



Supporting Food Sovereignty

A model for strengthening the use
of traditional foods in schools

One of our purposes in this program is to help local farmers develop their food safety practices to the point of being able to regularly supply the school with food. With this model that we are presenting schools throughout the reservations, the schools could play a significant role in greatly enhancing food sovereignty. We encourage the introduction of greenhouses in food deserts which allows year round growing, and produce to be available throughout the winter and spring for the schools creating a consistent market for the farmers, and supply for the school. The schools then become economic drivers strengthening the local economy while the students enjoy fresh locally grown produce and learn about traditional foods and growing practices.



STAR School Sustainability

STAR School is an off-grid pre-K through 8th grade public charter school located just outside the southwestern edge of the Navajo Nation, 20 miles east of Flagstaff. We are committed to sustainable technologies and a philosophy of living in balance and serving all relations. STAR is a recipient of a grant from the U.S. Department of Agriculture and from the First Nations Development Institute to develop a Farm to School model. Please visit our website to view the Farm to School Manual, or call to schedule a visit.

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Farm to School



Locally Grown
Food For Navajo
Schools Project



A Demonstration Project of
The STAR School



The Farm to School Partnership

Farm to School partnerships provide schools with more nutritious food and strengthen linkages between the school and neighboring farms, building local capacity that can help overcome economic and technical barriers to improving all of the community's health and well being. Farm to School programs offer one strategy to help address conditions of severe poverty, social stresses, and health and nutrition problems including obesity and diabetes found in many Native communities, the largest regional group of whom are Diné or Navajo. By providing fresh food and educating students with life skills for nutrition and gardening, as well as guidance for local farmers in producing USDA certified food, the school is

hoping to eventually break the cycle of poor nutrition in our community. Our program involves interaction of students and local farmers as well as developing greenhouses on the school campus, all for the purpose of providing students with healthy, fresh, locally grown vegetables. Our experience is that when the students are involved in planting, growing, and harvesting vegetables, they have a higher appreciation and a greater willingness to taste the foods that they have prepared. As the kids realize how tasty locally grown vegetables can be they appreciate even more the role of local farmers, as well as eat more nutritious foods. Our goal is to see local foods featured in Native American school lunch programs, home economics classes, and community events throughout the country.

Benefits

Farm to School Benefits Children and Communities by:

- ✦ Offering fresher, more nutritious food.
- ✦ Exposing children to a variety of locally produced healthy foods.
- ✦ Supporting healthy eating habits.
- ✦ Reducing childhood obesity and diabetes.
- ✦ Providing opportunities to learn about the land, traditional foods and traditional growing practices, and how both support cultural values.
- ✦ Demonstrating growing food as a way of life and livelihood.
- ✦ Building your local food system.
- ✦ Supporting local farmers and the local economy