Hunger Task Force’s MyPlate initiative provides nutrition education for individuals, groups and families who visit agency-affiliated network partner sites. The Community Network Dietitian supports the healthy eating model through “Train the Trainer” activities, nutrition education classes and monthly food samplings—new in 2019. This programming aims to inform and engage MyPlate pantry patrons, volunteers, staff and donors.
Nutrition Education in the Classroom

FARM TO SCHOOL PROGRAM

Hunger Task Force operates a nutrition education program for Milwaukee Public Schools students, both in the classroom and at the Hunger Task Force Farm, throughout the year. During the school year, the Dietitian Educator visits classrooms to teach students the importance of healthy eating and physical activity. Students also take regular field trips to The Farm, where they learn to harvest, prep and cook food they’ve grown.

BY THE NUMBERS

- **685** students participated in the Farm to School program
- **271** nutrition education & cooking classes given to students
- **2,620** minutes of student exercise on The Farm’s play equipment

NEW OPPORTUNITIES

- **90%** of students had never harvested an apple directly from the tree, i.e. “apple picking”

“Apple picking is life-changing for these students. It’s an experience so many of them would not have had otherwise.” ~ MPS Teacher

varieties of produce planted in the **28-bed** school garden

- Cherry Tomatoes
- Brussel Sprouts
- Peas
- Strawberries
- Red Russian Kale
- Broccoli
- Cauliflower
- Watermelon
- Sweet Peppers
- Spaghett Squash
- Sour Gherkin
- Carrots
- Herbs (Lavender, Sage, Basil, Thyme, Rosemary)

FARM TO SCHOOL IMPACT

- **223** Total Survey Participants
- **77%** of survey respondents said they planned to add more fruits and vegetables to every meal
- **78%** of survey respondents wanted to start their own garden after completing the curriculum