



INSTITUTE FOR AGRICULTURE AND TRADE POLICY

Farm to Head Start Education Staff Training



What is Farm to Early Care?

WHAT IS FARM TO PRESCHOOL?

IT'S ABOUT CONNECTING YOUNG children (ages 0-6) WITH LOCAL FOODS! FARM to PRESCHOOL includes ANY TYPE of CHILD CARE that INCORPORATES LOCAL FOODS through: MEALS & SNACKS, TASTE TESTS, lessons, FARMER VISITS, COOKING, FIELD TRIPS, Growing food, OR COMMUNITY and PARENT ENGAGEMENT.



Farm to Head Start!

- Tri-Valley and the Farm to Head Start Program



Today's Training

- Familiarize everyone with their roles in Farm to Head Start
- Answer any questions you have
- Get ready to launch the Farm to Head Start Program!

Farm to Early Care Video



Farm to Head Start Benefits:



HEALTH: Kids Win

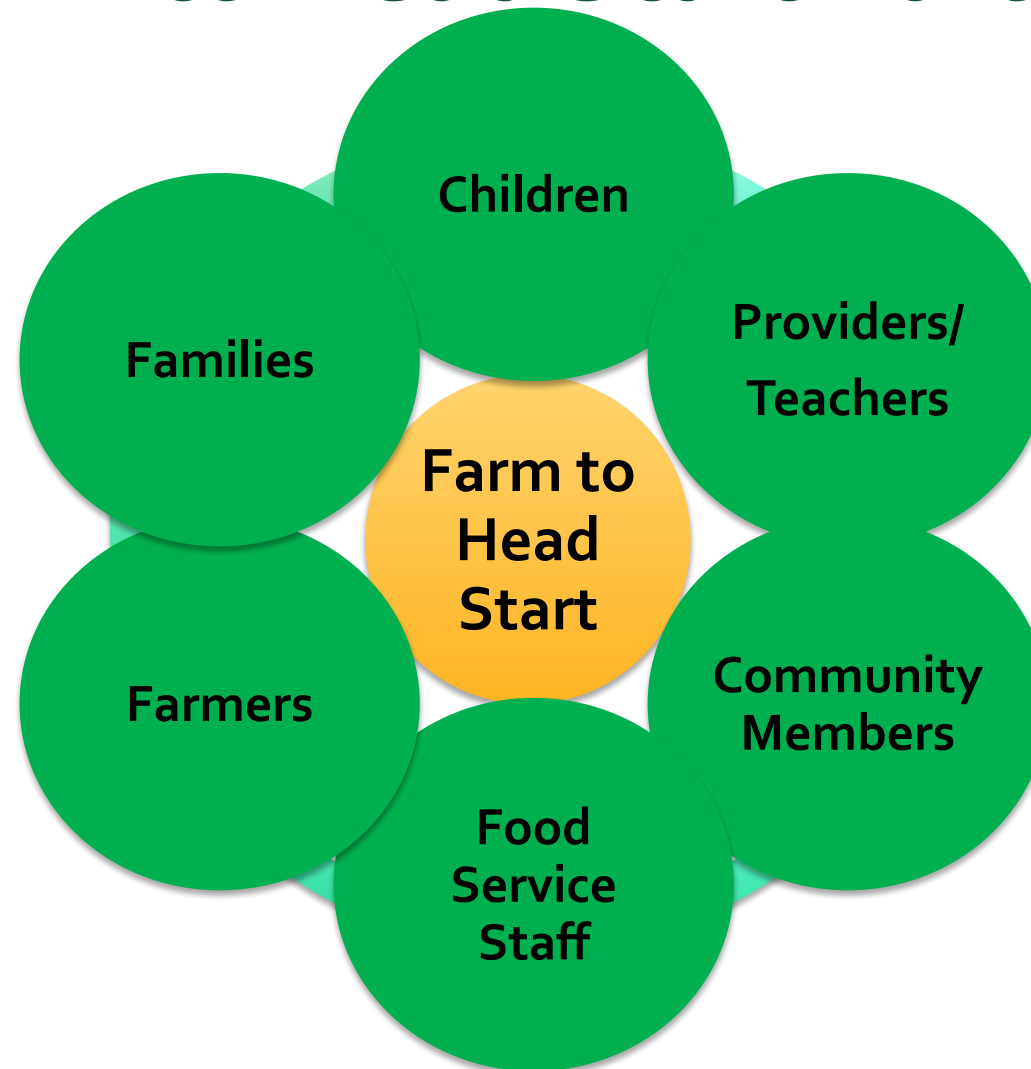


AGRICULTURE: Farmers Win



ECONOMY: Communities Win

Farm to Head Start Partners



Kids Benefit from Farm to Head Start!

- Consume majority of daily nutrients in childcare
- Rely on teachers/caregivers to create food/activity environments
- Early patterns determine later eating habits, early obesity prevention
- Children as agents of change for family behavior
- Links to K-12 Farm to School movement
- Experiential education is the norm



Improved Nutrition

- Increased consumption of fruits and vegetables (in classroom and home)
- Helps prevent obesity and obesity-related diseases
- Increased willingness to try new foods



Food Literacy



Support for Farmers and Economic Development



Farm to Head Start Strategies

- Local foods in meals from central MN farms
- Experiential curriculum
- Family engagement
 - Building relationships with our farmers
 - Culturally responsive content
 - Multiple interactions with each food to influence taste preferences

Scheduling Approach

Each food for two weeks:

- Monday: activity teacher chooses
- Tuesday: activity teacher chooses
- Wednesday: food on the menu
- Thursday: food on the menu



Food Calendar

Dates	Local Food Item
Weeks of June 5 & June 12	Asparagus
June 19 & June 26	Snap peas
July 3	Strawberries
July 10, & July 17	Summer squash
July 24 & July 31	Green beans
August 7 & August 14	Eggplant
August 21 & August 28	Sweet corn

Organized by food and farm themes:

- Circle Time
- Sensory and Dramatic Play
- Math and Science
- Arts
- Table Talk
- Farming Themes
- Incorporate cultural themes

Curriculum



Family Engagement



- Classroom displays
- Newsletters
 - Ideas for farmers markets, recipes, books to read, etc.
- Menus
- Farm Field Trip
- Family Fun Nights

Head Start Education Staff's Role



- Attend training
- Test curriculum activities in class
- Family engagement
- Provide feedback on experiences

Activity Brainstorm

- Asparagus
- Snap peas
- Strawberries
- Summer squash
- Green beans
- Eggplant
- Sweet corn
- Circle Time
- Sensory and Dramatic Play
- Math and Science
- Arts
- Table Talk/Mealtimes
- Farming Themes
- Cultural Themes

Farm to Head Start Best Practices

- Use resources that are already available
- Align with existing standards
- Incorporate into what you are already doing
- Consider the culture of your community
- Eat locally grown foods!
- Include lots of different kinds of activities
- Gardening is a great complement
- Family engagement reinforces lessons at home

Discussion

- Are you already doing any farm- or food-related activities in your classroom?
- What challenges or concerns do you have with implementing Farm to Head Start in your classroom?
- What opportunities do you see for fitting this into your regular day?

Questions & Comments



Thank you!

