



Post your Carousel to Instagram

1. Download the images from [our website](#).
2. Use the copy and hashtags below as your text.
3. Change the link in your IG bio to <https://www.farmtoschool.org/whosatthetable>
4. When publishing the post, check this [resource](#) to find out the best time to post on Instagram. *Please note all times are in CST.*

Carousel files	Copy and hashtags
 <p>What is the Farm to School journey? Swipe to find about the food system that gets healthy and nourishing food to kids in school. ➔</p>	<p><i>We need a new way of thinking about the entire system that feeds our kids.</i></p> <p><i>From schools to policymakers to parents to farmers, and more — it takes a community to ensure quality foods are passed down the table to students every day, in a sustainable way. And, there is a whole community of dedicated folks whose wellbeing is in direct correlation with that of our kids.</i></p> <p><i>At each stop along the way of the Farm to School journey, there's an opportunity to live out our values to make the whole system equitable and the food the best it can be.</i></p> <p><i>Healthy school meals are a right, not a</i></p>

THE FARM

This is where our journey begins.

We care about the livelihoods of farmers and farm workers because the people who grow, harvest, process, and prepare our food shouldn't have to struggle to put food on their own tables.

We care about the conditions in which animals are kept, and how food is grown because these processes directly impact our climate and environment.

If we want to change the system, we must build relationships between producers, workers, and consumers in ways that enrich communities.



THE TRUCK

Stage two

We care about how food is transported from the farm, as well as the people who load and drive the trucks.

Greenhouse gas emissions from transportation are responsible for 27% of total U.S emissions. Local procurement is one solution to driving down these emissions.

We must support structures that allow for equitable partnerships between schools, local growers and suppliers. This way, we can holistically support the local economy and the environment while delivering fresh, farm-to-school food to ALL students, every day.



THE SCHOOL

Stage three

Our kids spend a huge amount of their formative years at school. Access to fresh, healthy foods can help our kids thrive in ways that go far beyond what they are eating.

As well as instilling a love of curiosity and learning in our kids around academic and vocational subjects, what if we empowered them with the knowledge and skills of how their food gets to them via programs like scratch cooking and school gardens to build healthy habits later in life and increase their sovereignty in our food system? What if school food was just a given, just like textbooks or computers?



privilege, and universal school meals are a necessity.

Find out more by tapping the link on our bio to visit the @farmtoschool website, and add this post to your stories to raise awareness! 🥕🍷🍎

**#FarmToSchool #FarmToTable
#SchoolMeals #HealthySchoolLunches
#FoodForKids #WhosAtTheTable**

THE CAFETERIA

Stage four

The school cafeteria could be a place of respite, of refreshment and a place to recharge. Thinking about food not just as calories and energy, but also as a way to connect and rest, to learn and be curious, and the cafeteria as a welcoming place of ease on a busy day.

School food professionals like food directors, nutrition experts, cafeteria managers and the folks who serve the food to the kids, see on a daily basis what kids choose to eat, and what gets chosen for them.

To create a good experience, and provide all students with tasty, nourishing foods, we must invest in the salaries, equipment, training, and operational support that cafeteria workers need.



THE STUDENT

Stage five

Our kids spend a huge amount of their formative years at school. Access to fresh, healthy foods can help our kids thrive in ways that go far beyond what they are eating.

As well as instilling a love of curiosity and learning in our kids around academic and vocational subjects, what if we empowered them with the knowledge and skills of how their food gets to them via programs like scratch cooking and school gardens to build healthy habits later in life and increase their sovereignty in our food system?



THE COMPOST

Stage six

In the U.S, 24% of waste sent to landfills consists of food waste—that's over 35 million tons of food waste sent to landfills each year. Food scraps decompose to produce methane, a gas that is damaging to the environment.

Providing safe and accessible composting to schools and communities ensures that school meals are part of a circular system that benefits children, schools, communities, and our environment.

Education such as this can shift our food system away from practices that contribute to climate change and pollute communities of color, and towards a more equitable, sustainable use of our soil and water.





Post your National Farm to School posts to your Facebook and Twitter

Twitter post (261 characters), - an image to use for this post can be downloaded [here](#).

The #FarmToSchool food system gets healthy and nourishing food to our kids. Find out from [Farm to School](#) how we can make the whole system equitable and school food the best it can be!

#FarmToSchool #FarmToTable #SchoolMeals #HealthySchoolLunches #FoodForKids #WhosAtTheTable

But what is it and why is it so important?

Find out from [@FarmtoSchool's](#) about how we can make the whole system equitable and school food the best it can be! <https://www.farmtoschool.org/whosatthetable>

Facebook - an image to use for this post can be downloaded [here](#).

The #FarmToSchool food system gets healthy and nourishing food to our kids. But what is it and why is it so important?

From schools to policymakers to parents to farmers, and more — it takes a community to ensure quality foods are passed down the table to students every day, in a

sustainable way. And, there is a whole community of dedicated folks whose wellbeing is in direct correlation with that of our kids.

At each stop along the way of the Farm to School journey, there's an opportunity to live out values to make the whole system equitable and the food the best it can be.

Healthy school meals are a right, not a privilege, and universal school meals are a necessity.

<https://www.farmtoschool.org/whosatthetable>