



## FARM TO SCHOOL PLAY-IN-A-BOX KIT

### Stop 1: Milk Starts on the Farm

Farmers work long hours to provide excellent care to their animals and land.



### Stop 2: Milk Travels to the Dairy Plant for Processing

To ensure freshness, milk is transported from the farm to the dairy plant in insulated trucks. Once milk is pasteurized, the milk is ready to be bottled or made into cheese, yogurt, and other dairy foods.



### Stop 3: Delivered Fresh

Milk arrives at your grocery store or in your school in as little as 48-72 hours after leaving the farm. Most foods travel by truck in the US.

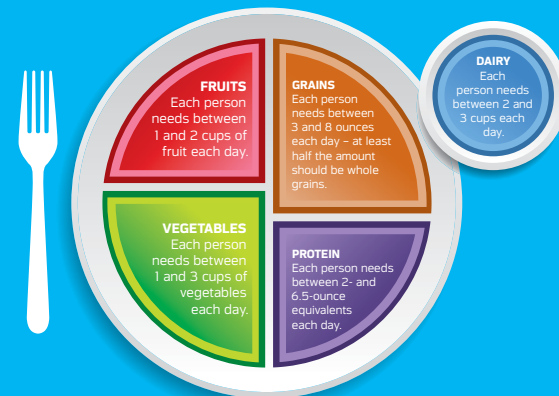


### Stop 4: Farm to School

All schools are required to offer free milk to children receiving free school meals. Schools also offer flavored milk, and low fat or lactose reduced milk.



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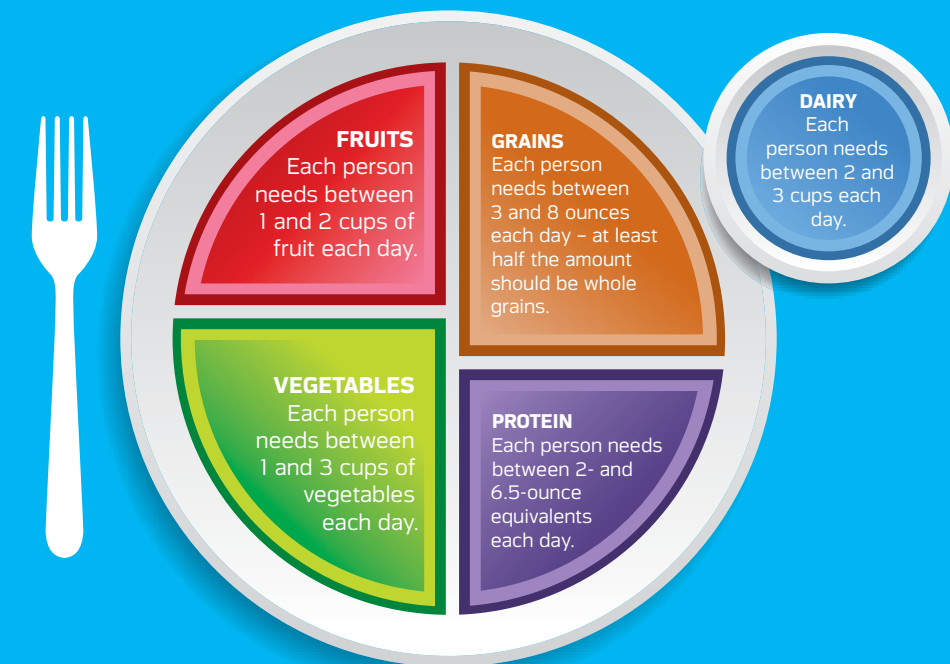


## THE FARM TO SCHOOL STUDENT GUIDE

### What is Farm to School?

Farm to School is about students learning where their food comes from and leading efforts to have your school purchase and serve nutritious, fresh, regionally grown and raised food – including milk. Farm to School has two parts: **education** (learning about local foods in the area and understanding their benefits) and **implementation** (bringing locally produced food and dairy into school in a practical way).

Use this Student Guide to write down ideas, questions, and plans for ways to bring locally produced foods to your school.



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**TABMOO** NOTES:

[illegible]**MILK MOOVEMENT** NOTES:[illegible]

**WHIP IT UP: COOKING LESSON** NOTES:

[illegible]

**FARM TO SCHOOL JEOPARDY NOTES:**

[illegible]