

WIC Service  
Oklahoma State  
Department of Health



Milk. A part of everything  
that's good.



Nutritional Sciences



## Collaboration

The messages delivered through the **Farm to You** experience utilize research-based information and incorporate the missions of the collaborating partners, including Oklahoma Cooperative Extension Service (OCES), 4-H, family and consumer sciences and agricultural education programs, OSU Department of Nutritional Sciences, Oklahoma State Department of Health (OSDH) Women, Infants and Children (WIC) Service and Southwest Dairy Farmers.

## Oklahoma Cooperative Extension Service phone directory, by county

Contact your local OCES county office for more information about **Farm to You** and other nutrition education programs.

Adair, 918-696-2253  
Alfalfa, 580-596-3131  
Atoka, 580-889-7337  
Beaver, 580-625-3464  
Beckham, 580-928-2139  
Blaine, 580-623-5195  
Bryan, 580-924-5312  
Caddo, 405-247-3376  
Canadian, 405-262-0155  
Carter, 580-223-6570  
Cherokee, 918-456-6163  
Choctaw, 580-326-3359  
Cimarron, 580-544-3399  
Cleveland, 405-321-4774/4935  
Coal, 580-927-2262  
Comanche, 580-355-1045  
Cotton, 580-875-3136/3651  
Craig, 918-256-7569  
Creek, 918-224-2192  
Custer, 580-323-2291  
Delaware, 918-253-4332  
Dewey, 580-328-5351  
Ellis, 580-885-7775  
Garfield, 580-237-1228  
Garvin, 405-238-6681  
Grady, 405-224-2216/5371  
Grant, 580-395-2134  
Greer, 580-782-5502  
Harmon, 580-688-3584

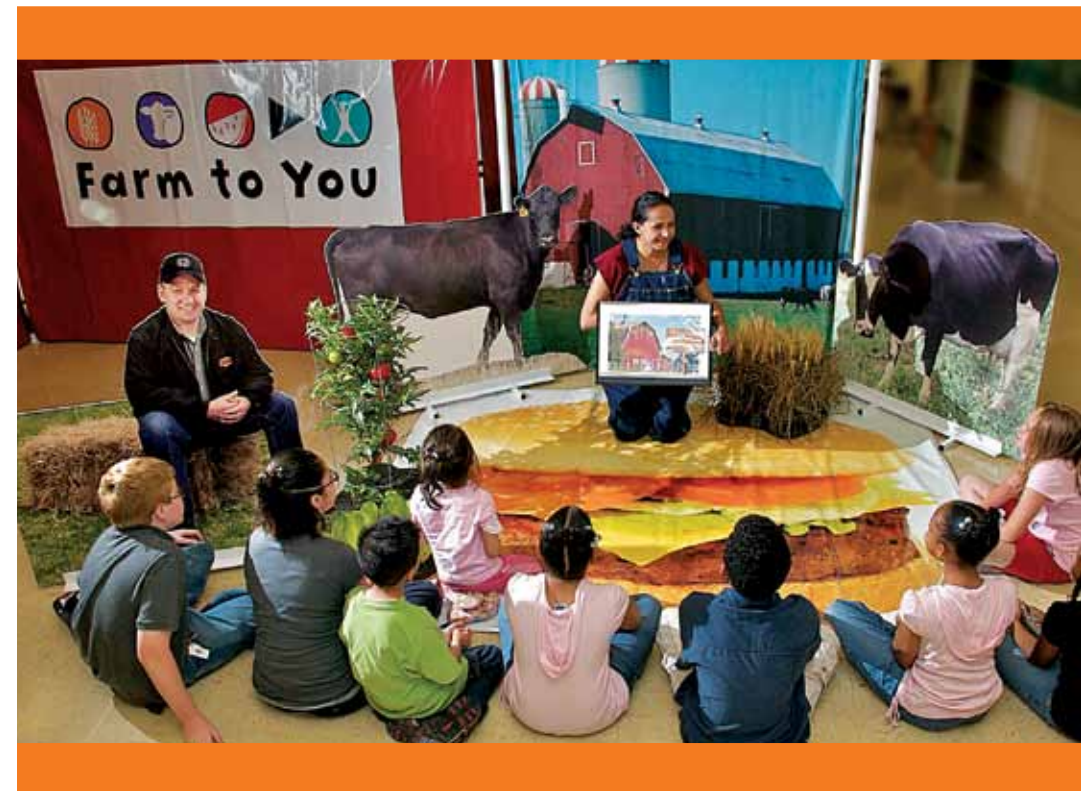
Harper, 580-735-2252  
Haskell, 918-967-4330  
Hughes, 405-379-5470  
Jackson, 580-482-0823/3176  
Jefferson, 580-228-2332  
Johnston, 580-371-9533  
Kay, 580-362-3194  
Kingfisher, 405-375-3822  
Kiowa, 580-726-5643  
Latimer, 918-465-3349  
LeFlore, 918-647-8231  
Lincoln, 405-258-0560  
Logan, 405-282-3331  
Love, 580-276-3385  
Major, 580-227-4786  
Marshall, 580-795-3563  
Mayes, 918-825-3241  
McClain, 405-527-2174  
McCurain, 580-286-7558  
McIntosh, 918-689-7772  
Murray, 580-622-3016  
Muskogee, 918-686-7200  
Noble, 580-336-4621  
Nowata, 918-273-3345  
Okfuskee, 918-623-0641  
Oklahoma, 405-713-1125  
Okmulgee, 918-756-1958  
Osage, 918-287-4170  
Ottawa, 918-542-1688



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# Farm to You

an interactive educational adventure



[www.farmtoyou.okstate.edu](http://www.farmtoyou.okstate.edu)

OKLAHOMA COOPERATIVE EXTENSION SERVICE

- High prevalence of dental decay
- Increasing rates of overweight and obesity
- Limited physical activity
- Low consumption of fruits and vegetables
- High rate of smoking among adolescents & teens



## About

**Farm to You** is a 40' x 40' enclosed walk-through exhibit with nine stations. This interactive adventure is designed to involve kindergarten through 6th-grade students in learning how foods from the farm are used by their bodies for good health.

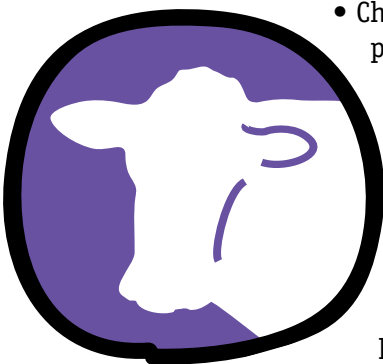
Students make their way through the exhibit by visiting unique **Farm to You** stations:

- Cheeseburger Farm
- To Market
- Healthy Cool Cafe
- Mouth
- Stomach
- Small Intestine
- Muscle
- Bone
- Skin

At each station students spend about six minutes participating in activities and learning about the relationships between agriculture, food and health.

## Farm to You Objectives

- Children will learn that farms provide food for good health.
- Children will learn to use food labels to make healthy choices.
- Children will learn about the digestive system.
- Children will learn the importance of physical activity and personal hygiene to good health.
- Children's eating and health behaviors will improve.
- Awareness will increase among parents, school personnel and community members about the importance of teaching children healthy habits.



**Farm to You** is a traveling interactive adventure for elementary school children that follows food from the farm to the market and through the body to explore the relationships between agriculture, food and health.

Coordinated by the Oklahoma Cooperative Extension Service, **Farm to You** is a collaboration between state agency, commodity and community partners.

Through **Farm to You** and other nutrition education programs, your local Oklahoma Cooperative Extension Service county office can help your school meet PASS objectives and physical education requirements.

Use the directory on the back of this brochure to contact your OCES county office for more information on available programs.



## An Exhibit and Much More

With **Farm to You** you will also receive:

- Information to help publicize the event with the media to gain local recognition.
- Food group cling stickers for your cafeteria to help students make healthy choices.
- An activity booklet for each student to use in the classroom and a newsletter with information for students to take home to their families.
- Access to other nutrition education resources including Ag in the Classroom and in-classroom nutrition education offered by your local Oklahoma Cooperative Extension Service county office.

## Interested?

There is no cost to your school or organization, but there are a few things you will need to provide.

## Requirements

- A space large enough to accommodate the 40' x 40' exhibit.
- A minimum of 250 and a maximum of 450 students to participate in Farm to You on a school day.
- 8-10 volunteers (adults or high school students) are needed to set up and take down the exhibit. No children should be present.
- 10 volunteers are needed to be station presenters. The more enthusiastic the presenter, the more the children will enjoy and remember. Parents, 4-H'ers, 4-H volunteers, Oklahoma Home and Community Education members, community residents, college students and high school juniors and seniors are great for this important role.

