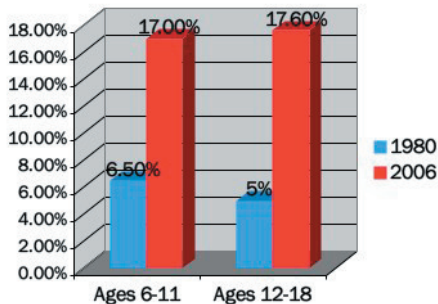


FARM TO SCHOOL

HEALTHY FOOD FOR OUR KIDS
SUPPORTS LOCAL AGRICULTURE AND
CREATES HEALTHY ECONOMIES

OVERFED BUT UNDERNOURISHED

Child and Adolescent Obesity Rates



Less than 50% of teens are receiving the dietary reference intake of vitamin A, magnesium, folate, and calcium

80% of children and teens are not getting the recommended 5 or more daily servings of fruits and vegetables

LOSING OUR LOCAL FOOD SYSTEMS

The typical food item in the U.S. now travels 1,500 to 2,400 miles

Montana K-12 schools spend over \$19 million annually on food, but very little of that goes to support local farmers and ranchers



1900-1950's

70% of what Montanans ate was produced in Montana

Today

10% of our foods are produced in state

In 1910

Farmers and ranchers received \$.60 of each food dollar

Today

Farmers and ranchers receive \$.07 of each food dollar

FARM TO SCHOOL PROGRAMS

- Connect students to farmers and farmers to schools
- Provide curriculum opportunities - students can learn about nutrition, see where their food comes from, and have hands on learning experiences
- Support local farmers and ranchers and help create healthy local economies
- Increase student participation in school meal programs
- Promote healthy eating habits and improve childhood nutrition, thereby reducing health risks associated with obesity and poor nutrition



GET INVOLVED - MAKE A DIFFERENCE

Teachers, parents, farmers, and other interested citizens are coming together to support local agriculture and provide healthy local food for our kids. Interested in being a part of it?

Join Sleeping Giant Citizens Council today and help establish a farm to school program in our community.

Your **\$35 membership** in Sleeping Giant also makes you a member of our statewide sister organization, Northern Plains Resource Council.

Sleeping Giant Citizens Council
PO Box 551
Helena, MT 59624

For more information or to volunteer:
406-396-1766 or matt@northernplains.org

Sleeping Giant works to create change that promotes healthy communities by advocating for the sustainable use of our water and land resources in Lewis and Clark and Jefferson Counties. As an affiliate of Northern Plains Resource Council, we are part of a network of vibrant, active community groups that work at the local level to make Montana an even better place to live, work and raise a family.