



THE LOUISIANA FARM TO SCHOOL PROGRAM

Celebrate National Nutrition Month® with Seeds to Success!

Is your school looking for ways to enhance your nutrition education? Consider celebrating National Nutrition Month® this March! The annual campaign, led by the Academy of Nutrition and Dietetics, aims to help people develop healthy eating and physical activity habits.

For schools, this is a great time to expand [nutrition education](#) beyond the classroom and cafeteria into the garden, hallways and at home. [Seeds to Success: The Louisiana Farm to School Program](#) has all the resources you need to enhance and expand your nutrition education. Check out the list below for ideas and resources to help you celebrate National Nutrition Month®!

- Sign your classroom, your school, or your community group up for [Louisiana Harvest of the Month](#). Participating sites will receive a FREE complete set of our posters, seasonality chart, and “I Tried It!” stickers.
- Highlight a new activity each week in March using the [Louisiana Harvest of the Month program](#) to guide your activities. You can highlight a new item each week and hang posters in the classroom, use standards-based lessons, and engage students with our [printable activity/coloring sheets](#).
- Give the [school garden](#) some love! Get your hands dirty harvesting in the school garden, and use what you harvest in a [taste test](#). The [Seeds to Sow](#) section on our site includes comprehensive individual growing guides for Louisiana fruits and vegetables, from seed to harvest . If nothing is ready to harvest yet, have a planting or beautification day and celebrate with a healthy snack.
- Host a taste test. Give students the opportunity to try a new fruit or vegetable, then let them vote on how they like it. Use our [Taste Test Guide](#) to organize a taste test at your school. A taste test is a great way to spark enthusiasm around trying new foods together.
- Connect to the curriculum. Use lessons to connect to what is being served in the cafeteria that day to encourage kids to try new, healthy foods. The [Seeds to Know](#) section of our website is full of lessons, books, and videos you can use in the classroom.
- Teach students how to read a [nutrition facts label](#). As part of the lesson, ask students to bring in nutrition labels from home. Spend some time during class reading labels and comparing information.

- Feature a seasonal menu item. To find out what is in season right now, check our [Louisiana-Grown Produce Seasonality Chart](#). To purchased local products from farmers, search on la.foodmarketmaker.com or use our local food sources contact list.
- Do a cooking demonstration. Connect with local extension agents, restaurant chefs, volunteers, or family and consumer science teachers for a cooking demonstration using local products. Our [Harvest of the Month recipe bank](#) is full of nutritious and delicious recipes that feature local Louisiana foods.
- Share healthy messages with parents to promote good nutrition at home. Our [Harvest of the Month printable newsletters](#) are a great tool for the whole family. They include a recipe, tips and fun facts, and information on the nutrition and health benefits of the month's fruit/vegetable.

Tips for Success!

- Are you limited on time to teach nutrition education on top of your required lessons? Try incorporating nutrition information into your existing core lessons like Science, Social Studies, Language Arts and Math.
- Use your school's existing communication channels for promotion. The school website and social media, school newsletters and morning announcements are great tools you can utilize.
- Invite a local dietitian to teach a lesson or give a special school-wide presentation to educate and celebrate National Nutrition Month®.
- Utilize mealtimes such as school breakfast, snacks or lunch to teach students about healthy options.



For More Information

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