

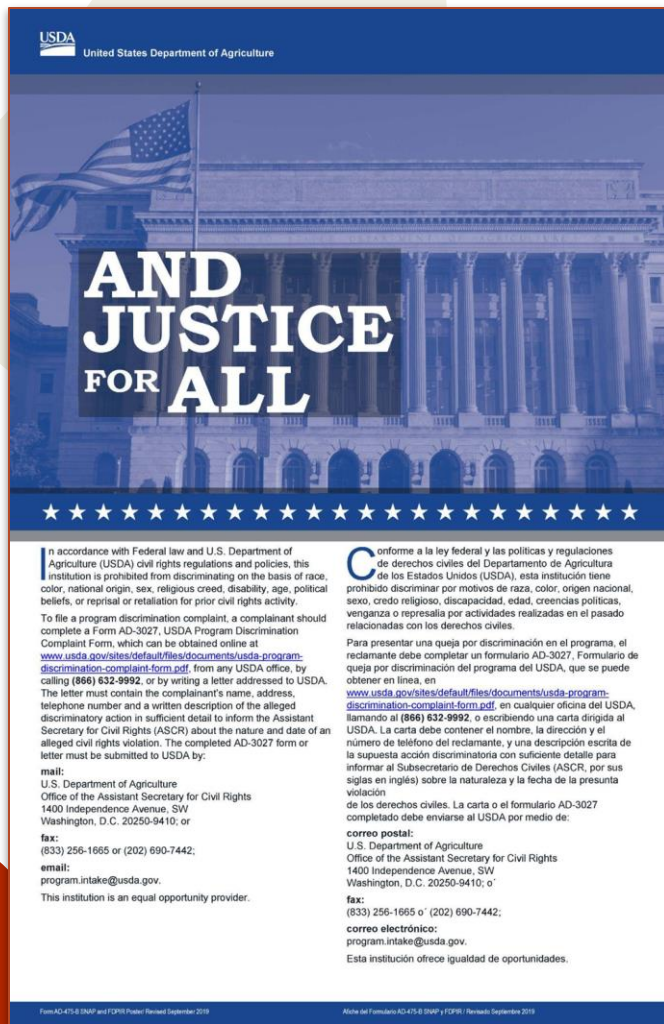
Farm to Preschool

**Building Healthier
Tomorrows Today!**

Family Engagement Training:
FALL September 27, 2022



USDA
United States Department of Agriculture



AND JUSTICE FOR ALL

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Esta institución ofrece igualdad de oportunidades.

Form AD-475-B (SNAP) and FPCPR Poster Revised September 2019

Alcance del Formulario AD-475-B (SNAP) y FPCPR: Revisado Septiembre 2019

This event is funded in part by USDA Supplemental Nutrition Assistance Program (SNAP).

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Agenda

- Welcome and Announcements
- Building Your Take Home Toolkits
- Tips for Engaging Families and Parents
- Nutrition Education
- Art Activity
- Storytime
- Questions



Announcements

- **Receipts & expense tracker are due October 17th**
- Mini grant reporting
 - End of year survey sent out on Nov 1, due Nov 14
 - You'll submit photos & testimonials in the survey
- Pilot center reporting
 - Remember to log your activities in your workbook
 - Logs, Nutrition Education Forms, photos, and testimonials due Nov 14
 - Send to kori.vandergeest@state.nm.us

Watch this 5-min video
for purchasing tips!



Building Your Take-Home Toolkits

Toolkits are a good way to engage families!

A toolkit has:

- A seasonal recipe*
- Local produce for the recipe
- An art project*
- Seasonal posters*

You have \$2,000 to
spend on Family &
Community
Engagement
toolkits

** Our team is sharing this with you*

Tips for Purchasing Seasonal Produce

- You are **NOT** required to purchase from a NM Grown Approved Supplier Program Vendor! (encouraged)
- Make sure the product is labeled Grown in NM, has *Taste the Tradition* logo, or invoice states NM Grown
- Where to find seasonal local foods
 - Farmers Market
 - Farm Stands
 - Local Grocery Stores
 - Lowes/Food King
 - La Montanita
 - SNAP Double Up Stores
 - Food Hubs
- Food costs will be deducted from your NM Grown grant amount (\$2,000 through 10/31/22). Funds can be moved to cover extra expenses.
- Use the Expense Tracker & submit invoices to Pam Mitchell and Kori VanDerGeest
- Take photos of hand-out and get parent feedback!

Receipts are
due October
17th!

Engaging Families & Community



This season's featured tip

Host seasonal family cooking
nights in person or online!

Include local foods and
partners to help teach the
class.



Nutrition Education



Take-Home Activities & Recipes

Farm to Preschool Curriculum

Click [here](#) for family handouts and [here](#) for classroom activities

Cucumber



Cucumber

Cucumbers grow on vines, have leaves, and the handle that cut away from the plant. First the flower grows, then the fruit. Cucumbers are in the same family of plants as watermelons and grow in warm weather. There are about 100 different kinds of cucumbers grown in the world today! Most cucumbers are enjoyed fresh. Other types of cucumbers are made into pickles.

Extension Activity: Have a pickle taste test! There are many types of pickles to try. You can compare and discuss taste, size, texture, and color with your child.

Recipes

Homemade Pickles

- 1 cup white vinegar
- 1/3 cup sea salt
- 5 cups water
- 1 pound cucumbers
- 2 tablespoons peppercorns
- 2 hot peppers, fresh or dried (whole)
- 2 cloves garlic
- 2 bunches fresh dill

1. Boil water. Remove water from stove and add vinegar and salt. Stir to dissolve and cool.
2. Wash cucumbers and slice.
3. Gather canning jar.
4. Add cucumbers and spices (kids can help with this part).
5. Pack cucumbers into jar tightly.
6. Pour vinegar mixture over cucumbers.
7. Put on lid and place in the refrigerator for about two weeks.
8. After two weeks, enjoy! These pickles will last for several months in the fridge.

Tomato Cucumber Salad

- 1 cucumber, peeled and sliced
- 2 Roma tomatoes, chopped
- 1 red or green bell pepper, chopped
- 1 green onion, thinly sliced
- 1/2 cup sliced kalamata or California black olives (optional)
- 2 tablespoons chopped fresh parsley
- 3 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 1/2 cup crumbled feta cheese

1. Put all the vegetables in a bowl. Add the olives (if using), parsley, lemon juice, olive oil, and feta cheese.
2. Stir lightly to combine. Serve immediately.

Apple



Apple

Apples first grew in Europe and Asia. About 500 years ago, people brought apples from Europe to North America on ships. There are about 7,000 kinds of apples that grow around the world, but only ten kinds of apples are usually sold in grocery stores. Some of the best apples in the United States grow in northern New Mexico. Apple trees grow year-round. In winter, the trees grow **rests**. In spring, the apple tree **blossoms**. In summer, the apples start to **grow**. In fall, the apples are **ripe** and ready to **pick**!

Extension Activity: Find a family tree. Any tree would fly to check in with your tree once or so per week and watch as it changed. You can discuss changes and growth with your child as time passes. Photographing the tree every so often can help younger children observe the change over time.

Recipes

Homemade Applesauce

Applesauce is easy to make. By varying how long you cook the sauce, you can choose to make it chunky or smooth. Cooking unpeeled apples allows the applesauce to become a pretty shade of pink. For the smoothest applesauce, put the cooked sauce through a food mill or wire strainer.

7 medium apples

- 1/2 cup apple juice or water
- 1/4 cup sugar or honey (optional)
- 1/2 teaspoon ground cinnamon (optional)

1. Core the apples and cut them into bite-sized chunks.
2. Put the apples into a medium saucepan.

Dried Apples

1. Use halves of apple on a clean window screen.
2. Cover the fruit with cheesecloth, put the screen in the sun for 3 to 5 days, until the fruit feels dry, almost like leather.
3. Store in zip-lock plastic bags in a cool place or in the freezer.

Bell pepper



Bell Pepper

Bell peppers are the sweet cousins of spicy chili peppers. All bell peppers are green at first, then they ripen either to red, yellow, orange, purple, or even dark brown. As bell peppers ripen, their flavor becomes sweeter. Bell peppers contain lots of vitamin C, which helps our bodies fight infection when you get sick or hurt. Bell peppers first grew in South America thousands of years ago. Birds probably carried the seeds to North America.

Extension Activity: Gather multiple colors of bell peppers and cut into strips. Create patterns and art with the veggie sticks before enjoying your crunchy snack!

Recipe

Sunset Salsa

- 1 red or yellow bell pepper
- 1 cup cherry tomatoes
- 2 tablespoons minced red onion
- 1/2 jalapeno
- 1/4 teaspoon chopped garlic
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- 1 tablespoon salt
- Pinch of black pepper
- 1 tablespoon minced cilantro
- Tortilla chips OR whole wheat crackers

1. Wash the bell pepper and cherry tomatoes. Cut the bell pepper in half and remove the stem and seeds. Cut the pepper into 1/4-inch pieces. Cut the tomatoes into 1/2-inch pieces. Put the peppers and tomatoes in a bowl.
2. An adult should seed and mince the jalapeno and add it to the bowl since it can burn the skin.
3. Add the onion and garlic to the bowl.
4. Stir in the lime juice, cilantro, olive oil, salt, and pepper. Mix until well-combined.
5. Enjoy with chips!

Take-Home Activities & Recipes

CHILE Plus Curriculum - Module 5

Click [here](#) and [here](#) for these resources

Pumpkins & Squash!

Food Detectives

Equipment Required

- knife
- cutting board
- oven
- baking sheet

Materials/Supplies

- whole acorn squash (or another available variety of squash)
- baked acorn squash or another variety (see below)
- magnifying glasses
- taste-testing cups

Before the Lesson

Select one whole acorn squash for children to closely examine with magnifying glasses. Prepare samples of baked acorn squash for the children to taste.

Purpose

The purpose of this lesson is to introduce a new food to the children in your classroom. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, children will describe what a squash looks like under a magnifying glass. Children will also share if they like how a squash feels, smells, and tastes.

Words to Use

- feel
- ridges
- smooth
- squash
- taste
- acorn
- green, orange and yellow

Introduction

This activity will work well as a circle time activity at tables, in small groups, for tasting.

"Today we are going to be detectives. Does anybody know what a detective does? A detective gathers clues by using his or her eyes, hands, nose, and mouth. We are all going to be food detectives today. We are going to use a magnifying glass, something all good detectives use, to look closely at a food that many of us have tried before. After we all take a turn looking at the food, we get to smell and taste the new food."

An easy way to prepare baked acorn squash:

- Heat oven to 350 degrees.
- Wash the outside of the squash and cut in half, removing all seeds.
- Place halves on a baking sheet hollowed side up and bake (about 60 minutes) until tender. (Baking time may vary depending on size of squash.)

TIPS FOR THE COOK

Cur_Nutr_Mod_5_Veg_2012

NUTRITION NEWS!

WHAT'S UP...

Lately, your child has been tasting squash and peaches in classroom activities, meals, and snacks offered by the CHILE take home activities. The more times you and your child try these new foods, the more likely your child is to develop a taste for squash and peaches and enjoy these foods. Over the next few weeks, try adding squash into meals like steams and soups and add peaches as a snack by itself or on top of cereal or yogurt. Don't forget to cut squash or peaches into small pieces no larger than 1/2 inch to prevent choking in young children.

CHILE PROJECT GOALS

- Families will eat more fruit, vegetables, and foods made with whole grains
- Families will eat less sugar and high-fat foods
- Families will be more physically active
- Families will watch less TV

Some ideas include:

- Add peaches to oatmeal, yogurt, cottage cheese, and applesauce or serve with part-skim mozzarella cheese for a tasty, quick snack.
- Remember to buy canned peaches "in their own juice" not light or "heavy syrup".
- The peach peel is good for you too, so you can leave the skin on.
- Frozen peaches are also quick and easy if they are available in your store.

Squash are grouped into "winter" and "summer" types, but don't be confused! Many types of squash can be found year-round.

Summer types, such as calabacitas, zucchini and yellow squash, can be eaten raw in salads and as a tasty snack, grilled or added to your favorite soups and stews.

Winter types, such as acorn, butternut, spaghetti and pump, are baked, boiled, or even grilled! The flavor will depend on the type of squash you use. You can enjoy squash as a colorful part of any meal. Try mashing cooked squash like potatoes or blend pureed cooked squash with vegetable or chicken stock to make thick soup base.

Remember to cut foods into pieces no larger than 1/2 inch to prevent choking.

Mod_5_Nutr_Mod_2012

Module 5 Pumpkin and Bean Soup RECIPE

Directions:

- Drain and rinse the can of beans OR the soaked beans you have already prepared from dry.
- Chop the onion very finely.
- Mix together the beans, onion and water with a potato masher (or in a blender if you have one).
- In a large pot, add the pumpkin, apple juice, cinnamon, nutmeg (if you use it), pepper and salt. Stir. (Your child can help you add these ingredients and to stir them together)
- Add the bean mixture to the pot and stir. (Your child can help you add the bean mixture and stir.)
- Cook over low heat for 15-20 minutes, until warmed through.

Ingredients:

- 1 can (15 ounce) white beans (or 1 1/2 cups soaked white beans)
- 1 small onion
- 1 cup water
- 1 can (15 ounce) pumpkin
- 1 1/2 cups 100% apple juice
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg (optional)
- 1/2 teaspoon black pepper
- Pinch of salt

(Makes six 1 cup servings)

SAFETY TIPS!

- Keep children away from a hot oven and hot pans.

REMEMBER: Your children are more likely to try a new food if you try it with them!

Child Health Initiative for Lifelong Eating & Exercise

Art Activity



Bean Medallions for Family Fun!

Seasonal At-Home Activity

What you'll need

- Dried beans or peas
- Recycled lids, e.g. jar lids
- Hot glue gun
- Hammer
- Nail
- Twine or yarn
- Safety glasses

You can find take-home instructions [here](#)

Bean Medallions for Family Fun!

Seasonal At-Home Activity



Gather the materials



Explore the beans!

Bean Medallions for Family Fun!

Seasonal At-Home Activity



Glue beans to the lid



Hammer a hole in the lid

Bean Medallions for Family Fun!

Seasonal At-Home Activity



Put string through hole

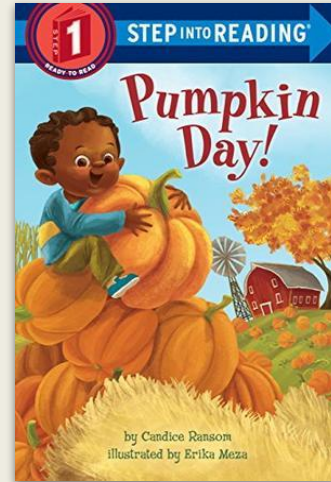
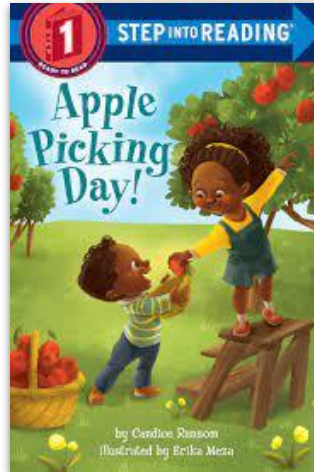
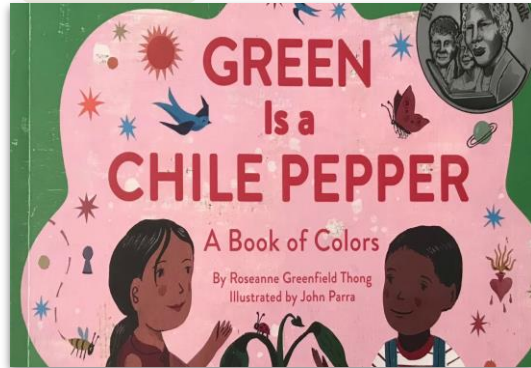


Tie string to make a necklace

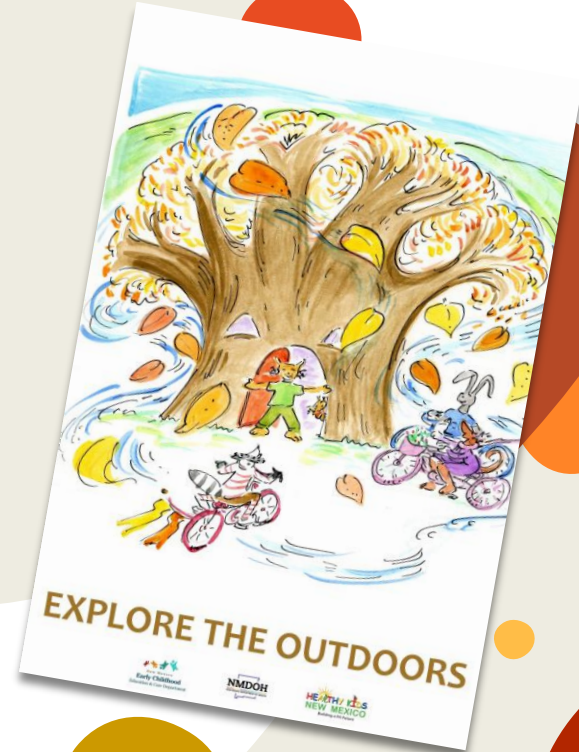
Storytime



Farm to Preschool Book List: Seasonal Favorites



Farm to Preschool Seasonal Posters





Questions ?

Contact us for support!

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