

Please join us at
Gorham Middle School
 As we celebrate the Gorham School Nutrition Services
 4TH ANNUAL
MAINE HARVEST LUNCH
 On Wednesday, September 20th, 2006

Did you know that the average bite of food travels between 1500-2500 miles to get from the field to your fork?

For the past 3 years, Gorham School Nutrition Services has shortened that distance for their annual Maine Harvest Lunch, to an average of just 275 miles!

With help from PROP's Communities Promoting Health Coalition (A Healthy Maine Partnership) and the Cumberland County Soil & Water Conservation District, students learn about the benefits of eating locally in the weeks before Maine Harvest Lunch, and have an opportunity to share their knowledge through school-wide art contests. In years past, they've also benefited from talking with visiting farmers, and attending MOFGA's Common Ground Country Fair.

Come taste firsthand why students in grades K-8 love local foods...and school lunch sales consistently jump 33% on the day of Maine Harvest Lunch!

Lunch will be served from 10:30 am - 12:00 pm on September 20th.
 If you are planning to attend, please...

RSVP to Amanda Beal at:
 E-mail: aeb@propeople.org
 Phone: 874-1140, ext 319
 Media inquiries on September 20th, please call 807-2055.

* Although Maine Harvest Lunch will take place at all K-8 schools in Gorham, the Middle School is the only site approved for registered MHL visitors.

We hope you can make it – and while you are visiting, please be sure to ask for a tour of the school garden project, produced in collaboration with Cultivating Community.

