



Kids in school should get the nourishing, healthy food they need. This needs to come from a system that values and honors every moving part needed to make it happen.

We want YOU to help us spread the word.

If you agree that kids in school should get nourishing, healthy food, share our posts on your social media accounts!

Don't forget to follow us on [Instagram](#) (@farmtoschool), [Twitter](#) (@FarmtoSchool), and [Facebook](#) (@NationalFarmtoSchoolNetwork) to find out more about our plan to radically transform our food system for the better.

You'll find instructions on how to post to social channels below.

Post our Carousel to Instagram

1. Download the images [our website](#).
2. Use the suggested copy and hashtags below as your text.
Please feel free to adapt the copy to fit your own audience's needs, please just ensure to tag the NFSN social accounts.
3. Change the link in your IG bio to <https://www.farmtoschool.org/whosatthetable>
4. Short on time? Simply like and share @farmtoschool's [post](#) to your own story.

Carousel files

1 in **6**
children in the
United States
lives with hunger.

But values-aligned school meals can be a holistic solution.

Swipe to find out more →

Source: nokidhungry.org/blog/how-many-kids-united-states-live-hunger

We believe access to nourishing food is a basic human right.

Our vision is for a strong and just food system for all.

Because not all kids in schools can get nourishing, healthy meals.

Copy and hashtags

📣 Share this post to your story to spread the word 📣

We support @farmtoschool to make sure kids in school get the nourishing, healthy food they need.

School meals need to be seen as part of a bigger system that not only feeds kids, but also ensures everyone along the farm-to-table journey benefits. A system that's good for the land, good for animals, good for growers, good for schools, good for kids and families, and good for communities.

This is where values-aligned universal meals come in.

It's a new way of thinking about the entire system that feeds our kids.

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.

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

Tap the link in our bio to find out more 🥕🍅

#FarmToSchool #FarmToTable
#SchoolMeals #HealthySchoolLunch
#FoodForKids

But there is a solution. 

National Farm to School Network is advocating for **Values-Aligned Universal Meals (VAUM)**.

VAUM is a new way of thinking about the entire system that feeds kids in school - and would mean better access to local food and nutrition education that will improve children's health, strengthen family farms, and cultivate vibrant communities.

menu



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It's our right to suggest and customize healthy lunch options on the school's menu because **we're the ones eating it.**

Ayesha Mozum

School Student,
Glenbard West HS Glen Ellyn, IL



Many people are affected by a **lack of nourishing** school meals. 

But with the support of these people, VAUM has the potential to radically transform our food system for the better.

- Students
- Parents
- School Principals
- Cafeteria managers
- Produce suppliers
- Farmers
- Policymakers



From farmers to cafeteria workers to policymakers - and more - a community of caretakers is doing their part to ensure fresh, whole foods are passed down the table to students every day. 

We hope you'll join us in this work.



Social media content for other channels

Twitter:

Download the GIF [from our website](#) and use the copy below for a Twitter thread. Short on time? Simply like and RT @FarmtoSchool's [tweet](#).



- 1. We're joining @FarmtoSchool to make sure kids in school get the nourishing, healthy food they need. But this needs to be seen as part of a bigger system that not only feeds kids, but ensures everyone along the farm-to-table journey benefits. This is where values-aligned universal meals come in. (1/2)***
- 2. It's a new way of thinking about the entire system that feeds our kids. Healthy school meals are a right, not a privilege, and universal school meals are a necessity. Find out more here <https://www.farmtoschool.org/whosatthetable> and RT to spread the word.***

Facebook:

Download the video [from this folder](#) and use the copy and hashtags below for your Facebook post. Short on time? Simply like and share @NationalFarmtoSchoolNetwork's [post](#).

We're joining the [National Farm to School Network](#) to make sure kids in school get the nourishing, healthy food they need.

But this needs to be seen as part of a bigger system that not only feeds kids, but ensures everyone along the farm-to-table journey benefits.

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Share this post to spread the word and find out more
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