



Colorado Farm to Child

Eating, Growing, & Learning - Comiendo, Creciendo, & Aprendiendo

October is National Farm to School Month

CDPHE is committed to increasing access to local, seasonal, and nutritious fruits and vegetables for children in care. Join us each week in October as we discuss the components of Farm to Child and how to introduce these activities into your programs.

Three Core Components of Farm to Child:

1. Eating - Purchasing locally grown foods.
2. Growing - Gardening with children, both outside and inside.
3. Learning - Education in nutrition and agriculture, how food is grown, and how food helps us grow

Want to learn more? Click [here](#).

Mountain Plains Crunch Off

Date: October 17th - 21st, 2022

Celebrate National Farm to Child Month by taking part in the Mountain Plains Crunch Off, a competition to see which state can get the most people crunching into locally grown produce. People can crunch at any time during the week of October 17th-21st. Registration is open to school districts, early childhood education providers, businesses, hospitals, community groups, and any other local food enthusiasts.

- Folks who want to participate are invited to register with your friends,



family, and staff! Learn more about the Crunch Off [here](#).

- Share on Social media to engage others to participate. Use this [resource](#) to post in English or Español.
- Watch the Crunch Off video [here](#). Mira el video [aquí](#).

Register here!

Crunch Off Inspiration

Download and explore the October CACFP Seasonal Menu [here](#). With over 15 different options to Crunch into local produce and 12 new recipes to explore, this inspiration menu is packed with fun and culturally relevant meals and snacks for this fall.

Resource Hub

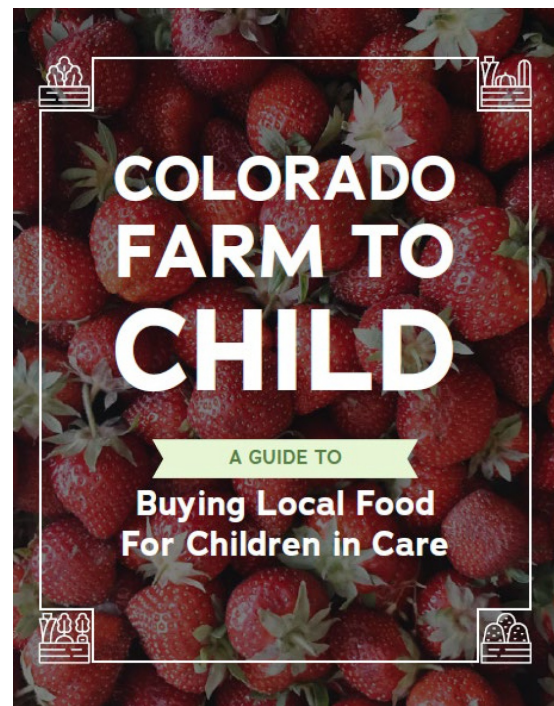
The Farm to Child [website](#) is the CDPHE resource hub for all areas of farm to child. The website offers links to resources, videos, curricula, recipes, and CACFP-specific purchasing information. Check back monthly as new resources and grant opportunities are continually added.

Buying Local Food for Children in Care

Serving locally grown foods encourages a nutrient-dense diet and provides an opportunity to discuss our food system at a young age. For example, who grows your food? Where is the farm located? How did the food grow? Underneath the ground or above?

Whether you are new to local purchasing or looking to expand your program, this guide can help you decide how to start purchasing local food and how to understand rules and regulations. It also includes checklists for discussions with producers and invites you to join the larger Farm to Child Collaborative to ensure your voice and experiences are heard.

To learn more about the '8 Steps to Buying Local', download the guide today ([English](#), [Español](#)).



Hands-on Activity: Seed Collecting

In the month of October,
many plants begin to release



Local Events: Putting the Garden to Bed Workshop by Denver Urban Gardens (DUG)

Date: Saturday, October 8, 2022

Time: 10:00 a.m. - 12:00 p.m.

Location: Humboldt Community Garden at 729 North Humboldt Street, Denver, CO, 80218

The shorter days of autumn signal to gardeners that it is time to focus on preparing the garden for its rest and rejuvenation period. In this workshop, you'll learn about covering crops, various methods of renewing soil with compost, cleaning up leftover annual plant materials, weed management techniques, crop rotation, and soil health planning. We will emphasize ways to grow 'smarter,' with the earth serving as a teacher.

This workshop is offered at a pay-what-you-can sliding rate. If interested, register [here](#).

their seeds. This week, spend time exploring seeds both inside and outside. For this activity, have children examine their fruits and vegetables at the lunch table to see if they can find any seeds. Another interesting and fun way to learn about seeds is to go outside and look for them in a flower or tuft of grass.

To learn more, follow this link to October's Harvest of the Month. In this edition, we discuss seeds, provide book recommendations, and include a whole grain rich muffin recipe. The October Harvest of the Month is available in [English](#) and [Español](#), and you can also find the entire year of HOTM on the Farm to Child [website](#).

Next week in Farm to Child

Join us next week as we discuss The Farm to Child Eating, Growing, and Learning Guide. This resource will assist you and your staff as you plan your Farm to Child activities.

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