

# OSPI CNS Farm to Child Nutrition Programs Reference Sheet

## Washington Farm to Child Nutrition Programs Resources

The following handouts, lessons, and resources offer tools you can apply in Child Nutrition Programs to source local foods and promote nutrition and food education. The resource list starts with Washington-specific resources, followed by additional resources compiled by USDA in the following three categories: nutrition education, gardening, and food systems.

### 1. WA-Specific Resources

- **Washington Seasonality Charts:** What foods are fresh and in season at different times of year? Check out these seasonality charts for various foods!
  - [Fruits & herbs](#)
  - [Vegetables & legumes](#)
- **[Washington Food & Farm Finder](#)** By Eat Local First a Statewide source for finding local farms and food in Washington.
- **[Farm to School Toolkit](#)** from the Washington State Department of Agriculture (WSDA), including:
  - [WSDA Farm to School Availability list](#) - for locating farms and food businesses who've expressed interest in selling local products to Child Nutrition Programs.
  - [Washington Grown Food Kit](#) with recipes, promotion and educational materials, and more for 40+ different locally grown foods.
  - [Marketing & Promotional Materials](#) - free posters, signs, and more! Use to promote your own program, whether school-based or not. Includes:
    - WA harvest posters featuring 23 different WA-grown fruits, vegetables, and dairy products!
    - Various Harvest of the Month kits with calendars, signs, posters, graphics, images etc.
- **[Washington Agriculture in the Classroom](#)**
- **USDA Farm to School Grantees-Developed Nutrition, Gardens, and Food Systems Lessons**
  - The Sustainable Living Center Farm to School Walla Walla, [Garden Lessons](#) (Walla Walla, WA)
  - Lower Columbia School Gardens, [lesson plans and activities](#) (Longview, WA)
  - Garden Raised Bounty (GRuB), [Wild Foods and Medicines free resources](#) (Olympia, WA)



## 2. Nutrition Education

- [MyPlate](#)
- **Toddlers/ Preschoolers**
  - [Food Critic](#)
  - [Kitchen Helper](#)
  - [Where Food Comes From](#)
- **Kids**
  - [Create Your Own MyPlate Menu](#)
  - [Crack the Secret Code](#)
  - [Food Critic](#)
  - [Make Half of Your Grains Whole](#)
- **Teens**
  - [MyPlate App](#)
  - [Dining Decision App](#)
  - [MyPlate Plan Menu](#)
- **Family Resources**
  - [SNAP-Ed The Dish](#)
  - [Chop Chop Family](#)
    - [Cooking Club App](#) (ages 5-12)
    - [Carrots lesson](#) (example)

## 3. Gardening

- **Preschool to 6<sup>th</sup> grade**
  - [Team Nutrition](#)
- **Ages 3-5**
  - [Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care](#)
    - [Strawberry Patch lesson](#)
    - [Crookneck Squash Row lesson](#)
- **Grades 3 & 4**
  - [The Great Garden Detective Adventure](#)
    - Lesson 3: [Investigate like a Super Sleuth](#)
    - Lesson 4: [Decipher the Secret Vegetable Code](#)
- **Grades 5 & 6**
  - [Dig-in!](#)
    - Lesson 4: [Seeking Out What We Need](#)
    - Lesson 6: [The Global Garden](#)
- [Oregon State University Food Hero](#)
  - [Growing Plants in Containers](#)
  - [In My Garden lesson](#)

#### 4. **Food Systems**

- **Grades K-5**
  - **Center for Ecoliteracy**
    - [Understanding Food and Climate Change: An Interactive Guide](#)
    - [Nourishing Students: Enrichment Activities for Grades K-5 \(California-grown\)](#)
- **Grades 5 & 6**
  - **USDA Team Nutrition *Dig-in!***
    - [Lesson 2: Farm to Plate](#)
- **High School Students**
  - **Foodspan**
    - [Meet the Food System](#)

#### **Reference**

- ✓ [OSPI CNS Farm to Summer Guide: What is it?](#)
- ✓ [OSPI CNS Farm to Summer Guide: Outreach for Sponsors](#)

#### **Resources**

- ✓ [USDA's Farm to Summer website](#)
- ✓ [WSDA's Farm to School Toolkit](#)