

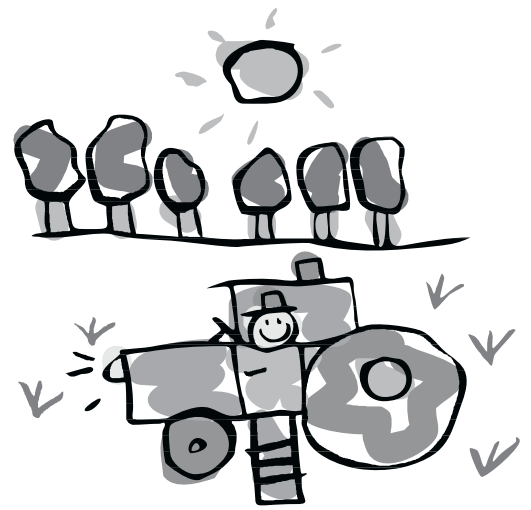
Oklahoma

FoodPolicy
COUNCIL



Connecting farmers with schools:

- ❖ **Gives family farmers a new high-value market**
Worth \$4 billion nationally
- ❖ **Encourages farm diversification**
Oklahoma's land and climate can grow everything from apples to zucchini.
- ❖ **Increases food security**
Drastically reduces the number of miles between farm and table (currently averages about 1500 miles)
- ❖ **Helps rural communities**
A small-farm dollar cycles 2.3 times through the local economy



Serving our kids foods fresh from the farm

■ Fights the obesity epidemic

Almost 20% of Oklahoma's kids are overweight.

■ Improves nutrition

Kids in Oklahoma are not eating USDA recommended servings of fruits and vegetables

■ Teaches kids about nutrition

Learn while you eat! Eating well in childhood establishes lifelong healthy eating habits.

■ Prevents diseases connected with obesity and poor nutrition

Oklahomans rank #3 nationally in rate of death from diseases of the heart. Diabetes is on the increase.

■ Teaches kids about agriculture

Many programs incorporate school gardens and farm visits

*Helps us grow healthy kids!
Help us grow a healthy rural economy!*

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For information on how you can get involved contact:
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