



CACFP and Farm to Early Care & Education

INSPIRATION, IDEAS, & RESOURCES

DEB MOSES – COMMUNITY GROUNDWORKS

Presentation Outline

Pre-survey and sign-up sheet

Introductions

Gardens

Break – get free resources and try demos

Local Foods

Conclusion and Post-survey

Overall Objectives: Inspiration, Excitement, and Knowledge to confidently incorporate Farm to ECE into CACFP

So many possibilities! But start with simple/small

Tell me a bit about yourself....

- Are you
 - Teachers/ directors/cooking staff/students?
 - How many are doing Farm to ECE?
 - Have gardens, buy local, farm visits

THANK YOU!

- You are the experts of ECE

About me



About me



About me



Why Do I Do This Work?

What is this work?

The heart of Farm to ECE is connecting children to the food they eat, how it is grown, and how to make healthy choices.

Farm to ECE is a tool that can help with:

- Quality of life - fully experiencing life through all senses
- Feeling of connection – “ I have a place in this world”
- Feeling healthy, strong, and capable
- True of children, families, teachers, and staff

Actual quotes from children at Troy Kids' Garden:

“I like it when it’s quiet so I can hear the birds sing to me.”

“I don’t even like peas but these are great!”

“I want to be a farmer when I grow up.”

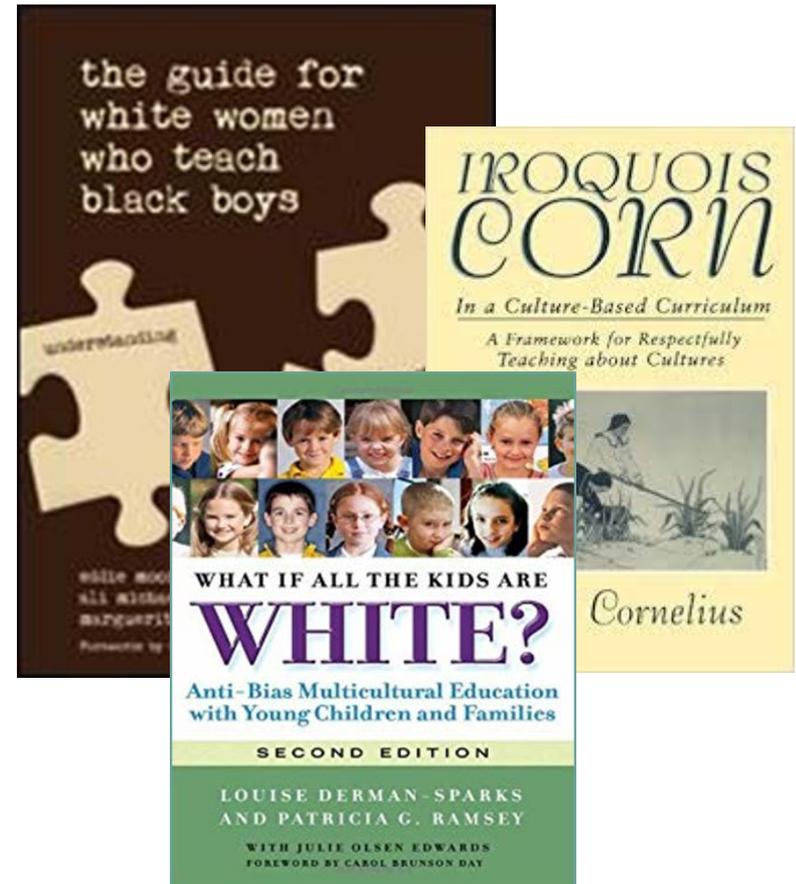


Equity and Farm to ECE

Directive from Kellogg Foundation to address equity in our work.

How do we do this?

- Self-evaluation
- Program-evaluation
- Institution-evaluation



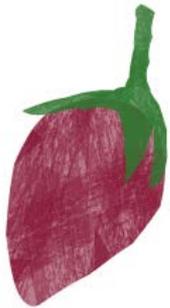
What is Farm to ECE?



Hands-on learning and play in food, nutrition, and agriculture



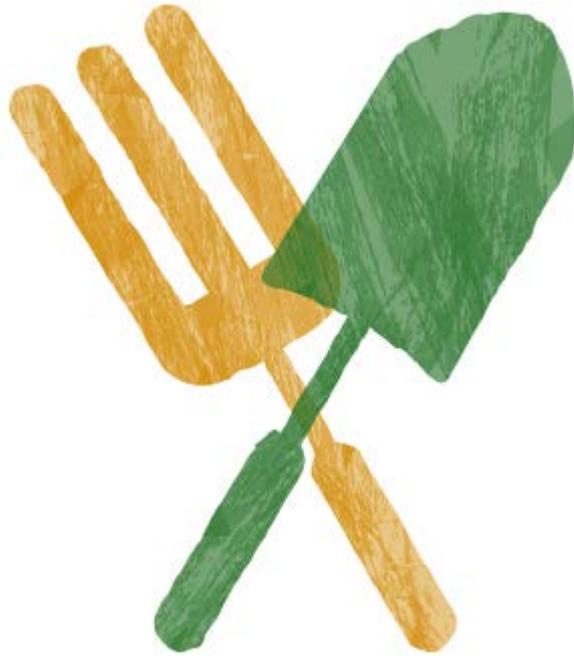
Planting & tending to edible plants



Local foods in meals, snacks, & taste-tests



Family engagement in health and wellness



USING FARM TO ECE FOR OUTDOOR PLAY
& LEARNING

Gardens and CACFP

THE 2015 LOCAL FOODS IN THE CACFP MEMO

- <https://www.nutritionnc.com/snp/pdf/cacfp/memos/15-06-LocalFoodsintheCACFPwithQuestionsandAnswers.pdf>
- “Costs associated with growing food that will be used in the CACFP, either as part of the meal services or for activities related to nutrition education to food service staff, as allowable. These costs may include seeds, fertilizer, labor, plot rental, etc.”

Gardening with children



Video of Potato Digging

Gardening with children

- Start small – positive attitude and will to try are most important!
- Provide child-sized tools and watering cans (1/2 gallon milk jugs with holes poked in top)
- Use containers or small garden beds so children can easily reach



Gardening with children

- Sprinkle flour on plants you either want children to weed or keep to help them know which plants to pull.
- Use herb or parmesan cheese shakers with sand and small seeds mixed together to seed things like lettuce or carrots more easily.
- Use raised beds or straw bale gardens to keep small feet from accidentally stepping in the garden beds (this also helps with rabbits too!)

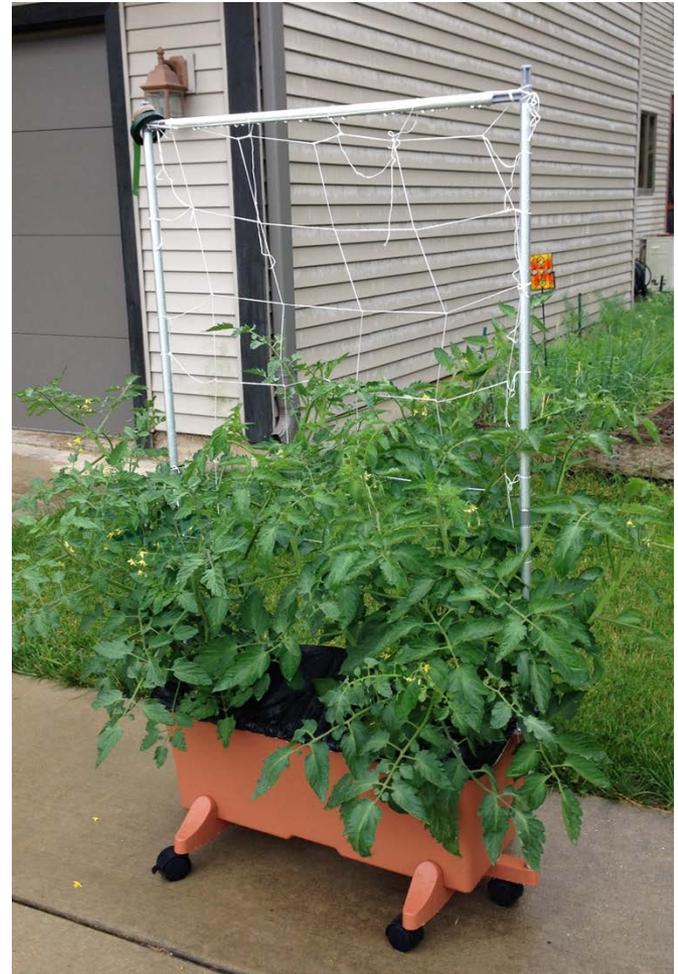
Container Small Space Ideas

Imagination is only limit (and safety...)!



See [“Safety in the Little Gardeners’ Garden”](#) – UW-Ext. publication A3905-07.

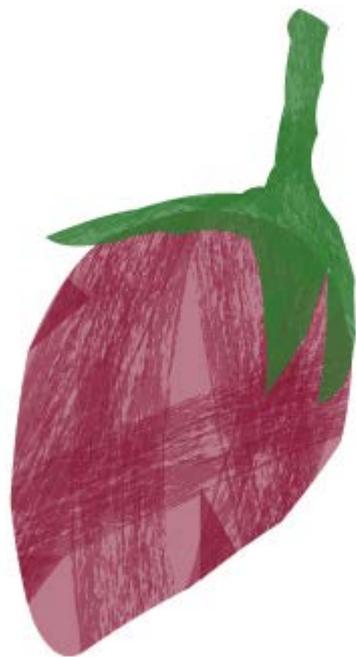












LOCAL FOODS

Buying Local and CACFP

THE 2015 LOCAL FOODS IN THE CACFP MEMO

- <https://www.nutritionnc.com/snp/pdf/cacfp/memos/15-06-LocalFoodsintheCACFPwithQuestionsandAnswers.pdf>
- “Program administrators and partners are therefore encouraged to use local food as a means to enhance CACFP operations.”
- Local Food Purchase Log



Buying Local

- From the Memo: “Some institutions may already be using local foods and not yet know it.”
- <http://www.whereismymilkfrom.com/>



Benefits of Local Food

- **Freshness & TASTE!!**
- Can be cost competitive (in-season = cheaper!)
- Take advantage of seasonal excitement & connect to learning
- Unique ingredients & varieties



Buying Local



WHERE CAN YOU BUY?

- Through your **distributor**
- At your **grocery store**
- At a nearby **farmers' market**
- At a **farmstand/direct from farmer**
- Through a **CSA**
- At **produce auctions**

What a CSA may look like....



Let's look at some veggies!

Buying Local – Getting Started

- Explore where you can find/buy local using farmfreshatlas.org
- Use the [WI Seasonality Chart](#)
- Where in menu can you sub something fresh and local in?
- Buying local can be rewarding yet sometimes challenging.



Gateway Event: Great Lakes Great Apple Crunch



GREAT LAKES
GREAT APPLE
 CRUNCH



Tips & Ideas for Menu Success

- Veggie faces – with hummus and whole grain cracker!



Tips & Ideas for Menu Success

Leave tops
on carrots!



Recipes and Menu Ideas

Recipes for Healthy Kids: Cookbook for Child Care Centers <https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers>

Recipes from Around the World: <https://www.fns.usda.gov/cacfp-recipes>

What's Cooking: USDA Mixing Bowl: <https://whatscooking.fns.usda.gov/> (most are standardized for the CACFP) – see Great Garden Soup (3 Sisters)

Recipes and Menu Ideas

Wisconsin CIAS – Chop! Chop! Videos - use more fresh, Wisconsin-grown fruits and vegetables—and whole grains—in your school meal program by introducing new foods, recipes and culinary skills. -<https://www.cias.wisc.edu/chopchop/>

Michigan State University – Farm to ECE – Seasonal Menu planning:

<https://www.canr.msu.edu/resources/farm-to-ece-webinar-series#mar.29>

Tips and Ideas for Menu Success

- roasting veggies brings out naturally sweet and savory flavors
- freezing fruits – like grapes, blueberries, strawberries – they become treats!
- putting pumpkin in muffins and waffles
- blending spinach into spaghetti sauce
- making baked potato wedges instead of French fries
- serving unsweetened yogurt with fresh or frozen fruit
- serving crinkle-cut fresh veggies with dips
- making smoothies in class with strawberries and spinach
- having some Wisconsin cheese with whole grain crackers for a snack
- making dried beans (cheap!) in a crock pot and serving as a bean dip

Baby food made with garden or fresh items!



Taste Test – the ‘I tried it!’ bite

- Taste-tests are great way to ‘test drive’ local item before incorporating into menu

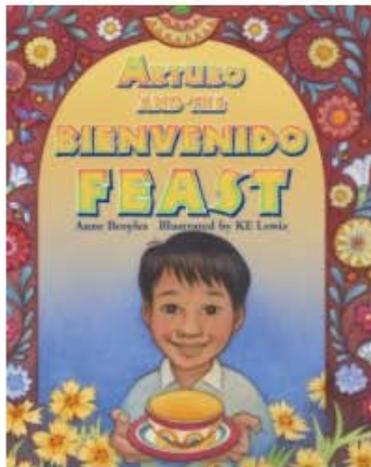




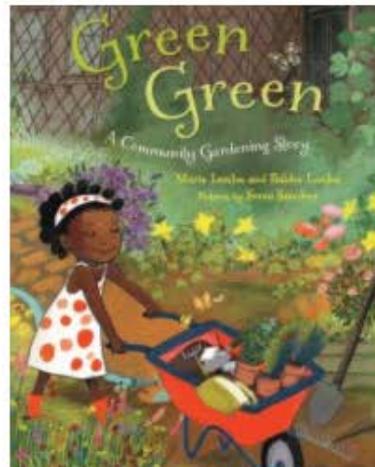
USING FARM TO ECE FOR PLAY &
LEARNING

Multicultural Collection of Farm to ECE Books

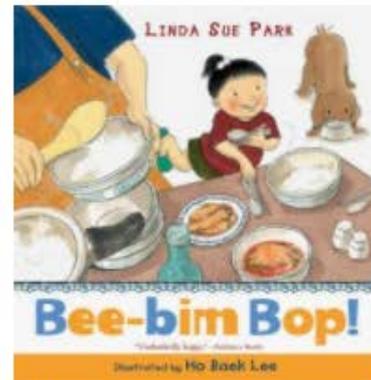
The Food Trust's multicultural collection of farm to ECE books highlights children's books that feature children from underrepresented racial and ethnic groups, many of which are authored by writers of color. The list also includes books that are either bilingual or written exclusively in Spanish. These books cover a wide variety of farm topics including gardening, farms, cooking, family meals, farmers markets, shopping for food and more.



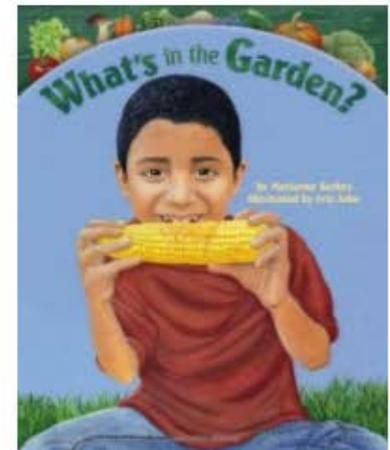
Arturo and the Bienvenido Feast



Green Green: A Community Gardening Story



Bee-bim Bop!



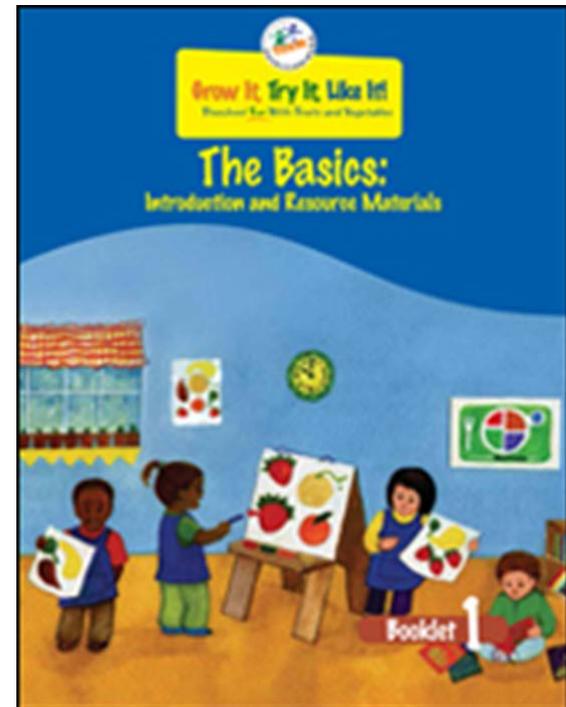
What's In The Garden?

Play Restaurant, Garden, or Farm in Dramatic Play Area



Some of our favorite curricula, etc.

- [Harvest for Healthy Kids](#)
- [IATP's Farm to Childcare](#)
- [Occidental College's Farm to Preschool](#)
- [USDA's Grow It, Try It, Like It!](#)
- [Healthy Bites – Wisconsin DPI](#)
- [A Guide to Using the Creative Curriculum for Preschool to Support Farm-to-ECE Models](#)



Other ideas!

- Visit farms or farmers' markets nearby for field trip
- Have a farmer visit the classroom
- Go bonkers on Pinterest!



Cooking with kids



Mention YS resource and developmentally appropriate practices.



FARM TO ECE FAMILY ENGAGEMENT &
STAFF ENGAGEMENT IDEAS

Cultivate a healthy site

- Use “I tried it!” stickers to facilitate conversation with family
- Invite families to share their food and gardening stories/recipes
- Drop Off/Pick-up Ideas – produce to go home, snacks for in the car



Connect families with community resources

- Families with FoodShare/SNAP & WIC can use their benefits to purchase CSAs and food at farmers' markets
 - Share via bulletin board, take home note



Suggested To Do List

Local Foods

- Keep an eye out at the grocery store for local foods
- Sign up for Great Lakes Great Apple Crunch in October

Edible Education

- Do a taste test of different colored tomatoes or different varieties of apples in the classroom

Gardening

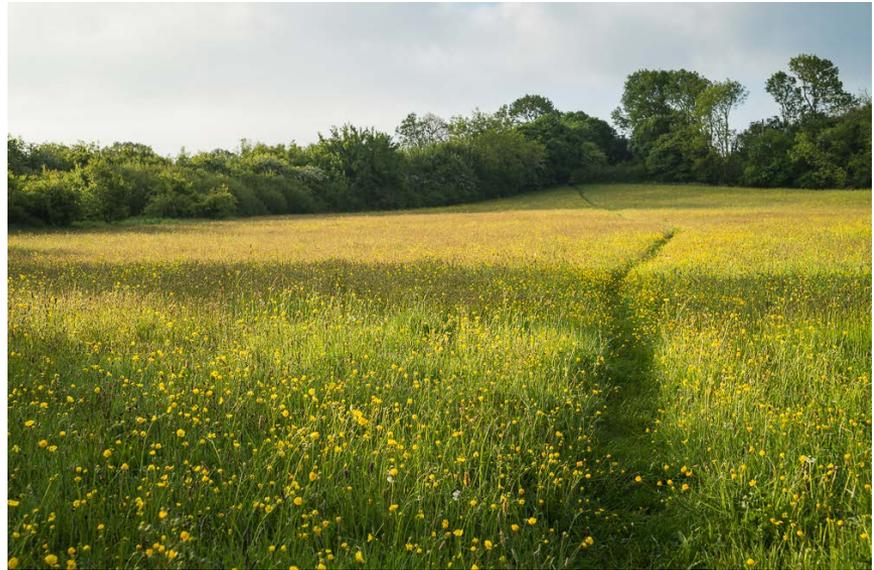
- Start some lettuce, flowers, or herbs in containers (inside or out)

Family Engagement

- Offer parents to taste test the same things the children did during the day and vote for a favorite

Hope is Contagious

- Form your team – we accomplish nothing alone!
- Use our resources and consult with us
- Take FREE stuff!!
- Spread hope!



Thank you! Questions?

Please fill out post-survey

Deb Moses

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Resources can be found at:

- <https://dpi.wi.gov/community-nutrition/cacfp/farm-2-ece>
- <http://www.communitygroundworks.org/content/farm-early-care-and-education>
- <http://wischoolgardens.org/>



NATIONAL
FARM to SCHOOL
NETWORK
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