

# Connecting State Agencies to Locally Grown Foods

**Buying fresh, local foods helps the local economy, is environmentally friendly, & provides clients with the highest quality nutrition.**

The Massachusetts Farm to School Project ([www.massfarmtoschool.org](http://www.massfarmtoschool.org)) can help your Executive Order 509 agency purchase locally grown food.

To bring locally grown produce to your agency's doorsteps, follow these **3 easy steps**:

**1** Before contacting Farm to School, be ready to answer the following questions:

- What types of local food are you interested in?
- How much food do you plan to purchase over the course of a week?
- What type of program/agency do you represent?
- Will you be able to pick up produce directly from the farm?
- If not, how many delivery locations do you have?
- What is your facility's storage capacity for frozen, refrigerated and dry goods?

Several local UMass Cooperative Extension & Nutrition Programs offer nutrition education workshops on how to prepare fruits and vegetables as healthy snacks & meals. To find local extension offices near you, visit <http://extension.umass.edu/index.php/in-your-community>.

Find more tips on healthy eating at [www.mass.gov/MassinMotion](http://www.mass.gov/MassinMotion)

**2** Contact the Farm to School Project's technical assistance (TA) coordinator for your region:

**Central & Western Massachusetts**  
Emily French  
[emily@massfarmtoschool.org](mailto:emily@massfarmtoschool.org)  
(413)253-3844

**Eastern Massachusetts**  
Simca Horwitz  
[simca@massfarmtoschool.org](mailto:simca@massfarmtoschool.org)  
(413)253-3844

**3** Discuss potential farm-agency matches suggested by your TA coordinator that would be affordable for the agency and profitable for the farm.

In addition to finding a match, your TA coordinator will:

- facilitate meetings between your agency's procurement and dining staff and local farmers.
- continue to provide technical assistance as needed throughout the course of your farm-to-institution implementation.
- Find more information on farms near you: <http://www.mass.gov/agr/massgrown/>