



Teaching Healthy Food Choices at Local Schools

By Amanda Root, Nutrition, Health & Parenting Issue Leader

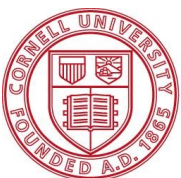
Cornell Cooperative Extension of Jefferson County (CCE), Eat Smart New York (ESNY), Watertown City School District, Indian River Central School District, and Copenhagen Central School District are partnering to provide monthly nutrition lessons, food demonstrations, and food tastings, based on the farm to school monthly harvest produce item, to elementary students in these districts.

Farm to school enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools. However, more than just where the food is purchased needs to be implemented in a school to make an impact on the health and nutrition of students. Constant engagement – inside and outside the cafeteria – is key to students' willingness to change their eating habits. These Monthly Harvest Events do just that! Students are exposed to foods they might otherwise not come across. For example, next month the focus will be on cabbage.

CCE is reaching nearly 3,000 students each month and looks forward to partnering with more schools! This quote perfectly summarizes the program's nutrition messages: "Always eat more V's and F's. I love the stuff you bring us." Jason, 4th grade student



CCE Nutritionist Maureen Larkins teaches students about healthy food choices.



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