

# Fish to Schools

offers all school children the health benefits of locally caught seafood, equips them to understand how this food source is obtained, and empowers them to one day enjoy the full cultural and economic advantages of local seafood resources



## Fishlishous!

At SCS, we are committed to building sustainable communities. This project exemplifies that ideal through grassroots, community-driven change. Fish to Schools provides local seafood to students twice a month, in six Sitka schools reaching over 1,500 students every year.

Local fish is a rich source of lean protein high in omega 3 fatty-acids, which studies have shown to increase academic performance in reading, spelling, and memory. This program has initiated an entire paradigm shift, moving away from “heat and serve” meals that are common to most districts around the nation. Through partnerships, we have been able to develop systems to source, process, and prepare kid-friendly dishes that compete against common processed meals.

## Triple Bottom Line

Eating local is certainly healthier but also bolsters our local economy, providing jobs in a sustainably managed fishery. A report done by the McDowell Group in 2010 shows that over



Fish to Schools offers the environmental, economic, cultural and nutritional benefits of locally-harvested seafood to over 1,500 students.

## Why we support LOCAL:

- environmentally responsible
- bolsters local economy
- healthy and nutritious source of protein
- builds community and accountability
- it's our livelihood
- culturally significant
- "it tastes really good!"  
(quote from a 3rd grader)



Sitka  
Conservation  
Society

[www.sitkawild.org](http://www.sitkawild.org)

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P.O. Box 6533 Sitka, Alaska 99835

*Protecting the natural environment of the Tongass while supporting the development of sustainable communities in Southeast Alaska.*



19% of Sitka residents aged 16+ are involved in the seafood industry, that's 1:5 citizens. By connecting students with local fish and fishermen, we are feeding the next generation of fishermen and fish lovers. Serving local is also environmentally responsible—eating close to home decreases our dependency on fossil fuels and industrial foods.



Our unique curriculum exposes students to every step of the food system, following fish from their native birth stream to the lunch tray. Students meet fishermen, dissect and fillet salmon, smoke salmon, and cook in the classroom with a local chef. With hands-on experience and meaningful connection, 95% of students tried and liked the salmon prepared in the classroom. Eating local is possible!



Students follow the journey of salmon from "stream to plate" by gutting, filleting, smoking, and cooking in the classroom.



**Sitka  
Conservation  
Society**



The Sitka Conservation Society partners with the local school districts, food service, fishermen, and seafood processors to offer locally-caught seafood twice a month to grades 2-12.



Thank you Fishermen! Students love local fish lunches and express their appreciation in this thank-you card.

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