

# farm to TABLE

## Nurturing Health, Equity and Food Resilience for Local Children

### The program's commitment...

"Being able to provide more produce to people who I feel are left out of the food system and support local farmers."



**KNOWLEDGE**



**INCLUSION**



**SHARING**



**COMMUNITY**



**HEALTH EQUITY**



**SUSTAINABILITY**

### A teacher's goal...

"The kids can eat something at school that they might not eat at home, and they can take it home to share it with their families."

### A child's experience...

"They had so much fun digging up potatoes like they were buried treasure. Thank you!"



**NUTRITION**

Providing preschool-aged children quality early nutrition will help them with development and school-readiness



**ACCESS**

64 childcare centers and 58 farms join hands to help low-income children and their families gain more access to fresh, nutritious food



**EDUCATION**

F2T helps build resilience by providing children proper early nutrition education through various activities

# farm to TABLE

## Capturing the Benefits of A Regional Food System and Building Resilience

'100% of our farm goods comes from Puget Sounds, specifically within 50-100 miles of Seattle'



### Equity

F2T provides food for 3,000 children in low income households



### Community

F2T program brings together 58 farms, 64 childcare centers and 3,000 children



### Environment

A 10% increase in locally-sourced food could decrease CO2 emissions by 4,000+ kg in 1 school year



### Economy

For every \$1 WA farmers received, there was at least \$1.70 in economic activity, and >7 jobs gained



### Access

Adding 1 fruit option in school lunches can increase the number of fruit servings chosen by students by 9.3%

# References

## Childcare Infographic References

1. Aguilera, Diana, et al. "Farm to Table Design Project." 2020, [drive.google.com/file/d/1VDRLpTYjhHJTYVM\\_HcPV05aH2EgGoKDO/view](https://drive.google.com/file/d/1VDRLpTYjhHJTYVM_HcPV05aH2EgGoKDO/view).

## Government Infographic References

1. F2T (for regional definition, equity and community)
2. Striebig, Bradley, et al. "Impact of Transportation on Carbon Dioxide Emissions from Locally vs. Non-Locally Sourced Food." *Emerging Science Journal*, vol. 3, no. 4, 2019, pp. 222–234., doi:10.28991/esj-2019-01184.
  - a. (for environment fact)
3. Knox, Melissa, and Lina P. Walkinshaw. "City of Seattle Food Access Spending Farm Economy Analysis." Apr. 2019, [drive.google.com/file/d/1U9YDvZepwUfrKarYzw9A7HoNMrb4ucwd/view](https://drive.google.com/file/d/1U9YDvZepwUfrKarYzw9A7HoNMrb4ucwd/view).
  - a. (for economy fact)
4. Black, Jessica Donze. "Healthy School Lunches Can Reduce Childhood Obesity and Diabetes." The Pew Charitable Trusts, 2016, [www.pewtrusts.org/en/research-and-analysis/articles/2016/04/06/healthy-school-lunches-can-reduce-childhood-obesity-and-diabetes](http://www.pewtrusts.org/en/research-and-analysis/articles/2016/04/06/healthy-school-lunches-can-reduce-childhood-obesity-and-diabetes).
  - a. (for access fact)