

How MiHOTM™ Benefits Schools

Michigan Harvest of the Month™ Training 2015

School Teams' Tips for Success!



- ✓ Students will have healthier brains
- ✓ Makes the connections with kids/producer
- ✓ Parent/teacher role model/involvement knowledge
- ✓ Helps with classroom attention rates
- ✓ Increases student healthy choices/nutrition knowledge
- ✓ Opportunity for student & teachers to try new produce/exposure
- ✓ Can replace unhealthy foods
- ✓ Increases awareness of local agriculture
- ✓ Healthy behavior modeling (reinforcing self-efficacy)
- ✓ Can decrease problem behaviors
- ✓ Promotes healthy behaviors (consistent messages)
- ✓ Generates enthusiasm, "Bringing Kale"
- ✓ Increased self-esteem/healthy weight/lifestyle
- ✓ Enforces positive environmental influences
- ✓ Provides chance for trying it again (might not like it the first time)
- ✓ Teachers/educators learn/experience too/expand the instructor knowledge
- ✓ Kids are adventurous



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