The Chicago Public Schools Farm to School program encourages students to participate in every step of the food system from harvest to taste. As a highlight event of this program, Garden Harvest-Culinary events involve two (or more) collaborating schools to plan for and create a meal using produce harvested from their school gardens. A Culinary Arts demonstration takes students through the entire process of preparing a meal, from gathering ingredients to presenting the final dish on the table. Students form a deeper understanding and better appreciation of food when they help to grow and prepare it.*

Collaboration of garden and culinary teams allows schools to connect and learn from each other to plan, grow, prepare and share a meal. Elementary school students travel to a nearby high school Culinary Arts program classroom. This event can be done all within two hours as high school culinary students will utilize Culinary Arts education objectives to demonstrate sanitation, safety, and cooking techniques for students from neighboring elementary school(s).

**PLANNING A GARDEN HARVEST-CULINARY EVENT**

Steps to coordinate Garden Harvest-Culinary event:

1. **Garden Team:** Identify potential harvest items, quantities and dates.
   - Herbs are easy to grow in the school garden and a great addition to a meal!
2. **Culinary Team:** Design menu using harvest items and plan peer-to-peer demonstration activity.
3. Follow Eat What You Grow Protocols* to safely harvest and serve garden produce
4. If leaving school grounds, please be sure to follow your school’s existing field trip guidelines.
5. For more information, contact the Office of Student Health and Wellness studentwellness@cps.edu

*EAT WHAT YOU GROW

The *Eat What You Grow* school garden food safety program provides protocols and guidance that, once completed, certifies schools to eat garden produce with their students. For more information contact studentwellness@cps.edu