

Growing Healthy

Farm to School to Home



Institute for
Community Health



Cambridge Public Schools
Food Services Department



Somerville Public Schools
Food Services Department

citysprouts

Schoolyard Gardening
Cambridge, MA



The Growing Healthy Collaborative has received a three year, \$270,000 grant from the US Department of Agriculture to promote the consumption of local *fruits and vegetables* in Cambridge and Somerville. The Growing Healthy Collaborative is working to help purchase and promote more *local* food in school cafeterias in these two cities, and to connect school families to farms and farmer's markets.

School Food Service is developing the infrastructure to purchase, prepare and serve local produce at school breakfast and lunch. New menus items are being developed with consideration for the seasonality of local produce, and cafeteria staff is being trained in preparation and serving.

To encourage students to make healthy choices, CitySprouts and GroundWork Somerville - school garden programs - are involving youngsters in school gardening projects and educational activities. We offer the students fruit and vegetable tastings in the cafeteria. Events at local farmer's markets engage families in fun and educational opportunities to bring home the message about the freshness, flavor, and availability of local produce.

The Institute for Community Health operates the program in collaboration with Cambridge and Somerville Schools Food Service Departments, CitySprouts, Groundwork Somerville, and the Federation of Massachusetts Farmers Markets.

