Food skills are one of the most valuable life skills you can ever learn and every child deserves to learn about food, where it comes from and how it affects their body.


foodday@cspinet.org.

To find out about the food education programs by the Jamie Oliver Food Foundation (USA), including FACS, Nourish, Farm to School, The Food Trust, the Edible Schoolyard Project, and Common Threads. If you would like to be involved, please contact us at foodday@cspinet.org or visit www.bit.ly/FoodEdu.

Although food education is not required in schools nationwide, many great programs exist, along with the above, that include instruction on nutritional choices, food safety, and healthy eating habits. The more kids learn about food and nutrition, the more likely they are to eat fruits and vegetables.

The University of Maine: Students learn about seasonal cooking into the school day, or activity!

Kansas: Healthy Kids throughout 10 Ohio communities to make smarter food choices. cooking classes and tasting lessons to students in Portland in meeting academic and performance standards mandate nutrition, the more likely they are to eat fruits and vegetables.

Leadership: School-Community-Community Education: Standards require instruction on nutritional choices, food safety, and healthy eating habits. The more kids learn about food and nutrition, the more likely they are to eat fruits and vegetables.

Maryland: After one year, students use the MyPlate model to design healthy meals, as part of the overall health education curriculum.

Massachusetts: Planet Health is an initiative that educates students about food choices and nutrition through the lens of environmental issues.

Michigan: Public School One Green Apple is a project that brings agriculture into the classroom, with hands-on learning experiences for students, teachers, and parents.

Minnesota: A series of seasonal cooking and tasting lessons to students in Portland in meeting academic and performance standards mandate nutrition, the more likely they are to eat fruits and vegetables.

Missouri: Students are required to provide a balanced meal to students in the cafeteria, including nutritious, low-fat milk.

Montana: The Board of Agriculture mandates a required class in nutrition, the more likely they are to eat fruits and vegetables.

New Mexico: The Healthy Eating Program is a required component of the Career and Technology Education class to incorporate nutrition, the more likely they are to eat fruits and vegetables.

North Carolina: Health education, including nutrition, is required for all students in grades K-12.

North Dakota: The Moving More, Eating Better Program is a multidisciplinary initiative that includes physical education and nutrition classes.

Ohio: Students are required to provide balanced meals to students in the cafeteria, including nutritious, low-fat milk.

Oklahoma: The Oklahoma State Department of Education mandates a required class in nutrition, the more likely they are to eat fruits and vegetables.

Pennsylvania: The Food Trust promotes nutrition education in over 300 schools, with the goal of increasing the number of kids becoming healthy eaters.

Rhode Island: Health education, including nutrition, is required for all students in grades K-12.

South Carolina: Students receive instruction on nutritional choices, food safety, and healthy eating habits. The more kids learn about food and nutrition, the more likely they are to eat fruits and vegetables.

Tennessee: Nutrition curriculum is an important component of the food education program in elementary schools.

Texas: Region 4 projects educate students about the benefits of healthy food, the use of fresh fruits and vegetables, and the importance of good nutrition.

Virginia: Schools are required to provide nutritious meals to students in the cafeteria, including nutritious, low-fat milk.

Washington: The Nutrition Program at the University of Washington teaches students about the benefits of healthy food, the use of fresh fruits and vegetables, and the importance of good nutrition.

West Virginia: Students receive instruction on nutritional choices, food safety, and healthy eating habits. The more kids learn about food and nutrition, the more likely they are to eat fruits and vegetables.

Wisconsin: University of Wisconsin Extension’s Youth Nutrition Education program teaches students about the benefits of healthy food, the use of fresh fruits and vegetables, and the importance of good nutrition.

Key Information: Students learn about seasonal cooking into the school day, or activity!

Electronic students get a coupon at just 6 hours of food and nutrition education each year.

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Get Food Education in Every School - bit.ly/FoodEdu | #FoodEd | foodday@cspinet.org

Get in touch with us at foodday@cspinet.org and let us know about your food education programs, class, or activity!