

# 1. Healthy Lifestyle Initiative

## Food Demo Videos

Chef Brook Harlan's food-preparation demonstrations are an inspiration for easy ways to enjoy more fruits and vegetables. His easy-to-follow techniques encourage simple preparation of season fruits and vegetables, whether they come from the backyard garden, farmers market, roadside farm stand, Community Supported Agriculture (CSA) or the produce section of the local grocery store.

<http://extension.missouri.edu/healthylife/demovideos.htm>

# 2. Seasonal and Simple for Food Service



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Seasonal and Simple for Food Service is a guide for quantity preparation and service of fresh fruits and vegetables. The recipes in the guide are listed by the fruit or vegetable growing season and were tested by food service professionals.

<http://extension.missouri.edu/p/MP918>

# 3. Missouri Farm to School Programs

<http://www.farmtoschool.org/MO/programs.htm>

<http://mofarmtoschool.missouri.edu/>



# 4. Missouri Farm to School Facebook page

Our primary goal is to connect schools and farmers to increase access to fresh fruits and vegetables. Missouri Farm to School is a project of University of Missouri Extension and the Missouri Council for Activity and Nutrition (MoCAN)

<b>Company Overview</b>	Missouri Farm to School works to connect schools (K-12, Colleges, and Universities) with local food and local farmers. The primary goal is to increase access to fresh fruits and vegetables and foster new market opportunities for Missouri farmers.
<b>Mission</b>	The primary goal is to increase access to fresh fruits and vegetables and foster new market opportunities for Missouri farmers. <ol style="list-style-type: none"><li>1.) Assess the current status of farm to school activities in Missouri.</li><li>2.) Raise public awareness and support for farm to school programs through a statewide media campaign.</li></ol>
<b>Products</b>	<ol style="list-style-type: none"><li>3.) Provide farm to school technical assistance to schools and other institutions, farmers, and other stakeholders.</li><li>4.) Host a series of regional networking and educational events.</li><li>5.) Obtain legislators understanding of and support for a farm-to-institution statewide policy.</li></ol>

<http://www.facebook.com/#!/pages/Missouri-Farm-to-School/154982711202925>