



To: AISD Board of Trustees

From: AISD's School Health Advisory Council

Date: November 5, 2008

Re: Letter of Recommendation

The AISD's SHAC has reviewed and are now recommending the farm-to-school and food systems education project concepts. This project provides experiential food systems education for young people and promotes the use of fresh, locally-grown fruits and vegetables in school meals and empowers kids to make positive decisions concerning their own health and nutrition and that of their families and communities.

This concept works to increase access to locally grown foods in school cafeterias through a network of local farmers and with school food service staff. This effort encourages consumption of fresh and nutritious foods and improves the sustainability of local farms by providing an additional sales outlet. Farmers will also assist in the educational aspects of the project by sharing their farm stories in classrooms and during club activities, and by hosting tours for young people on their farms.

Currently, AISD farm-to-school providers have established partnerships with AISD Food Services, teachers, after school clubs and community organizations to support youth gardening and healthy cooking activities at schools and in surrounding neighborhoods. Through these projects, young people, along with their families, will learn about sustainable food systems and healthy eating.

Healthy food, school gardens, and local farms provide an excellent context for teaching a variety of subjects. Educators at participating schools can take advantage of onsite gardens as teaching tools, and can incorporate nutrition and food systems topics into numerous in-class lessons to support the efforts of teachers who are integrating food and farm lessons into their classrooms.

Please let the SHAC know of any issues or concerns in regards to this recommendation or information you would like to share.

Sincerely,

Shannon Carr
Chair, AISD SHAC