

Farm to Preschool

- What is Farm to Preschool
- Child and Adult Care Food Program overview
- Partners
- Questions

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 service, and community



What are Farm to Preschool Activities?

- Purchasing local foods for meals and snacks
- Curricula and classroom activities
- Farm field trips, farmer visits
- Gardens
- Cooking and tastings
- Workshops and trainings
 - Parents, providers, others
- Newsletters
- Produce for home
- Wellness policies
- Evaluation



Why Farm to?

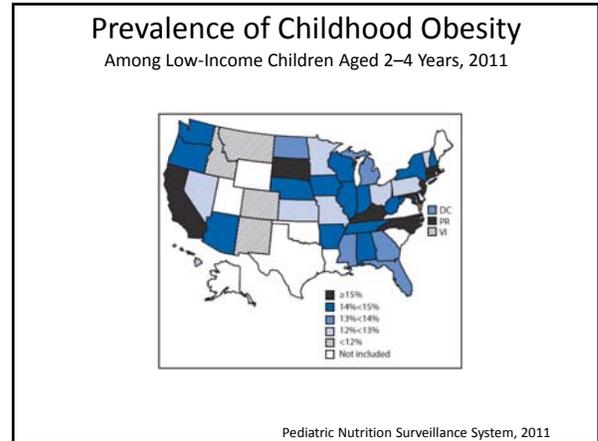
- Increase access to fresh product, especially fruits and vegetables
 - Focus on in-season
- Connect consumers with food system
 - Local food has a story, a face, a connection
- Provide community, enhance social networks
- Provide direct income for local growers
- Helps viability and preservation of small farms
- Support local economy

Why in *Preschool*?

- Many children consume the majority of their daily nutrients in childcare
- Provides fresh, local, good-tasting food
- Teaches food and environmental literacy
 - Potential to change *culture* around food
- Addresses dramatic increase in obesity among preschool-age children

Why in *Preschool* (vs K-12)?

- Early patterns are a determinant of later eating habits
- Evidence of early childhood diet on lifetime health
- Family engagement generally strong
 - Children can be agents of change for family behavior
- Staff more likely to have food preparation and teaching roles
 - May provide more opportunities for integration
- Diversities of facility scale to fit producer size
- Can provide seamless integration to K-12 FTS programs



Child and Adult Care Food Program

Building for the Future

Part of the Child Nutrition Division at the Food and Nutrition Service.

Other Programs include:

- Afterschool Meals
- Summer Feeding Program

CACFP - Background

- Provides nutritious meals to children 12 years and under*
- Operates year-round
- Head Start programs use CACFP

Program Benefits

- Federally funded program that is administered through State agencies
- Funds goes to child care providers or centers, not to parents
- Helps families stretch their food-buying dollar by keeping cost of care down

CACFP Components

➤ *Sponsoring Organization* *

- Child Care Centers
- Family Day Care Homes
- Homeless Shelters
- At-Risk Afterschool Snacks and Suppers
- Outside School Hours Care Centers



CACFP Eligibility

- **Area Eligibility (Homes)**
 - 50% or more of the children in a school service area qualify for Free or Reduced-Price school meals, based on **school or census data**
 - **Eligibility Mapper** <http://www.fairdata2000.com/CACFP/>
- **Household Income Applications**
 - Based on family income information provided on the application
 - Eligibility based on income level for Free or Reduced-Price School meals
- **Categorical (Automatic) eligibility for:**
 - Children enrolled in Head Start or Early Head Start
 - Households receiving assistance from the
 - Supplemental Nutrition Assistance Program (SNAP)
 - Food Distribution Program on Indian Reservations (FDPIR)
 - Temporary Assistance to Needy Families (TANF) Program.

GEOGRAPHIC PREFERENCE

Institutions receiving funds through the USDA Child Nutrition Programs are allowed to apply an optional geographic preference in the procurement of unprocessed locally grown or locally raised agricultural products.



Farm to Daycare Homes

Daycare homes can purchase foods from a variety of local sources:

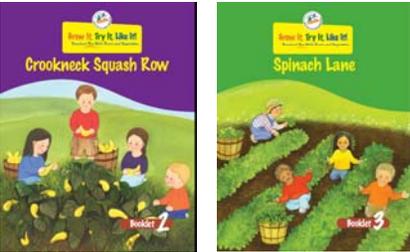
- Farmers Markets <http://search.ams.usda.gov/farmersmarkets/>
- U-pick on farms
 - Great for kids to learn about farms and their food
 - Ensure everyone receives basic food and farm safety practices
- Community Supported Agriculture (CSA)
 - Takes investment upfront
 - Caution: Shared risk! If disaster or yields are low, may have to purchase additional food from other sources.
- Grow your own
 - Must follow all State and local health and safety regulations.
 - Thing broadly: outside, containers, windowsills all have the potential for growing herbs and other plants.
 - For help knowing what to grow and where, talk to your local Extension office <http://www.csrees.usda.gov/Extension/>
- Regular grocery stores may have local sections!

Other Resources: http://www.fns.usda.gov/cnd/F2S/farm_to_childcare.htm

USDA Resources

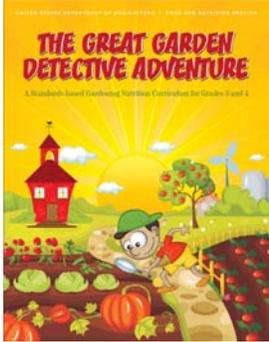
Grow It, Try It, Like It

Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables is a garden-themed nutrition education kit for child care center staff that introduces children to: three fruits - peaches, strawberries, and cantaloupe, and three vegetables - spinach, sweet potatoes, and crookneck squash.




Nutrition Education & Gardening Curriculum for 3rd and 4th Grades





Farm to Preschool Subcommittee - National Farm to School Network

- Spreading the word and growing the movement
- Conducted a national survey of programs
- Promoting research and evaluation
- Engaging farmers and food producers
- Developing pre-service training for early care and education teachers
- Disseminating e-newsletters
- Providing resources through <http://www.farmtopreschool.org>

National Farm to School Network <http://www.farmtoschool.org/>



Operating in 50 states
More than 12,000 programs in K-12

E-News and Website

Collaboration and Research

First national survey of programs

Training and Continuity

- National webinars
- Pre-service training for ECE
- Bridging the gap with K-12

A resource for TA

Looking to the future...

- **Goal:** 400% increase to 2,000+ programs serving >500,000 low-income children by 2016
- **Integration across the NSFN:**
 - State Leads and statewide FTP coordination
 - Website, *Lunch Bites* Webinars, NFSN TA resources and training
 - Professional development opportunities
 - Explore policy options
 - Procurement and distribution solutions
 - FTP track at 2014 Farm to Cafeteria Conference

First Ever State Farm to Preschool Summit

2013 FARM TO
PRESCHOOL
SUMMIT



SOLD OUT!

More information?

- Child Nutrition Division Website
<http://www.fns.usda.gov/child-nutrition-programs>



Upcoming events



Farm to Preschool Day
October 18

www.farmtoschoolmonth.org/



**7TH NATIONAL
FARM TO CAFETERIA CONFERENCE**
AUSTIN, TEXAS | APRIL 16-18, 2014