



Dear Parents and Students,

October is National Farm to School Month, a time to celebrate connections happening all over the country between schools and local food!

Farm to school enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools. Students gain access to healthy, local foods as well as education opportunities such as contests, cooking lessons and nutrition education classes.

Over the past decade, the farm to school movement has exploded across the United States, reaching millions of students in all 50 states. Farm to school is an important tool in the fight against childhood obesity and food insecurity. In addition to improving child health, when schools buy local, they create new markets for local and regional farmers and contribute to vibrant communities, a win-win-win scenario!

In celebration of our local connections, Nicholas Markets is hosting its second National Farm to School Recipe Challenge! The challenge was designed to get students thinking about the local connections we have with Jersey farmers, and best of all, get cooking with Jersey fresh produce! Students are encouraged to do their research on the abundance of Jersey fresh fruits and vegetables we have available and to develop their own creative, tasty and nutritious school lunch recipe. All participants will be entered for the chance to win a week of free lunch and to have their recipe prepared in our Nicholas Markets kitchens and featured on our school lunch menu in January! A second-place winner from each school will also be selected and featured as our "Recipe of the Month" winner. These winning recipes will be featured on our school lunch website and social media platforms for an entire month for the world to print and try at home.

Thank you for taking the time to read and learn about National Farm to School Month, as well as for your consideration to participate in the 2018 Recipe Challenge! For more information regarding guidelines and rules, as well as a downloadable PDF of the entry form, please visit [www.nmlunch.com/recipe-challenge](http://www.nmlunch.com/recipe-challenge).

Happy cooking!

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