



ENSURING THAT EVERYONE HAS ACCESS
TO AFFORDABLE, NUTRITIOUS FOOD AND
INFORMATION TO MAKE HEALTHY DECISIONS

FOR IMMEDIATE RELEASE

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Preschools in Salem County, NJ Celebrate Farm to School Month by Handing Out “Good Food Bags” to Families

October is National Farm to School Month, a time to celebrate the connections happening all over the country between children and local food. October was designated as Farm to School month by a law signed in 2010 Congress. As a part of farm to school celebrations, preschools across Salem County, NJ participating in the Ready Set Grow program will provide families with “Good Food Bags” filled with fresh produce, recipes and tips to make it easier for young children and their families to enjoy fresh fruits and vegetables.

Through the generous support of the Salem Health and Wellness Foundation, the Ready Set Grow farm to early care program, coordinated by The Food Trust, is partnering with preschools across Salem County to set the stage for lifelong healthier food choices among children ages 0-5 and their families, while empowering communities by supporting local farmers and the local economy. Students in participating preschools around Salem County are enjoying more fresh, locally grown fruits and vegetables; growing their own food in school gardens; and learning about healthy choices.

“We’re so excited to be able to share these great resources — and healthy snacks! — with families in Salem County,” says **James Kwele**, Senior Associate at The Food Trust. “With wonderful partners like Salem Health and Wellness Foundation, we can support our local farmers and ensure that all children get a healthy start in life.”

About The Food Trust

The Food Trust, a nonprofit founded in 1992, strives to ensure that everyone has access to healthy, affordable food and information to make healthy decisions. To learn more about The Food Trust’s farm to school work, visit www.thefoodtrust.org.

About Ready Set Grow

The Food Trust’s Ready Set Grow farm to early care program uses a train-the trainer approach to build capacity within early care and education (ECE) centers to achieve best practices for nutrition education,

access to healthy, local foods and parent engagement. Through Ready Set Grow, early care and education centers learn how to provide children with both healthy food and positive food experiences, including nurturing mealtime environments, healthy, local taste-tests and hands-on education through cooking, gardening and trips to local farms. Ready, Set, Grow! equips educators, care providers and families with valuable tools to create healthy nutrition environments, while also generating a greater awareness of and commitment to local farms, local economies and more sustainable agriculture systems.

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