



**Healthy, Local Food to You**



**ACKNOWLEDGEMENTS**

Farm to Table began as a pilot project, funded by a public health grant for prevention and wellness through the Centers for Disease Control. The City of Seattle has generously contributed funding to continue and expand the program.

**FARM TO TABLE PARTNERS**

- Seattle Human Services Department
- King County Housing Authority
- Northwest Agriculture Business Center
- Public Health—Seattle & King County
- Seattle Children's Hospital
- Seattle Tilth
- Washington State Department of Agriculture
- More than 100 local child care, after school, early learning and senior meal program sites!

For more information, visit [www.aginkingcounty.org/FarmToTable/](http://www.aginkingcounty.org/FarmToTable/)



**For More Information**

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## Healthy, Local Food to You

Farm to Table is a partnership effort to bring fresh local produce to programs serving children and older adults in Seattle and King County.

By making healthy food more affordable and easier to access, our goal is to increase the health and well-being of our community's most vulnerable populations.

### THE FARM TO TABLE PARTNERSHIP:

- Supports children, families and older adults who have limited access to affordable, healthy food.
- Helps create local jobs and helps boost the local economy while supporting local farmers.
- Increases our region's food security and helps to protect the environment.
- Builds community.
- Helps make local produce—which is fresher, more nutritious, and better tasting—more affordable.
- Improves nutritional intake of vulnerable populations and helps reduce health disparities.
- Helps make the healthy choice the easy choice.



## Components

### BUY

Farm to Table helps senior centers, early learning and after school programs identify purchasing options that meet their needs, including buying produce directly from dozens of local farms through the Puget Sound Food Hub, receiving deliveries directly to their kitchens, and participating in community supported agriculture (CSA) models.



### GROW

Support is available to help early learning and senior programs start and maintain gardens to grow their own food.

### COOK

Community Kitchens bring people together to cook a meal. By sharing cooking skills and knowledge about nutrition, people learn how to cook and prepare new foods while having fun and building community.



### LEARN

Farm field trips help people connect to local farms where they learn what type of produce grows locally and is available during different seasons. They build relationships with local farms and an appreciation for the quality of local produce.

### EAT

Family dinners hosted at early learning sites help educate and inspire families to bring healthy eating habits home.

### SHARE

The Good Food Bag is a low-cost model in which communities order produce in bulk at a price they can afford, participate in distributing the produce in places where communities gather, and share in the savings.



### GET HEALTHY

Wellness workshops and training for program staff help create environments of well-being, where staff can thrive in a workplace setting.

### GET ACTIVE

Support is available to help early learning programs promote physical activity and active living. Based on the principles of CanFit, this support focuses on health at any size, community engagement and culturally relevant practices.

