

Grow Your Own Farm-to-Table Program:

Integrating Agriculture and Nutrition Education into Your Schools

October 9, 2010

8:30-4:00 pm

Rappahannock County High School, Washington, VA

8:30-9:00 Registration, coffee, meet and greet. **Introduction by Toni Egger, Headwaters**
Other school systems or organizations can come and set up informational tables

Presenters

9:00-9:30 **Matt Benson**—The Big Picture: The Child Nutrition Reauthorization Bill, VA state policies, and Virginia's Farm to School initiative (30 mins)

9:30-10:15 **Trista Scheuerlein**—Introducing Rappahannock's Farm-to-Table Program

10:15-10:45 **Andrea Early, Director of Food Services Harrisonburg City Schools**
—Using local foods in your school system—a primer (30 mins)

10:45-11:15 **RCHS Educators Dave Naser, Mary Arthur, Dave Gillis**—Multi-Disciplinary Approaches to Agriculture and Nutrition Education (30 mins)

11:15-12:15 **Tina Hobson, Len Sherp, Janis Richter**—Front Royal and Madison County Examples: Challenges and Steps to Creating Ag Programs in Their Schools (30 mins presentation, 10 mins per person, with Q & A 20 minutes)

Lunch 12:15-1:00 Local Foods Lunch Catered by Terri Lehman of The Corner Store

Afternoon

1:00-2:00 **Tour of F2T Gardens, Q & A**

2:00-4:00 **Ag in the Classroom Training**—Lesson Plans and Resources.
Specify either elementary school or middle school science

Workshop Fee: \$50

Registration Deadline: September 27

Late Workshop Registration Fee: \$65.00

We are sorry, but any registrations made after October 1 will not be provided with lunch.

See Farm-to-Table website for details:

www.headwatersfdn.org/farm2table

Workshop Fee Includes:

All day activities and local lunch (specify roasted veggie sandwich or chicken salad)

Valuable materials such as:

- F2T Multi-Disciplinary Lesson Plans
- Resource Lists for Grants and Supplies
- Ag in the Classroom Resources (please specify elementary or middle school)
- Seeding Schedule: Synch Your Growing Season With the School Year

RAPPAHANNOCK COUNTY PUBLIC SCHOOLS farm2table@headwatersfdn.org

www.rappahannock.k12.va.us

540-987-3322

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Registration Form

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Register for this workshop in one of the following ways:

1. Call Anna Garcia, Headwaters Administrative Assistant at (540) 987-8312 to register by phone. Please have your credit card number available, the expiration date, and the billing zip code.
Specify your lunch option: roasted veggie sandwich or chicken salad
Specify your afternoon Ag in the Classroom Training interest: elementary or middle school
2. Fill out this sheet and mail it in by September 15. Mail to: Headwaters, P.O. Box 114, Sperryville, VA 22740. Make check payable to Headwaters Farm-to-Table.
3. Register by Paypal online on the Headwaters' Farm-to-Table website:
<http://www.headwatersfdn.org/farm-to-table/index.php>

Name: _____

Address: _____

Email: _____

Phone: _(_____)_____

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Late Registration Fee: \$65 after
September 27

We are sorry, but registrations after October 1 will not be provided with lunch options. Please bring your own lunch if you register after October 1.

Credit Card Number: _____ Circle one: **Visa** **Mastercard**

Expiration Date: (mo/year)_____

Billing information if different from above: _____

Lunch Preferences: (Circle one) Chicken Salad or Roasted Vegetable Sandwich

Ag in the Classroom Training Preferences: (Circle one) Elementary or Middle School

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