



**Farm to  
School Snack**

Nourish Nova Scotia

# Getting Started

with Farm to School Snack



# Introduction

The Farm to School Snack Program brings fresh Nova Scotia produce into school snack time. Students get the chance to taste fresh, locally grown produce while learning about how different fruits and vegetables grow. From juicy ground cherries to crunchy bell peppers, crisp kale, and vibrant rainbow carrots, students are offered a variety of fruits and vegetables to experience and enjoy. Program resources include **information sheets**, **curriculum activities** and a **video series** showcasing how the produce is grown.

The Farm to School Snack program is led by dedicated volunteers. Each school selects a Program Lead to manage program details, collaborate with the Farm to School Snack Coordinator, and serve as a liaison to the school community. This role can be filled by a parent volunteer, school staff member, teacher, administrator, or community member.

The Getting Started with Farm to School Snack guide will lead schools through the ten steps of implementing a local snack program.

## Planning

Steps 1 - 5



## Preparation

Steps 6 - 8



## Programming

Steps 9 - 10



# Step 1

## Meet with Farm to School Snack Coordinator

Contact **Dawn Hare, Farm to School Snack Coordinator**, to set up an introductory meeting to discuss your school's program.



dawn.hare@nourishns.ca



(902) 670-1321

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# Step 2

## Arrange Funding

The Farm to School Snack program supports local farmers by purchasing vegetables and fruit at fair market value. Program budgets can be calculated based on school enrollment numbers and through discussions with the Farm to School Snack Coordinator.

Funding options include:

- Accessing Nourish Nova Scotia start-up grants
- Utilizing existing school funds
- Engaging in school fundraising programs
- Applying for community grants

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# Step 3

## Select Snack Schedule

Select a monthly snack day based on your school's schedule, volunteer availability, and kitchen or cafeteria access.

Be sure to add the chosen date (e.g., the first Thursday of the month) to the school calendar.



# Step 4

## Choose Local Procurement Method

The sourcing of local vegetables and fruit will depend on a school's access to farms, farmers' markets, grocery stores with local produce, mobile delivery services, and food hubs. The Farm to School Snack Coordinator will collaborate with schools to explore the best options for sourcing fresh, local produce for the program.

Examples of local sourcing options include:

- Regular deliveries from the school's existing food service provider if local produce is available (e.g., OH Armstrong).
- Pick-up by school staff or volunteers from a nearby farm market or grocery store
- Direct school delivery from a wholesale produce supplier (e.g., Keddy Bros Wholesale Produce Ltd, Mobile Food Market).

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# Step 5

## Recruit Volunteers

The Program Lead will recruit additional volunteers for the snack program. Volunteers typically commit 1–2 hours once a month on the designated snack day. The number of volunteers varies based on school size and the preparation time required for each month's produce item.

### Recruitment Ideas

- Present program information to the Home and School/Parent Teacher Association
- Enlist current volunteers from breakfast/lunch programs
- Engage interested staff members or groups of older students at the school
- Post volunteer requests on the school website, social media pages, and/or in monthly newsletters.
- Reach out to local community groups and service organizations



# Step 6

## Order Produce

At the start of each month, the Farm to School Coordinator will email all Program Leads with seasonal snack ideas. With ongoing Coordinator support, the Program Lead will select a vegetable or fruit based on local availability, determine sourcing, and calculate the appropriate order quantity based on the student population.

The Program Lead will place the monthly produce order with the designated provider on the assigned date, ensuring timely delivery or pick-up, and coordinate invoicing details with the school.

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# Step 7

## Access Program Resources

Each vegetable and fruit snack includes resource materials to enhance the taste-testing experience, including:

- An information sheet detailing how the vegetable/fruit is grown, how it is enjoyed around the world, and fun facts
- Agriculture in the Classroom's "Fresh Story" curriculum sheets with classroom activities to enhance food literacy opportunities (available for select items)
- A **Farm to Snack Adventures** video highlighting how the produce is grown on a Nova Scotian farm.

Program Leads can access all resources on the [Farm to School Snack](#) webpage. To give teaching staff enough time to prepare for additional activities (if interested), classroom materials can be shared digitally before the snack day. Otherwise, information sheets can also be printed off and delivered along with the snack tray.





# Step 8

## Organize Snack Preparation

For snack preparation, choose an area of the school with access to a sink, cutting boards, knives, and trays or bowls for classroom or cafeteria delivery. All volunteers must follow food handling safety precautions, including handwashing and produce washing. Ensure gloves or tongs are available for those serving the snack.

Volunteers will wash, cut, prepare, and arrange the snacks on designated trays or bowls. Each tray or bowl will be portioned based on the number of students in each classroom or those accessing snacks in the cafeteria or another common area. Preparation time will vary based on the monthly vegetable or fruit—some produce items only require washing, while others may require peeling and cutting before serving.

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# Step 9

## Organize Snack Delivery

Schools can choose to serve the Farm to School Snack in individual classrooms or a communal space, depending on where students typically have their recess snack. For classroom delivery, it's important to schedule an appropriate delivery time (usually before a natural snack break) and select the best delivery method for your program:

- Volunteers may quietly drop off the tray to minimize classroom disruption, allowing the teacher to introduce the snack during their natural break.
- Volunteers may actively engage with students by announcing the snack, reading the information sheet, and handing out the snack.

Identify and address any accessibility concerns that may prevent students from fully participating in the snack program (such as allergies or language barriers).



# Step 10

## School Communication and Promotion

To introduce the program to families and school staff, consider including information in the school newsletter or sending a take-home letter to families and a memo to staff. Sample templates can be found on the [Farm to School Snack](#) webpage.

Encourage teaching staff to explore program resources ahead of the snack day to enhance the taste-testing and food literacy experience. Share snack details with the school office to have the monthly snack featured on the morning announcements.

Engage students and families by sharing snack details on the school's social media pages or in monthly newsletters. Include photos of the featured vegetable or fruit, highlight the local farm where it was grown, and showcase student feedback and participation.

If applicable, schools may also integrate the monthly snack into their school lunch program by highlighting the snack as an ingredient in a lunch meal, either as a cooked ingredient or as part of a salad bar.

### Youth Engagement Tips

Here are some ways students can get involved in the snack program:

- Read snack information on the morning announcements
- Help prepare the snack (wash, peel and/or cut)
- Deliver the tray of snacks to classrooms or common recess areas
- Facilitate the taste testing experience
- Take photos of snack preparation and taste testing
- Write a monthly blurb for the school's social media pages or newsletter (sharing information on the snack, the farm and feedback from students)

Schools may have existing clubs or classes that may be a great fit for engaging youth (such as leadership clubs or Family Studies classes).

