



Resource Roundup

October Events & Resources

National Farm to School Month—October

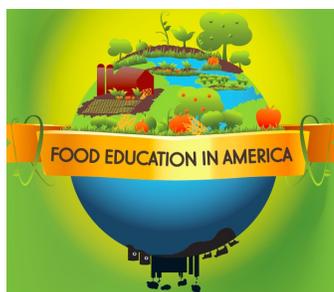
Farm to school connects schools with fresh, local food grown or raised by family farmers. October has been designated as National Farm to School month to celebrate and raise awareness of this connection. Resources and activities are available at farmtoschool.org

USDA National Farm to School Webinar 1:00 pm CST on Wednesday, October 26, 2016

Christina Conell, Program Analyst, USDA - Farm to School Program
In celebration of National Farm to School Month, register to learn about resources from USDA's Office of Community Food Systems and how farm to school strategies can boost participation, reduce food waste, and increase consumption of fruits and vegetables. Registration coming soon.

National School Lunch Week—October 10-14

This year's theme is "Show Your Spirit" to remind parents, students and school staff that a healthy school lunch helps students power through the day. Resources can be found at schoolnutrition.org/nslw/



National Food Day—October 24

National Food Day is a grassroots movement focused on changing diets. This year's theme is "Towards a Greener Diet". School resources can be found at foodday.org

October is National Apple Month



Resource Reminders

The National Dairy Council sent Fuel Up to Play 60 resources to all Arkansas School Districts in July/August. Please use these great resources. If you did not receive these, please contact Lori Dather at Midwest Dairy ldather@midwestdairy.com



The Healthy Meals Resource System of Team Nutrition has many resources available on their website. This month's highlight is [Nutrition Education Resources](#). Team Nutrition offers a wide range of materials for each age group. There are downloadable activities, manuals and posters targeting healthy lifestyle behaviors. For these resources, go to <https://healthymeals.nal.usda.gov/nutrition-education-9>



Arkansas Department of Education Child Nutrition Unit

Volume 1, Issue 1

September 2016

Arkansas Local Foods In Season

- * Apples
- * Asian Pears
- * Broccoli
- * Cabbage
- * Greens
- * Pumpkins
- * Squash
- * Sweet Potatoes
- * Watermelons

Special October Food Days

Taco Day	Oct 4
Kale Day	Oct 7
World Egg Day	Oct 14
Pumpkin Day	Oct 26
Oatmeal Day	Oct 29