



SAMPLE FARM TO SCHOOL PROMOTIONAL POSTER

School: Quamichan Middle School

Farm to School Lunch Program



When: Tuesdays (starting November 16, 2010)

Time: Lunchtime at Quamichan Middle School

Cost: \$3.75 (purchase 5 punch card in advance for \$18.75)

What: Dig in to a hearty lunch made with fresh, seasonal produce and products all from local Cowichan Valley farms*

*Menu subject to change each week based on product availability, sign up required in advance

Why should I eat local food?

- Better for the environment (less packaging, less transport to get food to our plates)
- Supports small-scale family farms and strengthens our community and economy
- Plain and simple: Fresh, local food is GOOD FOR YOU!
- Learn more about our planet, gardening, agriculture and eating in season
- Get to know your local farmers!

For more info contact: