



# Farm to Childcare

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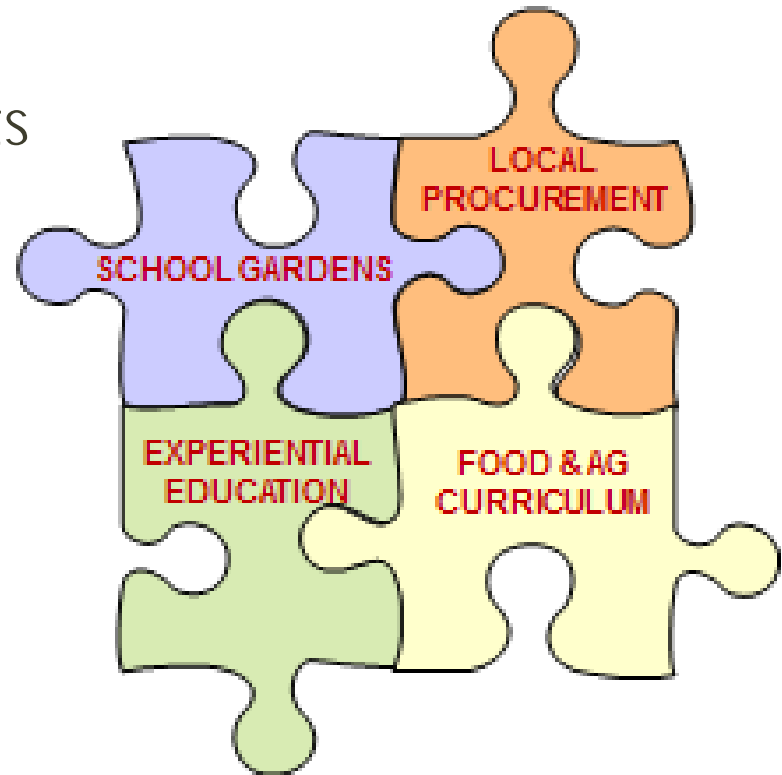
**Beth Hanna**  
**Community GroundWorks**



**May 21, 2014**

# What is Farm to Childcare?

- Connects young children with local foods
- Holistic approach:  
4 distinct components



# Why Farm to Childcare?

- Kids consume as much as 80% of daily nutrients in childcare = captive audience
- Low fruit and vegetable consumption
- High rates of childhood obesity
- Early experiences help determine later eating habits



# Benefits of Farm to Childcare

- Increase access to fresh fruits and vegetables
- Increase consumption of fruits and vegetables
- Reduce consumption of high-energy dense foods
- Provide local and seasonal foods
- Support viability of local agriculture
- Teach food and environmental literacy
- Build skills for staff
- Encourage physical activity
- Decrease screen time

# Benefits of Farm to Childcare



# 2012 Farm to Preschool Survey

- 494 ECE programs serving 163,450 children
- Most common activities:
  - 87% teach about where food comes from
  - 79% serve local food in meals or snacks
  - 78% garden
  - >50% give families information
- 33% see cost as a great concern, but >50% did not receive external funding for activities



# Getting Started

- Start small
- Connect with partners
- Incorporate into current activities
- Utilize existing resources
- Be flexible



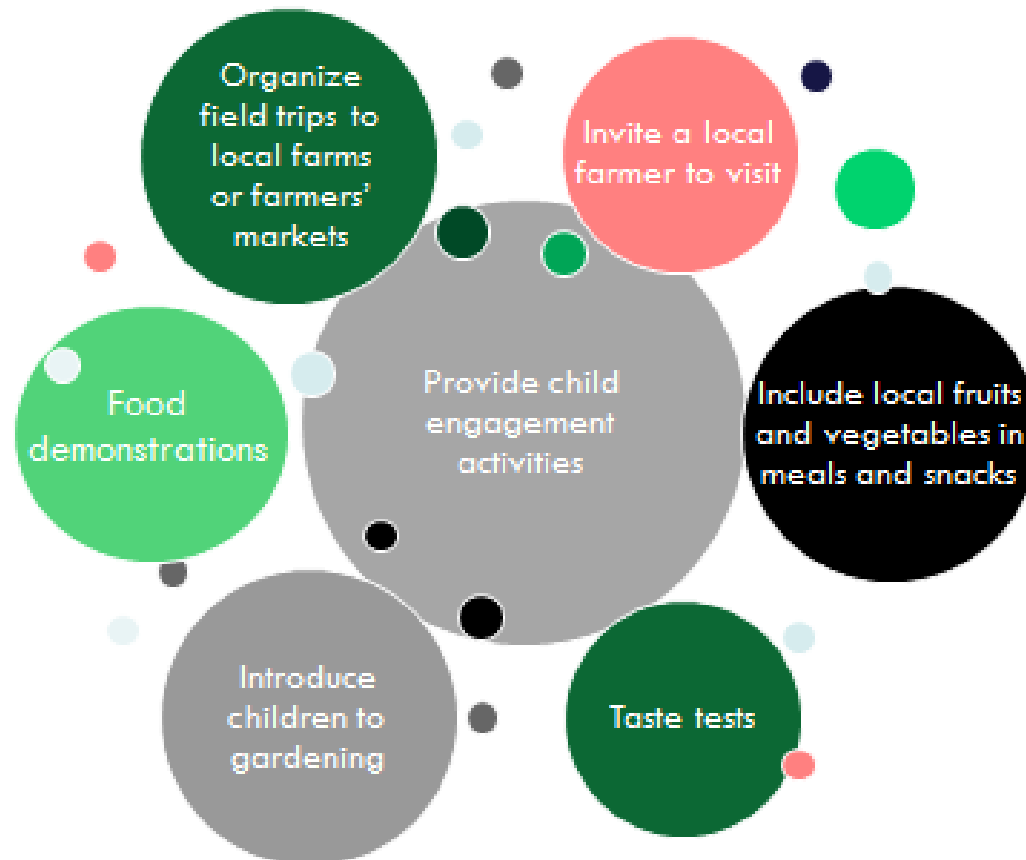
# Potential Partners

- Parents
- Grandparents
- Community members
- Local K-12 schools
- Healthcare organizations
- Local organizations or nonprofits
  - YMCA or other youth groups
- Local farmers
  - Farmers' markets, CSAs, etc.
- UW-Extension and Master Gardener programs
- Local chefs





# Potential Activities



# Increasing Local Procurement

- Review current menus
- Swap out individual menu items with local/seasonal foods
- Models:
  - Buy directly from farmers
  - Work with farmer cooperatives or CSA farms
  - Buy from farmers' markets
  - Childcare/school gardens
  - Work with traditional distributors

# Engaging Parents and Community Members



- Parent newsletters
  - Activity updates
  - Call for volunteers
  - Recipes
  - Activities for at home
- Host community events
  - Cooking classes
  - Garden work days

# Wellness Policies

- Provide opportunity to strategically plan goals and activities
- Sustain activities and nutrition standards
- Emphasize nutrition priorities to parents



# Healthy Bites

- Focus on nutrition to support a healthier environment for children in the early care and education setting



<https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/HealthyBites.pdf>

# Curriculum Resources

- **Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables** - free garden-themed nutrition education kit for child care center staff  
<https://www.fns.usda.gov/tn/grow-it-homes>
- **Growing Up Wild** - resource for early childhood educators with a broad focus on nature-based education, including garden activities and healthy recipes  
<http://www.projectwild.org/growingupwild.htm>
- **Early Sprouts** – preschool gardening and nutrition curriculum  
<http://www.earlysprouts.org/>
- **Color Me Healthy** – resources to get kids excited about eating smart and moving more, including teacher’s guide, parent newsletters, posters, and recipes <http://www.colormehealthy.com/>
- **Harvest for Healthy Kids** – free activity kits developed by teachers and childcare providers <https://www.harvestforhealthykids.org/>



# Support for Farm to Childcare

- CACFP staff
- Child Care Resource and Referral
- Farm to Preschool website  
[www.farmtopreschool.org](http://www.farmtopreschool.org)
- National Farm to School Network  
[www.farmtoschool.org](http://www.farmtoschool.org)
- Let's Move! Child Care  
[www.healthykidshealthyfuture.org](http://www.healthykidshealthyfuture.org)



# Wisconsin School Garden Initiative

- Supports youth garden programs at schools, after-school sites, and regulated group and family childcare centers
- Offers trainings, technical assistance, and resource dissemination
- Contact: Beth Hanna at [beth@communitygroundworks.org](mailto:beth@communitygroundworks.org)

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





# Why Youth Gardens?





Where do we start?







# Garden Considerations



- Sunlight
- Water
- Soil
- Garden size
- Surrounding environment
- Access
- Shade/shelter
- Tool storage
- Security

# Identify Assets and Challenges

- Time
- Money
- Space
- Interest
- Knowledge
- Partnerships



# Design Inspiration





























McGREGOR















school gardens, and integrating gardening into curricula including actual curriculum section.

🔖 259 🍷 20

 **Donna B**  
Supplementing School



Bottle cap mural in our school garden

🔖 127 🍷 6

 **Lisa Kalsey**  
bottle caps

school garden curriculum resources

🔖 16

 **Katie Aucoin**  
School Garden Ideas



from blogs.babble.com

**7 Tips for making your school's garden FABULOUS!**

7 tips for a school garden

🔖 44

 **Sara Duran**  
School garden

ideas school garden

🔖 56 🍷 4

 **Sugar Magnolia**  
Outdoor Classroom / School ...



Elementary School Garden in concrete with brick building, mural, playground, climbing vines


🔖 12 🍷 2

 **Danielle Guzmán**  
Classroom Inspiration



SPEC School Gardens Project

🔖 58 🍷 4

 **Lorraine**  
The OEC



Each class can design and paint a pot for the school garden/outdoor classroom.

🔖 158 🍷 6

 **Kathryn Davis**  
MSES Outdoor Classroom















LIVING  
STAGE

I Am  
The  
Future



Kids Garden

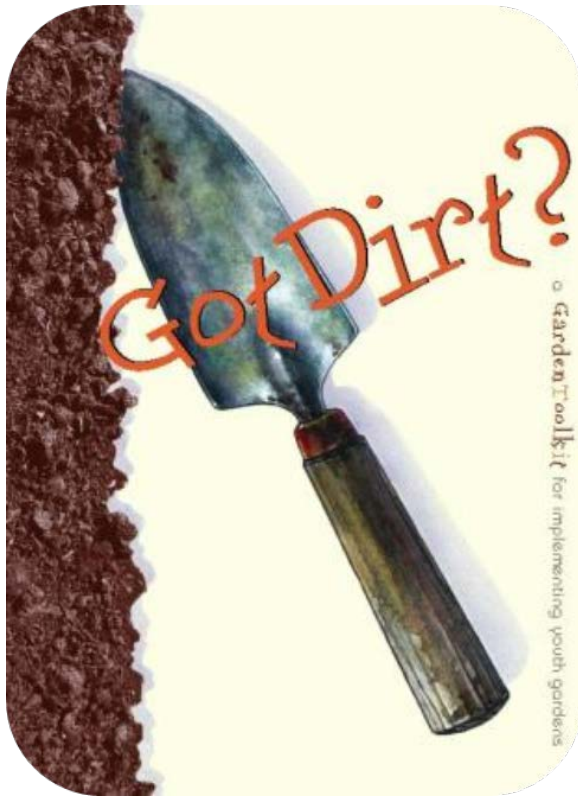


# Dirt Made My Lunch

By "Solar" Steve Van Zandt of the Banana Slug String Band

Dirt made my lunch, dirt made my lunch  
Thank you dirt, thanks a bunch,  
For my salad, my sandwich, my milk, and  
my munch  
Dirt made my lunch

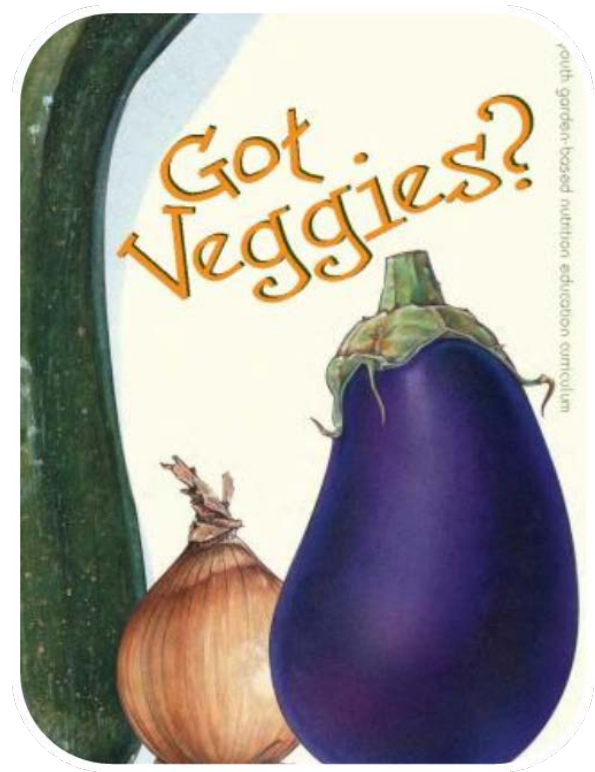




## A garden toolkit for implementing youth gardens

<http://www.dhs.wisconsin.gov/publications/P4/p40112.pdf>

## A youth garden-based nutrition education curriculum



<http://www.dhs.wisconsin.gov/publications/P0/P00228.pdf>

# Cultivating Childhood Wellness through Gardening

- Free online training
- Early childhood educators and after-school staff can earn 1.5 CEUs through The Registry
- Includes garden-based nutrition education lesson plans, activities, recipes, and more

Chapter 1: Introduction

Chapter 2: Planning and Establishing Your Youth Garden

Chapter 3: Growing Food with Kids

Chapter 4: The Color Harvest – A Comparative Tasting Lesson

Chapter 5: Roots Lesson Plan

Chapter 6: Garden-Based Activities

Chapter 7: Culinary Arts in the Garden

# Thank You!

- Questions?
- Experiences to share?
- Ideas for how you can incorporate Farm to Childcare in your centers?