






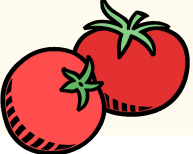
INSTITUTE FOR AGRICULTURE AND TRADE POLICY

Farm to Head Start Nutrition Staff Training



Introductions

Let's Play Cards – What's in Your Hand?

Suit	Question
	If you had to give up a favorite food, which would be the most difficult to give up?
	What is the first food you remember eating?
	What is your experience with farms or growing food?
	What is your favorite cooking memory?

What is Farm to Early Care?

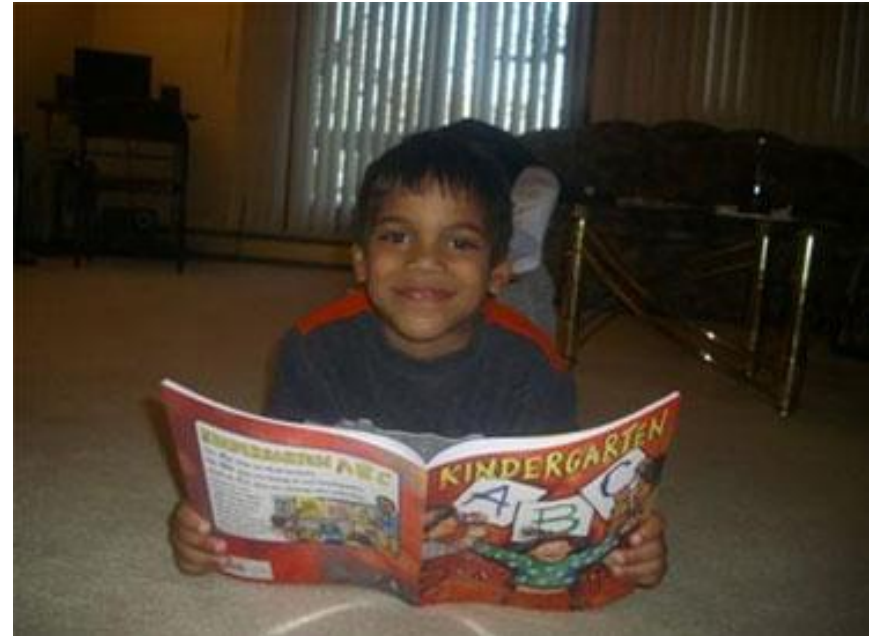
WHAT IS FARM TO PRESCHOOL?

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!

- Reach Up and the Farm to Head Start Program



Today's Training

- Familiarize everyone with Farm to Early Care and your unique role
- Answer any questions you have
- Get ready to launch the Farm to Head Start Program!

Farm to Head Start Benefits:



HEALTH: Kids Win



AGRICULTURE: Farmers Win



ECONOMY: Communities Win

Benefits of Farm to Head Start

- Consume majority of daily nutrients in childcare
- Rely on parents/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



Childhood Nutrition



- Eating habits
- Taste preferences
- Picky eating
- Nutrient needs
 - Growth
 - Brain development

Head Start Performance Standards

CFR 1304.23, Child Nutrition

“The nutrition program must serve a variety of foods which consider cultural and ethnic preferences, and which broaden the child's food experience.”

“As developmentally appropriate, opportunity is provided for the involvement of children in food-related activities.”

Farm to Early Care and CACFP



- CACFP updates released in April of 2016
- Farm to Early Care is listed as a best practice!
 - “Incorporate seasonal and locally produced foods into meals.”



Strengthens Farm and Food Literacy



Supporting our Farmers & Economic Development



Family Engagement



- On-site displays
- Newsletters
- Menus
- Farm Field Trip
- Parent workshops
- Ideas for farmers markets, recipes, books to read, etc.

Food Security

- Increases access to fresh, healthy food
- Shortened supply chain
- Local control
- Transparency
- Environmental benefits



Community Ties



Cooking Activity!

Menu Planning Best Practices

Goal:

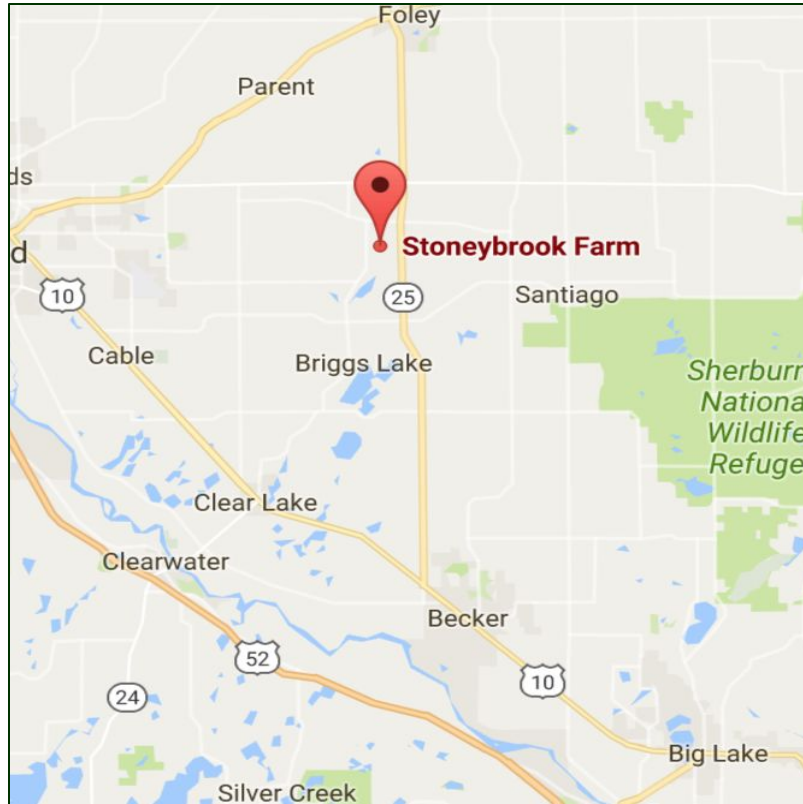
To offer students the opportunity to taste local products in different forms, and to see how taste preferences change



Food Calendar

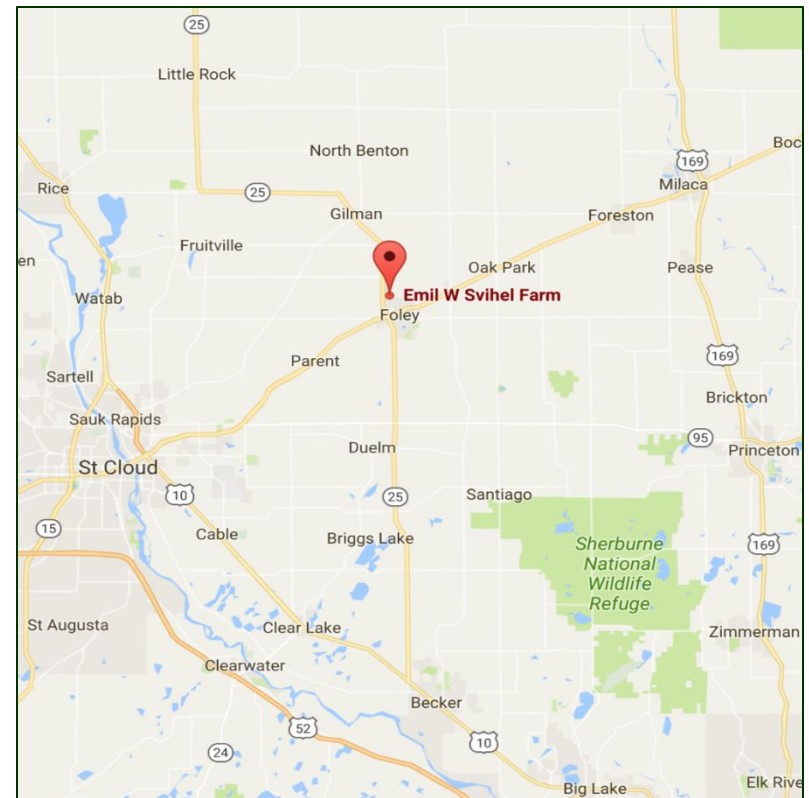
<i>Tentative Dates</i>	<i>Food Item (local farmer)</i>
September 12th/19th	Raspberries (<u>Svihel Farm</u>)
September 26th/October 3rd	Tomatoes (<u>Svihel</u>)
October 10th/17th	Apples (TBD)
October 31st/November 7th	Carrots (<u>Svihel</u>)
November 14th/21st	Potatoes (<u>Svihel</u>)
November 21st/28th	Winter squash (<u>Stoneybrook Farm</u>)

Meet the Farmers!



Stoneybrook Farm
Foley, MN

Svihel Vegetable Farm
Foley, MN



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



Head Start Kitchen Staff's Role

- Attend training
- Coordinate with food distributor and/or farmer
- Prepare local food items on Wednesdays and Thursdays
- Provide feedback on experiences



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

- What sort of support do you need to successfully cook with fresh ingredients?
- What information do you need to better understand Farm to Head Start?
- As a cook, how can you participate in classroom activities?
- What do you think you could share with parents?

Questions & Comments



Thank you!

