



Tomas Delgado



Nourishing Youth and Planet: Farm to School as a Climate Solution

The Farm to School movement, school-based agriculture has evolved beyond agri-food demo projects and is now a valuable educational tool fostering STEM education, socio-emotional resilience, food and nutrition education, and ecological stewardship among student populations.

Beyond their educational impact, these gardens contribute to improved mental health and wellness capacities among youth. In addition to these community health benefits, this presentation delves into the intersections of school-based agriculture and the regenerative, ecologically friendly agricultural practice known as agroforestry.

School-based agriculture has the potential to enhance ecological literacy among school communities while transforming campuses into living-learning labs that also provide trauma and stress mitigation among school communities. By examining the synergies between these dimensions, attendees will gain insights into the transformative potential of school gardens as holistic spaces that not only provide food and agriculture education but also nurture emotional health, foster wellness, and cultivate a deeper connection to nature.

Speaker Bio: Tomas Delgado

Tomas Delgado is the Program Manager at the **National Farm to School Network** and is dedicated to assisting K-12 and ECE communities in increasing access to local, nourishing, and culturally relevant foods for school communities. In addition to supporting agricultural producers in navigating Child Nutrition Programs in ECE and K-12 markets, Tomas' passion lies in the development of holistic experiential resources for communities, folding nature, food, and nourishment into shared efforts.

Tomas is actively involved in coalition building, community organizing, curriculum development, and food systems research efforts with NFSN. With a background in Geography and ongoing graduate studies in Natural Resources and Environmental Sciences through the University of Illinois Urbana-Champaign, Tomas finds deep interest in school-based agriculture as a nature-based solution to climate change and community trauma. He is committed to BIPOC food sovereignty, nature-based education, and ensuring equitable access to both nature and nourishment.