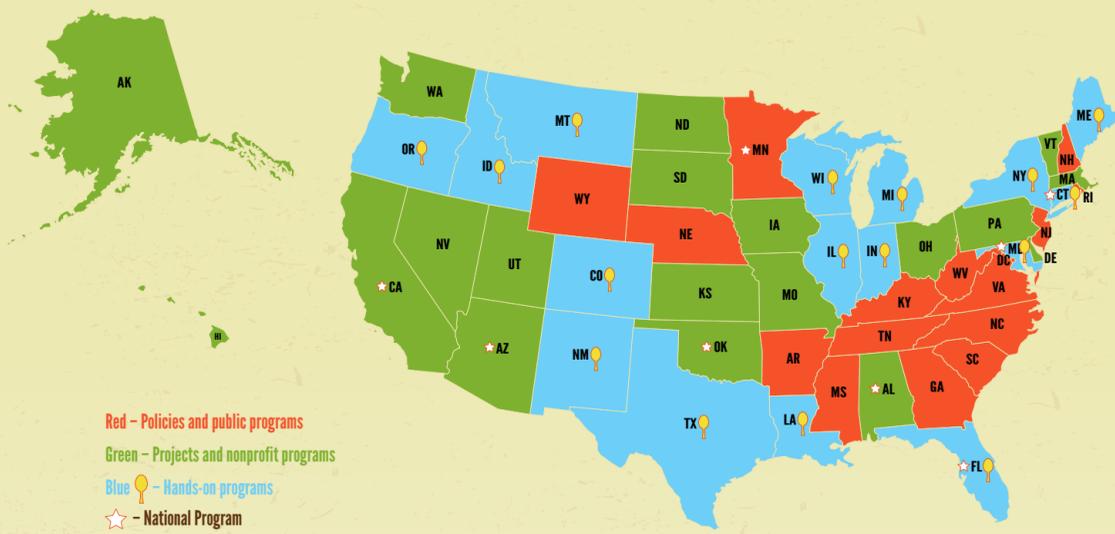


FOOD EDUCATION IN THE U.S.

Food skills are one of the most valuable life skills you can ever learn and every child should learn about food, where it comes from and how it affects his or her body. This map highlights some food and nutrition education activities taking place in schools across the United States, from mandatory nutrition education to hands-on programs where kids can touch, feel, taste, and cook food. We know there are loads more programs in action, and we want to hear about them! Get in touch with us at foodday@cspinet.org and let us know about your food education program, class, or activity!



Food education is NOT compulsory in schools nationwide.

Elementary students get an average of just 3.4 hours of food and nutrition education each year.

The more kids learn about food and nutrition, the more likely they are to eat fruit and vegetables.

Alabama: As part of Farm to School, kindergartners and fifth graders are provided a strong nutrition education curriculum.

Alaska: Recipes for Alaska's Food Future compiled by Alaska Youth for Environmental Action highlights teens' connections to local food and promotes food education.

Arizona: As part of Farm to School, ten schools with 9,000 students have in-class nutrition education and go on farm tours.

Arkansas: Grade-appropriate nutrition education is promoted as a part of the required health education curriculum.

California: The Nourish initiative is cultivating food literacy in 12,000 schools, serving more than 1.5 million students.

Colorado: Slow Food Denver's Seed-to-Table program provides hands-on experience and cooking skills through 64 school gardens.

Connecticut: FamilyCook Productions offers evidence-based curricula that teach nutrition through cooking in schools and after-school programs.

Delaware: Healthy Foods for Healthy Kids program assists 21 schools in creating vegetable gardening programs that are integrated into science and health curricula.

District of Columbia: D.C. Healthy Schools Act established the School Gardens Program in 2010 as an integral part of public and charter schools. There are 80 school gardens in D.C.

Florida: Common Threads teaches kids to cook through curriculum-based programs. 96% of students showed a 96% improvement in healthy food choices.

Georgia: Food science and nutrition taught as a part of Family and Consumer Sciences classes counts as 4th science credit.

Hawaii: Kōkua Hawai'i Foundation provides nutrition education and field trips through its Actively Integrating Nutrition and Agriculture in Schools program.

Idaho: Nurture Idaho teaches kids in the Wood River Valley about healthy nutrition through cooking classes and food education.

Illinois: Purple Asparagus brings cooking classes and tasting lessons to thousands of kids in Chicago Public Schools.

Indiana: Purdue Extension teaches third graders in 24 counties a program designed to increase fruit and veggie consumption and build gardening skills.

Iowa: Iowa Nutrition Network's Pick a Better Snack campaign reaches 177 classrooms.

Kansas: KC Healthy Kids Farm to School Academy provides education on the benefits of a healthy local food system to six school districts in Greater Kansas City.

Kentucky: Kentucky Core Academic Standards require instruction on nutrition that includes basic food groups, selecting healthy snacks, and forming good eating habits.

Louisiana: Edible Schoolyard New Orleans provides food education that integrates hands-on gardening and seasonal cooking into the school curriculum and cafeteria.

Maine: The University of Maine Cooperative Extension Eat Well Nutrition Education Program teaches cooking skills, and new ideas and recipes for healthy meals, among other things.

Maryland: After 1 year, students participating in the Veggiecation program – which includes hands-on education – reported a 63% higher daily consumption of vegetables.

Massachusetts: Planet Health is an interdisciplinary curriculum for teaching middle school nutrition and physical activity that meets Massachusetts Department of Education standards.

Michigan: Detroit Public Schools use gardening in their lesson plans, and the district plans to make garden-based education available to students in 45 schools.

Minnesota: Minnesota Department of Health runs a preschool program, Learning About Nutrition Through Activities, to help children learn to taste and enjoy more fruits and vegetables.

Mississippi: Healthy Students Act mandates a minimum of 45 minutes of nutrition education and physical activity per week. After a year, 89% of adolescents reported learning in school the importance of healthy eating.

Missouri: Family Nutrition Education Program at the University of Missouri Extension teaches children at school and at home. Youth participants improve dietary quality, food safety skills, and physical activity.

Montana: Farmer in the Classroom is a year-long program offered by Garden City Harvest to second graders teaching about food, agriculture, and nutrition. It combines in-class and on-farm experiences.

Nebraska: Children in elementary school receive nutrition education as part of the overall health education curriculum.

Nevada: The University of Nevada's Cooperative Extension (UNCE) program has worked with over 38 schools and over 8,000 students and school staff through the Food for Thoughts program.

New Hampshire: The Board of Education is required to create and distribute curriculum on nutrition education to be implemented in school courses.

New Jersey: Through the Comprehensive Health and Physical Education Standards, students from elementary school to high school learn how to make nutritious food choices to promote healthy habits.

New Mexico: Cooking with Kids provides experiential food and nutrition education and cooking lessons to 5,000 pre-kindergarten through seventh grade students in 13 schools in Santa Fe.

New York: Wellness in the Schools has taught over 30,000 kids about healthy eating. Cook for Kids includes a series of seasonal cooking and nutrition classes.

FoodFight arms teachers, students, and other staff in schools across NYC with the tools and knowledge to make healthier choices, engaging them in the fight to reclaim the integrity of the country's food system.

North Carolina: Health education must include nutrition courses, and the Healthful Living Course of Study includes physical education and nutrition standards.

North Dakota: The Moving More, Eating Smarter Communities Program encourages and supports 17 North Dakota communities to make smarter food choices and exercise.

Ohio: Kids throughout 10 Ohio classrooms have learned the Food-MASTER initiative – a compilation of hands-on & virtual programs using food to teach math and science skills.

Oklahoma: HealthCorps nutrition workshops show students practical ways to choose foods that are healthy and how to make simple changes in their eating behaviors.

Oregon: Seeds of Nutrition supports students in Portland in meeting academic goals though integrating Language, Arts, and Science into cooking and gardening.

Pennsylvania: The Food Trust provides nutrition education in over 100 schools. Their nutrition policy initiatives have been shown to reduce the number of kids becoming overweight.

Rhode Island: Health education, including nutrition and physical education, is required for all students in grades 1-12 on average 100 minutes per week.

South Carolina: Students receive instruction on nutritional choices, food classification, and appropriate nutritional behaviors, including a weekly nutrition class for grades K-5.

South Dakota: The Belle Fourche Family, Career and Community Leaders of America chapter runs a Teens as Teachers nutrition program in an elementary school.

Tennessee: A nutrition curriculum is required in schools.

Texas: Recipe for Success educates and mobilizes communities to provide healthier diets for children in an effort to change the way our children understand, appreciate, and eat their food.

Utah: Rocky Mountain Middle School overhauled the recipes in the family and consumer portion of the Career Technology Education class to incorporate fresh foods without sacrificing taste.

Vermont: VT FEED works with schools to raise awareness about healthy food, the role of Vermont farms and farmers, and good nutrition in order to rebuild healthy food systems.

Virginia: Schools are required to provide students with information to understand good health and proper nutrition, healthy food choices, and components of a balanced meal.

Washington: Energize Your Life! Eat Healthy-Be Active is a message developed by the Nutrition Education Network of Washington to help promote nutrition and physical activity.

West Virginia: Students receive instruction on identifying healthy and unhealthy foods and developing goals for healthier food choices.

Wisconsin: University of Wisconsin Extension's Youth Nutrition Education Program provides hands-on interactive learning activities in schools for grades K-12 about dietary guidelines and food safety.

Wyoming: Wyoming Health Content and Performance Standards mandate that students demonstrate an understanding of the relationship between nutrition and a healthy lifestyle.

Although food education is not mandatory in schools nationwide, many great programs exist, along with the above, including FACS, Nourish, Farm to School, The Food Trust, the Edible Schoolyard Project, and Common Threads. If you know of more, then get in touch with us at foodday@cspinet.org!

To find out about the food education programs by the Jamie Oliver Food Foundation (USA), including the 'Learn Your Fruit and Vegetables' program visit www.jamieoliverfoodfoundation.org or email foodeducation@jamieoliverfoodfoundation.org.

We can't raise another generation that doesn't know its potatoes from its tomatoes! Get involved at www.bit.ly/FoodEdu.

