Cafeteria Canada to support creative approaches to school food developed by communities, for communities.

National Reach allows Farm to Cafeteria Canada to connect these communities so they can share and learn from one another's experiences.



87%

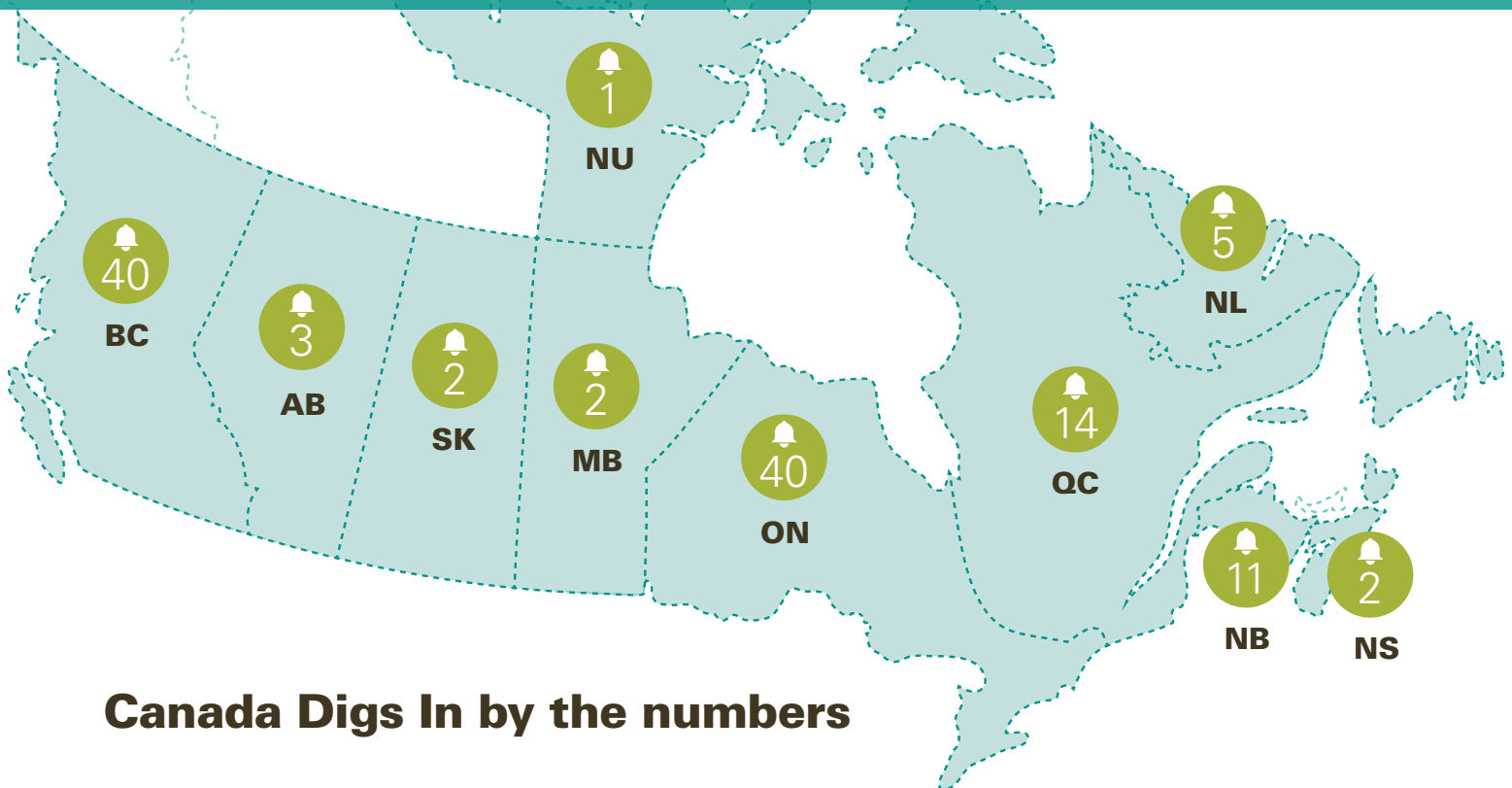


of schools reported their farm to school salad bar created a greater sense of vibrancy and excitement in their school

Every child in Canada should know the joy of farm to school!

Fulfilling a national appetite for farm to school

Since 2016, the Farm to Cafeteria Canada Grants program has given students across Canada the opportunity to experience the benefits that come when they grow, cook, share and eat healthy, local food, at school.



Canada Digs In by the numbers

47,806
students from
120 elementary and
secondary schools

10
regions:
BC, AB, SK, MB, ON,
QC, NB, NS, NL, NU

Up to
\$10,000
per K-12 school

120
farm to
school salad
bar programs

\$1,200,722 given directly to schools

We're ready to scale-up.

We are committed to a future where every child, every farmer and every community experiences the benefits of farm to school. One where students learn and grow into a generation of healthy eaters that values the land their food comes from, and those who steward it.

With the help of funding partners like you,
Farm to Cafeteria Canada can increase its impact and reach to

MORE COMMUNITIES in **EVERY PROVINCE AND TERRITORY.**



Meet the Farm to Cafeteria Canada team



Farm to Cafeteria Canada is a partner-based support organization with shared values and a common vision for vibrant, local and sustainable food systems.

We collaborate to educate, build capacity and strengthen partnerships to bring healthy, local food to the minds and plates of students.



“ F2CC has created a network of like-minded people and organizations across Canada and there is enormous value for our local organization, and nationally, by bringing us all together.”





Addressing the health of children in Canada and the planet

We have long known that children who eat a nutritious, balanced diet are more likely to have energy and the ability to learn. Farm to school not only provides students access to healthy, local food at school. It gets them eating, cooking, growing, and embracing healthy, sustainable food.

Student nutrition programs have been shown to have positive impacts on children's mental health⁵



Dietary shifts that are healthier for people, are also healthier for the planet⁶

There is interest in localized food systems to support local economies and build resilience to threats (such as COVID-19)⁷



*“ Food is the single strongest lever to optimize human health and environmental sustainability on Earth. **EAT Lancet report, 2019***



AK
PRESS

WAVE
OR

SPAIN

CROOKED HORN
FARM



Supporting local Canadian economies



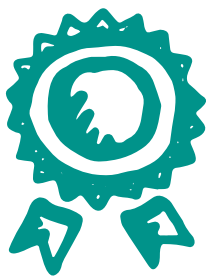
Local food procurement targets of just

30%

could contribute as much as

\$4.8 billion

to local economies before 2030⁸



91%

of farm to school grant recipients recognize

themselves as **leaders among other**

institutions in the procurement of

healthy, sustainable, local foods

*// The more I dove into avenues of acquiring local foods, the more surprised I became at how close we were to so many things grown or raised. **Secondary School Teacher***



You can help transform school food environments

The work of Farm to Cafeteria Canada is informed BY THE COMMUNITY, FOR THE COMMUNITY.

Schools, by nature, are spaces for innovation. When Farm to Cafeteria Canada gives a grant, offers training, or develops a new resource it is providing schools with essential resources to bring their own farm to school vision to life.

In collaboration with our local, provincial and national partners, we are able to support schools by:



Delivering grants to kick-start or scale-up farm to school activities



Providing training to teachers and program leads to help them get their program off the ground



Helping schools set and achieve goals that meet the needs of their local community



Sharing tips, tricks, and program templates



Offering platforms for storytelling, such as blog posts and social media



Facilitating knowledge exchange through webinars, and networking events



Hosting a network of like-minded stakeholders



Connecting schools to subject matter experts



Evaluating programs



Mapping national farm to school activity





Caring for Canada's leaders of tomorrow by putting food on the minds and plates of our children and youth today

Between 2016 and 2020 Farm to Cafeteria Canada conducted the first comprehensive evaluation of farm to school programs across Canada.



92% of schools reported students' awareness of healthy eating increased

90% of schools reported students had improved knowledge of nutrition and healthy eating

100% of schools planned to continue food literacy activities after their grant ended



87% of schools increased the amount of local food they procured and provided to students

96% of schools reported the program increased the amount of healthy food that they provided to students

94% of schools reported the grant increased student consumption of healthy food

You can help more students, more families, and more communities

By community, for community:



Schools determine their needs

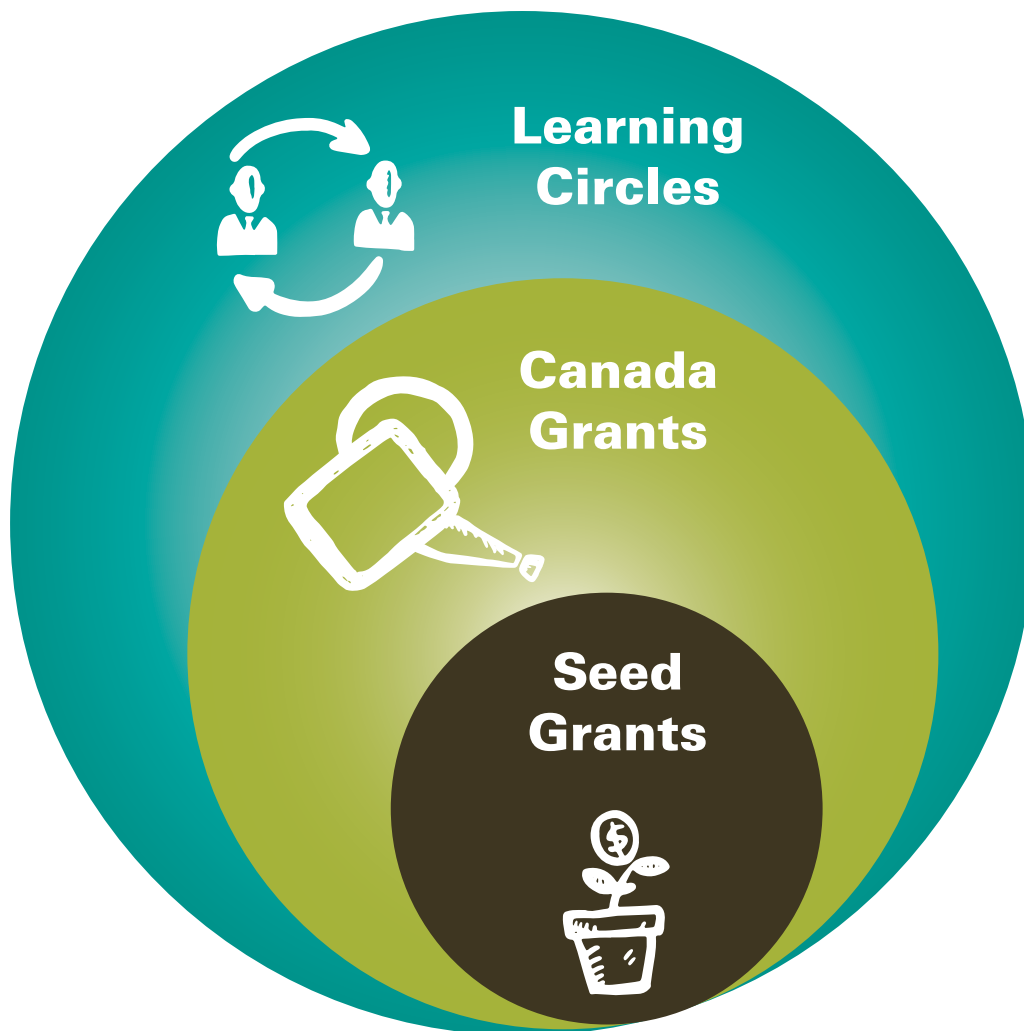


Farm to Cafeteria Canada provides the funds and guidance to help realize their goals.

Our grants are designed to meet schools where they are at in their farm to school journey, whether just getting started, or if they've been running successful programs for years. Farm to Cafeteria Canada's funding and supports help schools design and deliver meaningful and lasting programs.

// We have now been able to 'mentor' several other school in our broader community as they've started their own salad bar journey. This funding has had quite the ripple effect in our region.

Parent volunteer



Seed Grants

kick-start farm to school activities



Farm to School Canada Grants

build capacity at the
school level



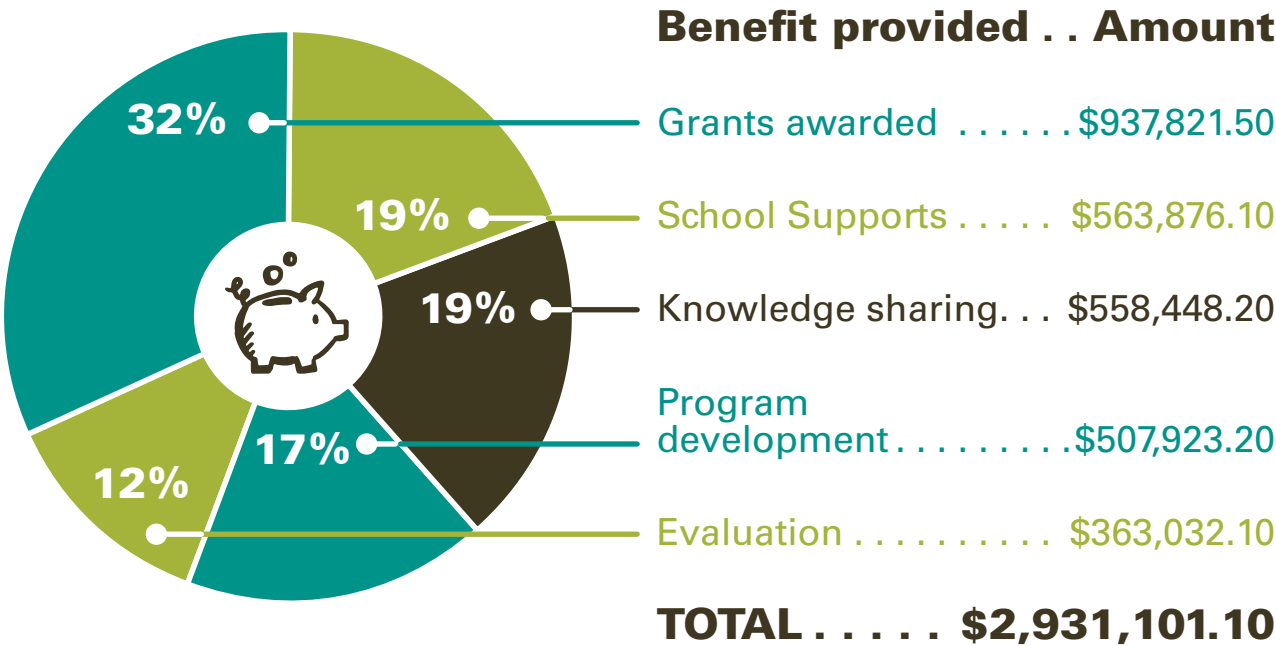
Farm to School Learning Circles

build capacity at the community
level, helping to transform
regional school food systems



Growing the impact of your contribution through partnerships

Since 2016 we've partnered with Whole Kids Foundation, the Public Health Agency of Canada and 8 other core partners on the Farm to School Canada Digs In! initiative



Strength in partnerships enabled an additional **+ \$1,066,391.00** cash and in-kind contributions



Schools report that thanks to Farm to Cafeteria Canada's supports, they are able to leverage more resources

// We received a school board grant on top of – probably because of our Farm to Cafeteria model.
Secondary School Teacher



Help take food system innovation for school children to the next level

Contribute to one of Farm to Cafeteria Canada's grant streams and help more schools and communities start or scale-up their farm to school journey.



OUR 2021 GOAL
\$1,702,000

Seed Grants
\$345,000

Canada Grants
\$460,000

Learning Circle Grants
\$897,000



Thanks to a \$500,000 contribution from our partners at Whole Kids Foundation, we're well on our way to our goal, but we need more committed partners like you.

You too, can be part of the first ever farm to school programs in a post-COVID-19 era and directly impact schools and communities across Canada.

Here's how...



Seed Grants

Amount per grant \$3000



These grants are used to help individual schools kick-start a small farm to school project, such as a healthy local fruit or vegetable snack program, developing a school garden or food forest, or purchasing necessary equipment.

Best suited for schools with very little or no farm to school activity, but who are eager to start!

Funds are typically used for minor equipment or materials (kitchen, classroom or garden), field trips or guest speakers to enable student food system learning, or other creative applications that meet community needs.

Reach individual schools in rural, remote or urban areas across Canada

Timeline projects are typically completed over the course of one school year.

100%
of grant recipients planned to continue food literacy activities after their grant term finished.



OUR GOAL

Help provide 100 schools across Canada with seed grants in 2021

Total investment required:

\$345,000

\$300,000 directly to schools

\$45,000 program development supports to schools



Farm to School Canada Grants

Amount per grant \$10,000 (up to)



98%

of grant recipients planned to continue their farm to school salad bar after their grant finished.

These grants support individual schools to implement comprehensive farm to school programs that include hands-on learning and a farm to school meal featuring as much healthy, locally sourced food as possible.

These grants have been central to our Canada Digs In! initiative between 2016 and 2020, benefiting 120 schools and more than 47,000 students across Canada to date.

Best suited for schools with some level of farm to school activity already under way, looking to take their efforts to the next level.

Funds are typically used for

- Building the knowledge and skills of staff and community partners who help to facilitate and sustain programs
- Purchasing kitchen equipment to facilitate hands-on learning, as well as safe and efficient meal service delivery at school, including through a farm to school Salad Bar
- Purchasing school garden (or greenhouse) equipment to facilitate hands-on learning
- Other costs to support student food literacy, such as educational resources, or expenses associated with student field trips to local food producing lands and waters

Reach individual schools as well as local farmers and other local food producers.

Timeline projects typically completed over 24 months / two full school years.



OUR GOAL

Launch our 4th cycle of these grants to at least 30 more schools across Canada

Total investment required:

\$460,000

\$400,000 directly to schools

\$60,000 program development supports

ACHIEVED TO DATE

Our partners at Whole Kids Foundation have committed \$500,000 in 2021 to support the 4th installment of Farm to School Canada Grants!

// We are so honored to have such a dynamic partner with Farm to Cafeteria Canada and applaud these efforts to ensure students can have fresh, local, and healthy foods to support their learning abilities – even during a pandemic!

Kim Herrington, Programs & Finance Director for Whole Kids Foundation



Learning Circle Grants

Amount per grant \$60,000



These grants support a group of schools to collectively tackle a common challenge in their regional food system. The schools do this while working alongside a range of community-based organizations and local food providers.

Best suited for communities with multiple schools engaged in farm to school activities, with a commitment to scale-up their programs and build stronger and more resilient local food systems.

Funds are typically used for

- Hiring a Learning Circle coordinator
- Facilitating community engagement that is widely inclusive and accessible
- Providing skills training in the community, developing resources appropriate for the community, or other capacity building activities that help work toward the goals and the vision set out by the Learning Circle members

**Note: a portion of the funds (up to \$10,000) may also be used for purchasing minor equipment or shared community infrastructure.*

Reach multiple schools and community stakeholders within a given region (for example, a school district or town). Typically, 5-10 schools may be involved, but it may vary by the size of the community.

Timeline projects typically completed over the 18-24 months.



OUR GOAL

Help bring Learning Circles to every province and territory

Total investment required:

\$897,000

\$780,000 directly to communities

\$117,000 program development supports to schools



Other ways to support schools and communities

We would be pleased to discuss variations on our grant streams, as well as other opportunities to support related projects. Other initiatives you can help make possible include:

Annual Farm to School Month Campaign

Farm to School Month takes place every October. It provides an opportunity to showcase the many diverse farm and local food to school projects happening across Canada, while inspiring others to get involved.

 **Investment goal: \$50,000**

National Farm to School Map

With a reported 883,793 students from 1240 schools across Canada benefiting from farm to school activity, demand for this tool is outgrowing its capacity! To make space for more schools, more farmers, and more community partners on the map we need to build one that is new and improved. Part connector, part database, an enhanced map will have improved accessibility and functionality while better reflecting the diverse farm to school activities – and their impacts – happening across Canada.

 **Investment goal:**
\$75,000

Edible Education Working Group

Facilitated by Farm to Cafeteria Canada, this national community of practice is comprised of a diverse group of educators and food literacy program leaders who collaborate to share knowledge and resources, while identifying and actioning opportunities to expand the accessibility and reach of food literacy tools and supports to educators across Canada.

 **Investment goal:**
\$15,000/yr

Farm to School Canada Conference & Local Food to Youth Summit

Farm to Cafeteria Canada strives to deliver a “different kind of conference.” One that prioritizes participation and collaboration. Following the success of the first-ever national farm to school conference hosted in 2019, we’re planning our second conference in 2022 with a focus on youth leadership. For the first time, school-age youth will have an opportunity to directly influence the future of school food and the farm to school movement in Canada on a national scale.

 **Investment goal:**
\$200,000



What schools are saying

Numbers only tell part of the story



“ Our plan is to expand next year and get an outdoor garden growing as well. This grant was a real catalyst to getting a whole new program going as we offer a Green Industries course next year, and it has allowed for an amazing contribution to our cafeteria in the way of healthy food. **Teacher**

“ We have kids going home talking about the long red things and parents ask and they’re amazed that they are beets, and that kids are eating them. **Community volunteer**

“ The salad bar is visually appealing, and teachers note some students are opting for the salad bar rather than going to the store for pop and chips. Students are better focusing in class after lunch and look forward to the salad bar. **Elementary School Teacher**

“ What I love about salad bar is that I gobble up the oranges! **Student**

“ When I first started doing the salad bar, I didn’t know how to cut onions. I didn’t know how to cut peppers or tomatoes and to me, it was just a really good learning experience...especially if I want to work in a restaurant one day. It’s been great for me. I’ve really loved being a salad bar ambassador and I’m really grateful for that. **Student**

“ It is amazing that you can get my son to try things he would never [try] at home. **Parent**

“ F2CC has created a network of like-minded people and organizations across Canada and there is enormous value for our local organization, and nationally, by bringing us all together.

What our partners are saying

To date, Farm to Cafeteria Canada has partnered with more than 40 organizations in Canada and the US and we're continuing to grow our network and deepen our connections.



“ This has been a great partnership because it aligns with our commitment to advance food security. We weren't working with schools in any formal way. This has enabled us to do a school-based program and we are now known in our province for this work. We get calls regularly for media interviews and insights.

F2CC partner organization

“ The reports and resources produced by F2CC have added great value to our work with the schools but also for our other programs.

F2CC partner organization



In 2019, an independent review of Farm to Cafeteria Canada's partnerships by JS Daw and Associates found:



The partners share aligned goals & have created shared value.



The partnership has been central to stronger results & has added value to all.



There is a very positive collaborative mindset and culture.



There is an opportunity because of the strong foundation to take the partnership to the next level of impact and value.



There is a strong learning culture that emphasizes knowledge creation and sharing.



The partnership work is values-driven and values-based including authentic support for each other, inclusion in decision making, and strong partner engagement.



There is a strong interest in continuing to work together to build the local and national farm to school movement.



Governance rooted in partnership

Together with our partners, we comprise a multi-disciplinary collective that collaborates to educate, build capacity, strengthen partnerships, and influence policy to bring local, healthy, and sustainable food to communities.

National Program Team

- Jesse Veenstra,**
National Director
- Tracey O'Neil,**
Design & Communications Lead
- Jyotika Dangwal,**
Grant Program & Evaluation Coordinator

Principal Partners:

- Public Health Association of BC**
Claudia Páez,
Regional Lead for BC
- Sustain Ontario**
Carolyn Webb,
Regional Lead for Ontario
- Équiterre**
Geneviève Chatelain,
Regional Lead for Quebec
- New Brunswick Department of Agriculture Acquaculture and Fisheries**
Melanie Cormier,
Regional Lead for New Brunswick, Registered Dietitian
- Food First NL**
Suzanne Hawkins,
Regional Lead for Newfoundland and Labrador

Leadership Council:

- Roxana Atkinson,**
Leadership Council Chair
- Joanne Bays,**
Director Emeritus
- Patti Murphy, LC**



Social Planning & Research Council of BC
As a co-founding partner of Farm to Cafeteria Canada, SPARC BC provides fiscal and administrative sponsorship to F2CC and their offices serve as the home base to our core team.



Sources:

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¹[PROOF, 2018](#)

²[\(Heart and Stroke Foundation, 2017b\)](#)

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³[\(Food Secure Canada, pg 4\)](#)

⁴[\(UNICEF Report Card 16 Canadian Companion, September 2020\)](#)

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⁵[\(Kleinman, et al. 2002\)](#)

⁶[\(Niles, et al. 2017\)](#)

⁷[\(Food Secure Canada, 2020\)](#)

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⁸[\(Ruetz and Fraser, 2019\).](#)



The table is set, and there's a place for you!



To learn how you can partner and support, please contact:



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Through its partnership with the Social Planning & Research Council of BC (SPARC BC) Farm to Cafeteria Canada is a Registered Canadian Charity #121683916RR0001