



Vermont FEED

Trainings, Courses, and Technical Assistance

For classroom educators, food service staff, administrators,
parents, farmers, and community members



3C's Approach to School Food Change

Vermont FEED works with schools and communities to raise awareness about healthy food, the role of Vermont farms and farmers, and good nutrition. Vermont FEED does this by focusing on the three C's: Classroom, Cafeteria, and Community.

Classroom – providing standards-based farm, food, and nutrition curriculum and professional development for teachers.

Cafeteria – incorporating local and seasonal produce as well as professional development for school food personnel.

Community – developing community forums and committees of farmers, partners and other community members.

Together, the three C's support healthy children, healthy agriculture, and healthy communities.

Vermont FEED offers professional development and technical assistance opportunities to schools and communities to support the development of robust and sustainable Farm to School programs. We tailor all of our services to fit your school's unique needs.



“Vermont FEED has a unique ability to meet groups at whatever point they are at and move forward along the continuum of linking food, nutrition and learning. The dedication and creativity of the VT FEED staff has been key to the huge progress made in the school food environment in Vermont.”

–Megan Peek, Blue Cross Blue Shield of Vermont

Vermont FEED: Farm to School Food Education Every Day
is a partnership of FOOD WORKS at TWO RIVERS CENTER,
NORTHEAST ORGANIC FARMING ASSOCIATION of VERMONT,
and SHELBURNE FARMS.

www.vtfeed.org ▪ 802-434-4122

Vermont FEED Trainings, Courses, and Technical Assistance

Not all Farm to School programs are alike, which is why Vermont FEED offers a variety of professional development and training opportunities ranging from half-day consults to graduate-level courses—all customized to meet the unique needs of your school and community. Outlined below are the types of services we offer and what you can expect from them. Please contact us to discuss what opportunity is the best fit to enhance your Farm to School program.



STARTING UP! AN INTRODUCTION TO FARM TO SCHOOL

- Learn about specific examples and trends in the Farm to School movement.
- Come away with an understanding of available resources, best practices, and network opportunities for making Farm to School happen in your community.



FARM TO SCHOOL COMMUNITY ACTION PLANNING

- Develop a vision for your Farm to School program.
- Determine the tools and training needed to create a successful Farm to School program.
- Create a Farm to School action plan, timeline and next steps.
- Identify and connect with local resources.

“The most important aspect of this opportunity is sharing resources that are easily available, which allows for dynamic learning experiences across curriculums”.

—Elementary School Teacher, Cabot Curriculum Consultation



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CURRICULUM DEVELOPMENT CONSULTATIONS

- Discover creative ways to integrate seasonal, local foods into your curriculum and school community.
- Create a plan and framework for how you might integrate food and nutrition education into your existing curriculum and/or school community wellness plan.
- Identify curriculum connections for your specific subject area (Standards, Vital Results, GE's, Assessment Plan).



FOOD SERVICE TRAINING AND CONSULTATION

- Discover strategies for how to make your food program part of the educational environment and how to make community connections.
- Receive assistance in making connections with local farmers and using local and seasonal foods.
- Discover strategies for engaging food service personnel, students, and staff in school food changes.
- Receive consultation on equipment for processing local food.
- Learn new techniques and recipes using local, seasonal ingredients.

COSTS: TECHNICAL ASSISTANCE & TRAINING

All of Vermont FEED's technical assistance and training can be customized for your schools needs.

Introduction	\$125
½ Day Consultation/Training	\$250
Full Day Consultation/Training.....	\$400
Plus mileage at \$0.50/mile (excluding introduction)	

"This course met and exceeded my expectations—it energized and enlightened me on many fronts—I loved it!"

—Windham County Food Studies Course Participant

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PROFESSIONAL DEVELOPMENT COURSES

For school educators, staff, administrators, and community members. Explore and expand personal and professional knowledge and experience related to Farm to School education while building and strengthening community connections. Participants are encouraged to bring shared learning experiences back to communities and classrooms, building and developing the vital relationships necessary to make Farm to School education a real and lasting part of the community, classroom and cafeteria!



Interactive class sessions include a balance of hands-on cooking, networking, guest expert presentations, dialogue, small group activities and practical experiences that will each reference and link to the promising practices of Farm to School programs.

Possible Professional Development Course class topics include:

- **School Food:** Taste tests, commodity foods, local purchasing and distribution
- **School Community Gardens:** Compost, garden based education, design, and sustainability
- **Curriculum Connections and Development:** Cooking in classroom, teaching with food, classroom taste tests, farm field trips
- **Food Justice and Hunger:** Community Food Security and service learning
- **Child Nutrition:** Diet-related disease, food preferences, media messaging, and whole-foods nutrition education
- **Principles of Sustainable Agriculture:** Classroom activities, soil, seeds, sprouting, water
- **Food Systems:** Explore global, local, school food systems
- **Cooking with Local Foods:** Seasonal availability, processing, storage, season extension
- *Your specific interests or other ideas!*

COSTS: PROFESSIONAL DEVELOPMENT COURSES

Undergraduate & Graduate Level Courses are currently offered in partnership with Castleton State College for 1–3 credits. 1-credit professional development courses cost between \$300–\$500 per person depending on class size. Please inquire for a sample course syllabus and specific course costs.