Farm to Preschool: Taking Root Across the Nation!

The Farm to Preschool Subcommittee of the National Farm to School Network
Agenda

• Farm to Preschool/Childcare 101
• The NFSN’s Farm to Preschool Subcommittee
• Case Study: Farm to Keiki, Hawai’i
• Introduction to Subcommittee Members
• Case Study: Farm to Preschool & Families, Massachusetts
• Subcommittee Panel
• Informal Networking
Stand Up If You Have Ever...
Farm to Preschool/Child Care 101
What is Farm to Preschool?

- Connects local food producers and processors with early care and education
- Local food- and garden-based education in the classroom, food services, and community
- Suitable for children ages 0-6
- Child care centers, preschools, family home care, Head Start
Why Farm to Preschool?

• Addresses dramatic increase in obesity among preschool-age children
• Increases access to fresh fruits and vegetables
• Provides in-season product
• Teaches food and environmental literacy
• Helps build additional skills for staff
• Helps viability and preservation of small farms
Why in Preschool?

• Many children consume the majority of their daily nutrients in childcare
• Early patterns are a determinant of later eating habits
• Children can be agents of change for family behavior
• K-12 Farm to School movement strong
  – creates a local-food focused linkage between preschool, kindergarten and beyond
Why in Preschool?

—— FIGURE 1 ——
Spectrum of Opportunities for Obesity Prevention in Early Care and Education Settings

Source: Centers for Disease Control and Prevention
Farm to Preschool Partners

- Children
- Care Providers
- Teachers
- Community Members
- Food Service Staff
- Farmers
- Families
Farm to Preschool Activities

- Purchasing local foods for meals and snacks
- Curricula and classroom activities
- Farm and farmers’ market field trips, farmer visits
- Gardens
- Cooking and tastings
- Workshops and trainings
  - Parents, providers, others
- Newsletters
- Produce for home
National Farm to School Network - Farm to Preschool Subcommittee
National Farm to School Network

Operating in 50 states
2,500 + programs in K-12

http://www.farmtoschool.org
Farm to Preschool Subcommittee: E-News and Website

www.farmtopreschool.org
Farm to Preschool Subcommittee: Other Projects

- Spreading the word and growing the movement
- Developing pre-service training for early care and education teachers
- Promoting research and evaluation
- Engaging farmers and food producers
- Conducted a national survey of programs
F2PK National Survey

• Online survey disseminated through F2S and ECE networks
• Wanted a snapshot/baseline of current programs
• We asked...
  – What Farm to Preschool Activities are you engaged in?
  – What are your challenges and opportunities?
  – What support do you need?
National Survey - Overview

- **Who Completed the Survey:**
  - 494 filled out survey → majority were program managers/directors (47%) or admins (33%)

- **Numbers served:** at least 163,450 young children

- **Age Range:** most sites are serving ages 1-5

- **Demographics:** over half of respondents self-describe as rural
National Survey - Programming

- **Program Length:** almost half have been doing Farm to Preschool activities for > 3 years
- **Program Model:**
  - Child care center (42%)
  - Head Start/Early Head Start (20%)
  - Private preschool (17%)
- **Who coordinates programming:**
  - Teachers (56%)
  - Program managers or directors (44%)
National Survey - Activities

• Most common activities:
  – 87% teach children about where food comes from and how its grown
  – 79% serve meals or snacks with at least some local food
  – 78% plant or work with children in edible gardens
  – Just over 50% give families information about local food

• Most respondents do not use a set curriculum or resources
National Survey – Local Foods

• How do you incorporate local foods?
  – 72% in lessons
  – 69% as snacks
  – 66% as meal ingredients

• What local foods do you buy?
  – 88% vegetables
  – 78% fruits
  – 27% eggs

• Most common concerns: Overwhelmingly, cost. Some concern over seasonality of fruits and vegetables.

• Where do you buy food?
  – From a grocery store (68%)
  – From a contracted vendor (44%)

• Where are foods prepared? 64% at a central kitchen

• Food service preparation style: Over half (59%) describe as scratch cooking from mostly whole ingredients!
National Survey - Funding

• **Funding types:** Most programs (51%) have not received external funding for Farm to Preschool.

• **CACFP participation:** Majority (67%) receive CACFP funding for meals

• **Additional funds are most needed for:**
  – Local food purchases
  – School gardens
  – Curriculum and staff trainings
Check out our Handout!

SNAPSHOT: FARM TO PRESCHOOL 2012

RESULTS from a NATIONAL SURVEY

494 managers, directors, administrators, teachers, food service coordinators, and partner organizations of early care and education programs across the United States serving at least 163,450 young children filled out our survey.

We asked:
- What FARM TO PRESCHOOL activities are you engaged in?
- What are your challenges and opportunities? What support do you need?

WHAT IS FARM TO PRESCHOOL?

It's about connecting young children (ages 0-8) 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.

WE TAUGHT CHILDREN ABOUT LOCAL TRADITIONAL WAYS OF PRESERVING FRESH PRODUCE

SURVEY CONDUCTED IN JUNE 2012.

WHAT are your MOST COMMON ACTIVITIES?

- 87% teach children about where food comes from and how it's grown
- 79% serve meals or snacks with at least some local food
- 78% plant or work with children in edible gardens
- 50% give families information about locally grown food

HOW do you INCORPORATE local food?

- 72% in lessons
- 69% as snacks
- 66% as meal ingredients

- 33% see cost as a great concern
- 50% have not received external funding for Farm to Preschool activities

TOP 3 Things FUNDING is MOST needed for:

- Local food purchases
- School gardens
- Curriculum and staff training

TOP 5 ways PROGRAMS need support:

- Grant funding/financial assistance
- Supplies to get started (curriculum, recipes, cooking equipment)
- List of local farmers or distributors to connect with
- Training/professional development opportunities
- Examples of policies and procedures

This represents a small slice of our findings. Thank you to all who participated.

LEARN MORE: www.farmtopreschool.org
Case Study: Farm to Keiki, Hawai‘i

http://vimeo.com/45469927
Farm to Keiki: Overview

Goals
1. Increase access and consumption of fresh fruits and vegetables in preschools
2. Increase amount of preschools to adopt wellness policies

✧ Year-Round Preschool Wellness Program
✧ 52 Week Hawaiian Harvest Gardening and Nutrition Curriculum
✧ 19 Pilot Schools
✧ Modified from UEPI F2P Program
Farm to Keiki: Let’s Get Growing!

Farm to Preschool is EASY to implement!

Basic Elements:

– Garden
– Taste Tests
– Books
– Wellness Policy
– Field Trips
– Parent Workshops
# Farm to Keiki: Curriculum

## Seasonal Hawaiian Harvest Produce

<table>
<thead>
<tr>
<th>Month</th>
<th>Produce</th>
</tr>
</thead>
<tbody>
<tr>
<td>August</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>September</td>
<td>Lettuce</td>
</tr>
<tr>
<td>October</td>
<td>Pumpkin and Winter Squash</td>
</tr>
<tr>
<td>November</td>
<td>Root Vegetables</td>
</tr>
<tr>
<td>December</td>
<td>Avocados and Bananas</td>
</tr>
<tr>
<td>January</td>
<td>Oranges and Papayas</td>
</tr>
<tr>
<td>February</td>
<td>Cruciferous Vegetables</td>
</tr>
<tr>
<td>March</td>
<td>Peas and Green Beans</td>
</tr>
<tr>
<td>April</td>
<td>Sweet Potato and Carrots</td>
</tr>
<tr>
<td>May</td>
<td>Cucumbers</td>
</tr>
<tr>
<td>June</td>
<td>Peppers</td>
</tr>
</tbody>
</table>

### Taste Tests: August–December

- **August - Tomatoes**
  - Week 1: Salsa!
  - Week 2: Fresh Tomato Time!
  - Week 3: Da Bomb Bruschetta
  - Week 4: Chillin’ Summer Gazpacho

- **September - Lettuce**
  - Week 1: Turkey Lettuce Wraps
  - Week 2: Green Papaya Lettuce Cups
  - Week 3: Farm Fresh Rainbow Rollups!
  - Week 4: Rainbow Super Salad!

- **October - Pumpkins and Squash**
  - Week 1: Pumpkin Party
  - Week 2: Pumpkin Seeds
  - Week 3: Scrumptious Squash Pasta
  - Week 4: Crazy for Pumpkin and Coconut Curry!

- **November - Root Vegetables**
  - Week 1: Rockin’ Roasted Roots!
  - Week 2: Veggie Flowers
  - Week 3: Krazy for Kalo! (And Poi!)
  - Week 4: Root Soup
  - Optional: Hooray for Jicama!

- **Avocado and Banana**
  - Week 1: Banana Bonanza
  - Week 2: Rainbow Kabobs
  - Week 3 Avocado Toast
  - Week 4 Guacamole
Farm to Keiki: Lessons Learned

- Program Development
- Funding
- Partnerships/net works
- Teacher Training
- Fresh Produce
- Home Influence
- Media
- Time
- Passion
- Fun!
Introduction to Subcommittee Members & Organizations
ASAP’s Growing Minds Program

• Emily Jackson, ASAP Program Director & SE Regional Lead NFSN
• Co-Lead for F2PK Subcommittee
• Facilitating project to integrate F2PS into university teacher and dietitian course of study
• Providing educational and promotional materials, programmatic resources
• Training for teachers, parents, child nutrition staff
• Connections to area farmers, chefs, distributors
• http://www.growing-minds.org
Ecotrust Farm to School

- Stacey Sobell, Farm to School Manager
- Katy Pelissier, Farm to School Assistant
- Co-Lead for F2PK Subcommittee
- Western Regional Lead Agency, NFSN
- Portland, Oregon

- Exploring F2PK Coalition model in OR:
  - Coordinated and comprehensive statewide approach
  - Outreach, partnership building, community connections

- Learn more at: http://www.ecotrust.org/farmtoschool/
Farm to Preschool
Occidental College

• Zoe Phillips, Farm to Preschool Manager
• Co-lead for F2PK Subcommittee

• Program nationally recognized by Let’s Move! Child Care in 2012
• Developed farmtopreschool.org
• Evidence-based, two-year Harvest of the Month curriculum for preschool ages
• Trainings and technical assistance for providers and agencies in California
• Bilingual workshop series for parents
• Connections to local food purveyors
• Developing a CA state-wide network

www.uepi.oxy.edu
Gretchen Swanson Center for Nutrition

- Amy Yaroch, PhD, Executive Director
- Led Farm to School portion of Douglas County, Omaha Communities Putting Prevention to Work (CPPW) grant
- Developed toolkit for stakeholders
  - http://toolkit.centerfornutrition.org/
- Strong background in survey development and evaluation
- Workshop on Farm to School across 3 different educational entities: unique assets and challenges
• Jessica Collins, Director of Special Initiatives

• PHC is enhancing the lives of children in Springfield, MA - one system at a time...

• By providing facilitative leadership for
  • Convening cross sector collaborations
  • Building capacity of our community members
  • Championing health equity policies
Child Care Development Services, Inc.

• Carolyn Morrison, Chief Executive Officer
• Sponsor of USDA Child and Adult Care Food Program for family child care and child care centers
• Serve 20 Oregon counties
• Provide training to caregivers and children about:
  • Gardening and harvesting food
  • Farm and farmers’ markets visits
  • Basic training about buying local and serving fresh fruits and veggies
Healthy Kids, Healthy Futures
Farm to Family (F2F)

• Jessica Hoffman, PhD, Associate Professor, Northeastern University
• Interested in research & program eval.
• F2F: a subsidized CSA model that makes local produce affordable and accessible to families with young children in Boston
  • weekly farm shares delivered to convenient locations (Head Start)
  • option to pay using SNAP
• Hoffman et al. (July, 2012) JHEN
• Conference Poster: F2F: Providing Access to Subsidized CSA Shares in a Head Start Setting
Centers for Disease Control and Prevention

- Diane Harris, Ph.D. M.P.H. C.H.E.S. Visiting Scientist in Division of Nutrition, Physical Activity, and Obesity
- Provide TA support in FTS and FTP to CDC-funded programs in states and communities (CPPW, 805, CTG, etc.)
- Co-Chair Research and Evaluation Workgroup for FTP Committee
- Coordinate Let’s Move Salad Bars to Schools
- Board member of Georgia Organics (organizing GA Farm to Preschool)
Children’s Environmental Health Network

• Carol Stroebel
  A national non-profit created to protect the developing child from environmental hazards and promote a healthy environment.

  • We manage:

  [Image nanxnan to nanxnan]

  Supporting child care professionals in making low-cost, practical changes for healthier child care settings.

[Image nanxnan to nanxnan]
National Head Start Association

- Jane Adams, Director of Projects & Partnerships, NHSA (jadams@nhsa.org)

- NHSA believes: All children should reach their full potential

- Head Start is committed to helping families meet their child’s nutritional needs and establishing good eating habits that nurture healthy development and promote life-long well-being
Institute for Agriculture and Trade Policy

Madeline Kastler
Sr. Program Associate

JoAnne Berkenkamp
Local Foods Program Director

- F2CC research report issued
- F2CC pilot launched in June 2012
- Share our model nationally in 2013
Food Research & Action Center

• Geri Henchy, Director of Nutrition Policy, FRAC

• FRAC’s work includes a focus on assuring access to healthy foods for low-income children & families

• This is a picture of some of my community gardening partners: Eddie, Rodney & Miles
USDA – Food and Nutrition Service, Farm to School Program

- Christina Conell, Program Analyst

- Working to develop USDA’s unique role in the farm to school and farm to preschool conversation
- Farm to School Grants
- Know Your Farmer, Know Your Food
- Looking to collaborate with Let’s Move! Child Care
- Evaluating opportunities to integrate with CACFP
Colusa Indian Community Council
Hand-in-Hand Learning Center

• Kimberly Nall, Child Care Center Director; National Indian Child Care Association (NICCA) Secretary
• Hand-in-Hand is a Tribal Child Care Center in CA
• NICCA is a national organization with a membership who are Tribal CCDF programs – NICCA supports quality measures and initiatives around early education for tribal child care
• Hand-in-Hand implements many initiatives around Farm to School
MSU Center for Regional Food Systems
MI Farm to School

Jekeia Murphy, Academic Specialist

• Data Collection/Research:
  • Nationally in partnership with NHSA
  • Statewide with MHSA and MI Office of Great Start

• Farm to Head Start Pilot Project
  • Detroit East Side

• MI Farm to School Grant Program
  • Includes 9 early childcare program grantees!
Harvest for Healthy Kids

• Betty Izumi, Assistant Professor, School of Community Health, Portland State University
• Community-based participatory research partnership with Mt. Hood Community College Head Start
• Year 1 of two-year grant funded by Kaiser Permanente Northwest Healthy Food Access Initiative to ↑ fruit and vegetable intake among preschoolers
Tiana Kamen, Farm to Keiki
Director, Limahuli Garden and Preserve

• Developed/Piloted Year-Round Preschool Wellness Program
  • Focus: Curriculum, Wellness Policy, Teacher Training
  • F2P Subcommittee Focus: Pre-Service Training for Preschool Teachers
  • Hawaii F2S/SG Hui – PK Lead
National FTSN Advisory Board Member

• David Marvel, Executive Board Member NFTSN
• Farm to Preschool is an important extension to farm to school
• By exposing children at the earliest ages we can influence them in a positive way
• I look for ways to increase farmer participation in outreach to our youth so we can educate them about the importance of agriculture and health
• I am part of a workshop called The Farmer and the Lunch Lady
Vision: In 2015, children, family, and staff of preschool organizations are eagerly nourished and empowered by the benefits of a strong, local food system supported by a high functioning, sustainable buying model.

Mission: Over the next five years, Springfield PreKs work together to ensure that preschoolers enter Kindergarten valuing and expecting healthy food choices that will set them up for a life-time of good health and achievement.

Case Study: Farm to Preschool and Families Springfield, Massachusetts
Farm to Preschool & Families: How We Started

- Laid out a four year vision - ~ $90,000/year
- Received grant money for pilot ~ $55,000
  - Supported part-time coordinator
  - Hired MA Farm to School as consultant
  - Covered initial professional development trainings
- Convening of interested agencies
- Piloted with five largest preschools and one farmer
- Committed in-kind time for resource development; marketing; strategizing
- Added evaluation strategies as we went
Farm to Preschool & Families: Four Interventions Changing --

- the food that is served to them - Farm purchases for food service
- the KAB of the adults that are serving them - Professional Development Trainings
- the Classroom environment where they spend their day – Healthy Snack Grants and LAUNCH curriculum
- the Home and Neighborhoods where they spend the rest of their time and consume the rest of their calories
Farm to Preschool & Families: Ordering through PreK Food Service

FARM PURCHASES
• Joe Czajkowski Farms, Cold Spring Orchard, AC Produce
• Fruits and vegetables
• Weekly deliveries
• 5 drop-off points maximum
• Separate billing
• Orders sent WED, submitted FRI, deliveries TUES
• Items processed, e.g. squash, green beans, carrots
• Quarterly savings = 30-32%

NON-CONSUMABLE PURCHASES (e.g. cleaning supplies, paper products, latex gloves)
• Food Bank of WM, Mansfield Paper
• Weekly deliveries
• Member of Food Bank; For-Profit Orgs.
• Separate billing
• Unlimited drop-off points
• Orders sent WED, submitted FRI, deliveries WED or THURS
• Quarterly savings = 32-45%
Farm to Preschool & Families: Our Mobile Market for Families

- **Enterprise Farms**, Whately, MA and **New Land Farms** of West Springfield, MA
- 2 days 9 stops – Seniors and Preschool Families
- Fresh produce at cost
- Recipes
- Every Wednesday / Thursday
- Pre/During/Post Surveys
Farm to Preschool & Families: Results to Date

- $25,000 generated for farmers and orchards
- $30,000 for local wholesaler
- 32% cost savings-produce
- 8 PreKs involved
- $2000 in Healthy Snack minigrants
- Over 200 PreK staff trained in professional development trainings (Nutrition, Cost Control, Culinary Skills, ServSafe, Food Preservation)
- Over 2000 children being served
Farm to Preschool & Families: Staff Post Survey Results

- Most Preschool Staff answered that they strongly agree/agree that the children like the fresh fruits and vegetables at meals.
- Over 80% said that this year they encouraged their children to eat fresh fruits and vegetables at meals.
- When asked if willing to work harder to bring children fresher nutritious foods, over 70% strongly agreed/agreed.
- When asked about their own eating habits this year, 70% said they had tried to eat more fruits and vegetables.
Conversation with Subcommittee Members
Informal Networking
Questions?

info@farmtopreschool.org

Please visit http://www.farmpreschool.org for more information and resources