

Maine Harvest Lunch



September 4, 2007

Dear Parents,

On Wednesday, September 26th the Gorham elementary schools and Middle School will be celebrating their fifth Maine Harvest Lunch. The project began as a vision to link schools with local farms by celebrating Maine grown foods through education and an exclusively Maine grown school lunch.

Benefits of incorporating local foods into school lunches are numerous. Buying locally puts money back in the Maine economy. Because locally grown food is raised for taste rather than durability during transport, Maine grown food tastes better. Fresher foods from local producers translate to healthy eating and ultimately better learning. Furthermore, introducing students to the importance of buying locally strengthens the community by creating connections between the food we eat and where it is grown.

The Maine Harvest Lunch is the culminating event in a series of activities to celebrate Maine grown foods. Prior to the Harvest Lunch, students can participate in a poster contest to illustrate the importance of eating foods grown near their homes. Classroom activities showcase the benefit of eating locally grown foods. Local producers have been invited to the lunch, to provide a face to the food. During lunch, each item will be linked to the farm from which it came.

Please find this year's menu on the back of this letter. We hope your children enjoy the Maine Harvest Lunch again this year. We encourage your family to continue to seek locally grown foods at farmers' markets and farm stands in your community; visit www.getrealmaine.com for listings. Lastly, thank you to the parent volunteers that make this event possible!

Sincerely,

The Maine Harvest Lunch Organizing Committee

(The Committee includes Gorham teachers, Gorham School Nutrition Program, PROP's Communities Promoting Health Coalition (*A Healthy Maine Partnership*), Cumberland County Soil & Water Conservation District, Farm Fresh Connection, and Cultivating Community)