The Farm to Preschool program at Occidental College is designed for preschool-age children, age 3-5 in any type of child care setting. Farm to Preschool is more than a program, it is a new way of thinking about fruits and vegetables, a way to teach ourselves, our children and the children we care for where our food comes from and why gardening and locally grown food is so good for us and important in our lives. Watching a young child eat fresh vegetables for the first time and hearing from parents how their children are asking them to buy these vegetables at the farmers’ market is a special experience that should become an everyday experience. Early Care and Education Professionals, community partners and volunteers make our program work and last. We encourage you to use these lessons and then improve them in your own unique way. You can add to our curriculum to include lessons for both younger and older children. You can use this as a way to connect parents to what their children are learning about and show how these experiences can be continued at home. Most of all have fun!
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Thank You!