

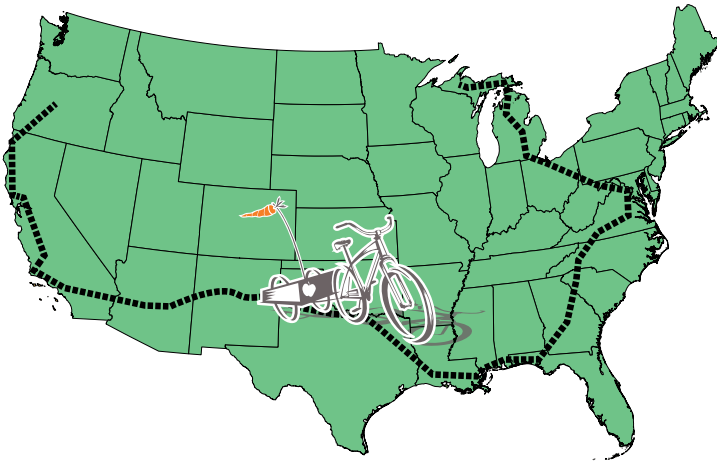


THE SCHOOL FOOD TOUR EVENT PLANNING GUIDE

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Program Overview



The School Food Tour
is a 6,000 mile bicycle ride
dedicated to empowering
students and communities to
make healthy changes.

The School Food Tour program includes:

- Middle School Classroom Sessions
- Casual Group Bike Rides
- Local Farm Visits
- Community Food or Cycling Events

The School Food Tour (SFT) Event Planning Guide will help you to establish which program components are the best fit for your community. Once you have reviewed the materials and identified your areas of interest, please contact Sara through schoolfoodtour.org.

Sara, the School Food 'Spokes'woman



School Involvement



WHO

Teachers, Administrators, Parents, Students, Nutrition Services, PTAs

SFT Schools have 3 primary options for participation

1 CLASSROOM SESSIONS

The SFT's keystone classroom sessions will use Sara's bicycle tour as the backdrop for an engaging lesson about food, physical activity and health advocacy. Students will move through a series of goal setting activities and create an action plan for success. Lessons are written to National Health Education Standards and are available for review upon request. Please contact Sara at sara.salo.mph@gmail.com for curriculum details.

2 SCHOOL ASSEMBLIES

For schools with a limited time frame, assemblies are a secondary option to share the SFT message with a group of students. Sara's presentation will include information about traveling by bicycle, healthy eating and goal setting.

3 SPECIAL EVENTS

There are numerous other options for involvement and Sara is happy to work with your school to create a unique experience for your learning community. Examples include: PTA presentation, tour of school kitchens or gardens, meeting with student groups, bicycle safety talk, school fair, bicycle tour of school facilities, bike & walk assessment of your school's surroundings, and much more. Get creative and contact Sara with your ideas.

**Interested in participating but not located along the SFT route?
Contact Sara to learn about the VIRTUAL SFT.**

Community Participation



WHO

Cycling Clubs, Bicycle Shops, Individuals, Health Advocates, Youth Organizations, Farmers, Food Distributors, City Council Members, Local Businesses

SFT Communities have 5 primary options for participation

1 GROUP BICYCLE RIDES

Casual group rides will provide participants with an opportunity to share a cycling experience and engage in conversations about health. All rides will include free snacks and SFT giveaways. Ride options include:

1. Pedal to a farm or market - These family-friendly rides will head to a nearby food-based destination
2. Safe cycling assessment - Leaders of this ride will take Sara on a tour of cycling environments in your community. This is an opportunity to highlight both safe and unsafe conditions. Problem areas and success stories will be documented through photos and notes. Consider inviting local decision makers.
3. Fitness ride - Sara will join in on your scheduled group ride

2 FARM VISITS

Educate Sara about regional agriculture and local procurement options by coordinating local farm tours.

3 PRESENTATIONS

Interested groups can schedule Sara for a presentation about her journey, food issues, cycling and children's health. Small or large audiences.



4 LOCAL EVENTS

Festivals or meetings that coincide with the SFT's arrival can be tied in with Sara's visit in your community. Or consider using the SFT as an opportunity to galvanize support for your cause. Examples include a Food Day, a Bicycle Fair or Health Expo.

5 HOME STAYS

A backyard for camping will be a welcome sight while on the road. Sara will be extremely appreciative of a safe and secure place to sleep and stow her gear.

Next Steps

Check the SFT Route and Timeline at schoolfoodtour.org

Choose which events are the best fit for your community

Connect with the SFT



<http://schoolfoodtour.org>



@schoolfoodtour



sara.salo.mph@gmail.com



facebook.com/schoolfoodtour

Start Planning!