

FARM to SCHOOL At Home

Despite schools being closed, SC Farm to School is still here as a resource for agricultural education and connecting communities with local fruits, vegetables, and much more. Many activities and lessons students would have learned in school can still be applied right in your backyard. Use this resource as a guide to get started with creating your own farm to school program at home!

For more information and ideas, visit scfarmtoschool.com and farmtoschool.org.

START AN AT-HOME GARDEN

With the help of your children, create a backyard garden and grow your own fruits, vegetables, and herbs. This hands-on activity can teach children about where their food comes from and encourage more fruit and vegetable consumption. Supplies can be purchased online or at your local nursery. There are even a few vegetables you can grow from scraps!

HAVE A TASTE TEST DAY

Whether you're using produce you've grown or buying from the local grocery store or farmer, offering fruit and vegetable samples in an exciting way can encourage healthy habits among children.

CREATE A SCAVENGER HUNT

Create an at home agriculture scavenger hunt looking for things like a fruit, vegetable, an animal, something made of cotton, a dairy product, a grain, or a flower. You'd be surprised how many agricultural products are in your house beyond the kitchen!

READ AGRICULTURAL THEMED BOOKS

Reading with children is not only great for spending quality time together, but it is also very important for learning language and cognitive skills. There are numerous children's books about agriculture that can bring education about where our food comes from into the home. From the environment to farm animals to pollinators, there is a book for every topic!

BEGIN COMPOSTING

Composting is a great way to reduce waste and encourage your children to learn about nature. You can turn your food scraps into a healthy fertilizer for your backyard garden. Compostable materials include fruit and vegetable scraps, eggshells, coffee grinds, grass clippings, and newspaper. Be sure to leave out meat, milk, bones, and cheese. This is also a great opportunity to connect math and science to agriculture. Read books, watch videos, or conduct a science experiment to further learn about composting.

