



MEMORANDUM

To: Members of the Rappahannock-Rapidan Regional Commission
From: Patrick L. Mauney, Executive Director
Date: October 20, 2021
Subject: Farm to School Program Update

As referenced in August, Elizabeth Beling was hired as the Commission's first Farm to School Liaison. Ms. Beling will provide brief remarks following her first two months in the position, as well as the initial outreach activities with schools in the region.

An article from her first in-classroom partnership is included here for your reference.

REQUESTED ACTION: None requested.

Special Guest Teaches RCPS' ABL Students About Bell Peppers

By Holly Jenkins, RCPS Public Relations Officer • Tuesday, October 05, 2021



Lee, a kindergarten student, prepared to drop a cabbage in the tub of water during the Sink or Float experiment. Photo by Holly Jenkins.

Regional Farm to School Liaison Elizabeth Beling attended each Action Based Learning class (grades K, 1 and 2) at Rappahannock County Elementary School last Tuesday to teach the students about the Harvest of the Month - Bell Peppers.

Beling's teaching came on behalf of the school system's Commit 2 Be Fit program that has promoted healthy living throughout the school system and the greater Rappahannock County community.

The students had an opportunity to sample bell peppers, along with hummus, while learning how they are grown and their nutritional value.

Following the taste test, the students conducted an experiment that encouraged students to make predictions on whether fruits and vegetables will sink or float based on their size and density.

The children enjoyed testing their predictions by dropping the fruits and veggies in a tub of water while learning fun tidbits about each one.

There was lots of cheering and laughter when they guessed correctly. Also, the young students had a chuckle seeing the Bell Pepper Octopus that Commit 2 Be Fit instructor Jackie Tederick created for the lesson.

This learning opportunity was made possible by a grant from PATH Foundation and No Kid Hungry, which was awarded to Rappahannock-Rapidan Regional Commission to hire a farm-to-school liaison to promote food access and healthy eating throughout the region (Culpeper, Fauquier, Madison, Orange, and Rappahannock).

Ms. Beling will be returning each month to teach students about the Harvest of the Month.