

School Food and Nutrition Services Celebrates Virginia Farm to School Week

PWCS School Food and Nutrition Services celebrates Virginia Farm to School Week, October 3-7, 2016! Did you know your school cafeteria serves seasonal Virginia produce all year long? During the month of October, several of your school lunch items are coming straight from a Virginia Farm, including: apples, cabbage, kale, fall squash, yellow squash, lettuce, milk, peppers, sweet potatoes and tomatoes. Wow! To celebrate Virginia Farm to School Week at elementary schools, School Food and Nutrition Services is giving away the book "Apple Orchard Riddle" to one lucky student at each school.

School Food and Nutrition Services works with Loving's Produce, Inc. to source local, Virginia grown products for school menus. Some of our farmers are listed below:

- Crown Orchard (Batesville, VA)
- Kirby Farms (Mechanicsville, VA)
- Smith Farms (Hanover, VA)
- Southwest Virginia Farm Coop
- Turkey Knob Growers (Timberville, VA)

Incorporating local products into our menus gives students the opportunity to enjoy nutritious, fresh fruits and vegetables, while learning about the seasonality of foods and how foods are grown. These products support local farms and are a tasty way to improve the health of our children!



