

BUILDING A FARM TO EARLY CARE PROGRAM AND HAVING FUN DOING IT

October 23, 2017
Child Care Food Program Roundtable

PRESENTERS

Bryan Brown

Food Services Manager

Community Action Partnership of San Luis
Obispo County



Afia Bediako

Program Manager

Bedford Stuyvesant Restoration Corporation-
Center for Healthy Neighborhoods



LEARNING OBJECTIVES

1. Participants gain a basic understanding of Farm to ECE, and specifically a few places they can act to implement, be it in classroom activities, procurement, gardening etc.
2. Participants learn strategies for accessing regionally sourced produce, and presenting them to children and families in creative ways.
3. Participants are inspired to introduce a new array of fruits and vegetables and consider cross-over dishes of cultural interest.

OUTLINE

1. BSRC/ CAPSLO Introduction:**Who we are**
2. Farm to Early Care 101:**What we do and, Why**
3. Hear examples from attendees on what they are doing: **How it is being done**
4. Sourcing fresh produce/ Creative cooking:**What you can do**
5. Take aways:**What you will do**

RESTORATION: ADVISING OUR APPROACH

- Up to 80% of daily food intake happens within care facilities
- Early life is a crucial developmental stage
- Food is an equalizer, and can be a lever to effect broader change
- Staff, families, children are contributors and not just beneficiaries



RESTORATION: VISION FOR PROGRAMS

- Brooklyn communities, organizations and families have ready access to healthy living options, through wealth building supports, food systems and built environment improvements.
- Farm to Early Care: piloted in 2013, place based effort that improves access to high quality local foods within head starts and other underserved childcare facilities.
- Using partnership approach we convene organizations, facilitate relationships, and leverage coalition members and other resources toward the benefit of early care sites and for other broader community benefit.



COMMUNITY ACTION PARTNERSHIP OF SAN LUIS OBISPO COUNTY

- CAPSLO serves children in child care centers and day care homes in ten counties in central and southern California predominately in rural communities and small cities.
- CAPSLO child care centers are served by onsite kitchens in most locations and in some areas are served by central kitchens. Most centers have small gardens. Some garden produce is used in kitchen and/or classroom food experience activities.



FARM TO EARLY CARE 101

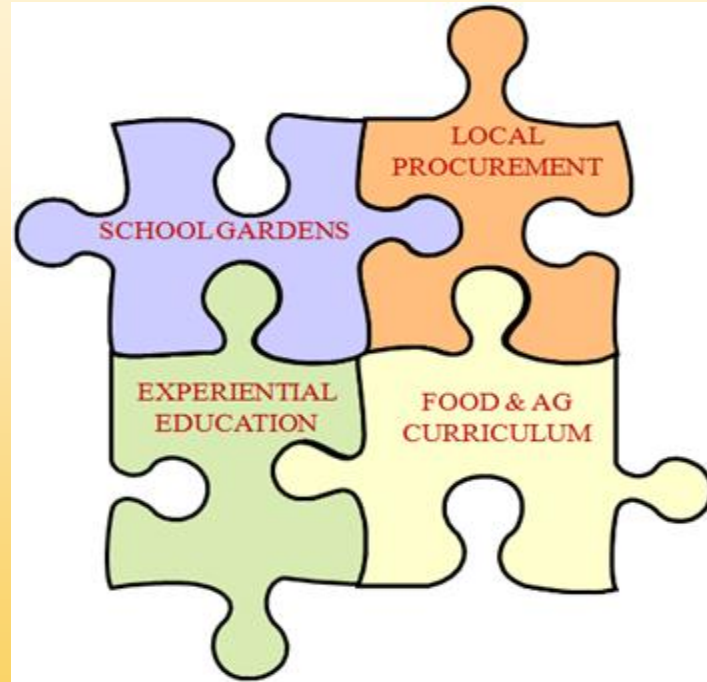
WHAT IS FARM TO EARLY CARE?



Farm to Early Care is a set of educational activities that support exploration of local food, agriculture, gardens and nutrition.

Farm to Early Care activities support healthy eating habits, and a connection to local food and agriculture.

FARM TO EARLY CARE COMPONENTS



WHO IS PARTICIPATING IN FARM TO
EARLY CARE?

BENEFITS OF FARM TO EARLY CARE

- Increase access to fresh fruits and vegetables
- Increase consumption of fruits and vegetables
- Boost physical activity
- Provide local and seasonal foods
- Teach food and environmental literacy
- Build additional skills and knowledge for staff
- Support viability of local agriculture and economy
- Reduces consumption of high-energy dense foods



WHAT DOES FARM TO
EARLY CARE LOOK
LIKE?

NAME THE PRODUCE!?

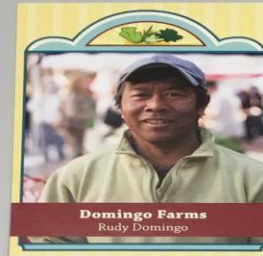


FRESH AND LOCAL FOOD IN CACFP MEALS AND SNACKS



Photo Credit Mark Luinenburg

CLASSROOM CONNECTIONS

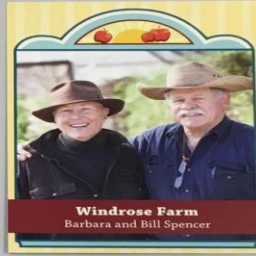


Domingo Farms
Rudy Domingo

Where does my food come from?

Farmers Bob and Michael Cresswell
Farm Mallard Lake Ranch Kiwi Farm
Location Nipomo
Farm Size 14 acres
Farm Age 23 years; Bob's parents purchased the ranch in 1996.
Crops Kiwis and avocados
Where can I get their products? Farmers markets, and in various school cafeterias through the Farm to School program.
Fun Fact Kiwis grow on large vines, producing 150 lbs. per vine. Fruit forms only on female plants (usually 1 male is planted for every 8 female plants). Locally grown kiwi is available Halloween to Easter.
Website www.mallardlakeranch.com

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AND THE SAN LUIS OBISPO COUNTY COMMUNITY FOUNDATION
WWW.CENTRALCOASTBROWN.ORG



Windrose Farm
Barbara and Bill Spencer

Where does my food come from?

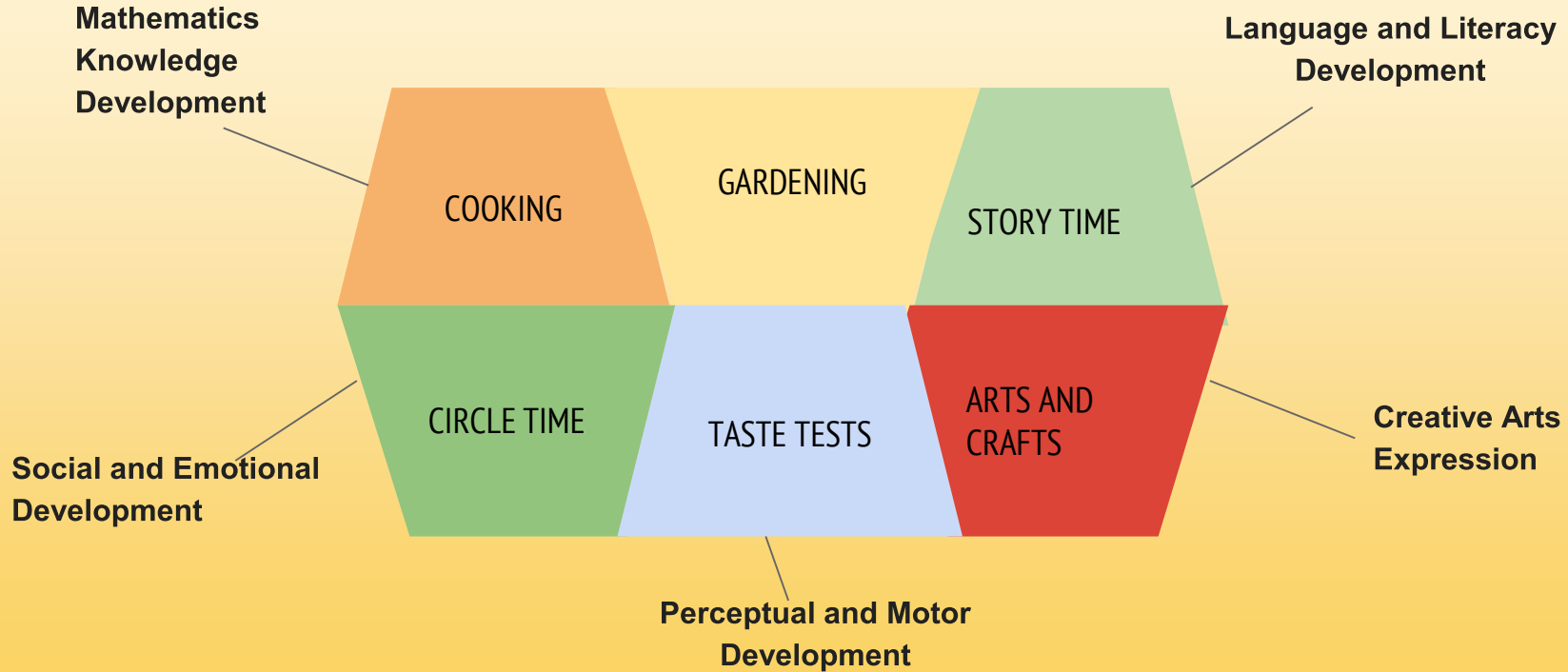
Farmer Jerry Rutiz
Farm Rutiz Family Farm
Location Arroyo Grande
Farm Size 30 acres
Farm Age 30 years
Crops 50 varieties of vegetables, as well as herbs, berries and cut flowers.
Where can I get his products? Farm stand on property, or through CSA boxes.
Philosophy Growing good food using natural fertilizers and no pesticides, and building a relationship with the community through food.
Fun Fact Hosts a "Pumpkin Engraving" in summer where people can engrave a name or saying onto a chosen pumpkin. As the pumpkin grows the words get bigger.
Website www.rutizfarms.com

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INTEGRATING WITH LEARNING DOMAINS

SCIENCE KNOWLEDGE AND SKILLS



LOCAL FOOD TASTE TESTS



GARDEN-BASED LEARNING



Photo Credit Mark Luinenburg

INDOOR AND WINDOWSILL GARDENING



FARMERS MARKET, URBAN GARDEN AND FARM VISITS



SCHOOL GARDENS & WHAT YOU MAY WANT



USING A GARDEN JOURNAL

EXPLORING SUNFLOWERS 8/13/2014



Sergio: I remember we
plant the seeds



Zaid: I want one!



Zaid: Wow!



Giovanni: A big spider! Itsy Bitsy spider!
Teacher: Where did the spider come from?
Sergio: From here... (points to the tree).
Teacher: And how do you think it got all the way over here to the table?
Sergio: Like this.. (Fingers gesturing walking)
Giovanni: Flying!

WHAT HAVE YOU DONE?

WHERE TO START/HOW TO MOVE FORWARD

- Start small, work to big
- Integrate Farm to EC into existing classroom activities (Circle Time, Sensory and Dramatic Play, Literacy, Math and Science, Arts, etc.)
- Enlist parents and partners
- Engage staff, administration and others
- Borrow ideas from others
- Turn a garden in at end of season (under straw) or plant a cover crop (clover)

SOURCING LOCAL PRODUCE

PROCUREMENT OPTIONS

- Direct Farmer
- Broad Line Distributor
- Food Hub



CACFP FARMER - AN ALLOWABLE COST



PROCUREMENT OPTIONS: SMALLER SCALE

- Gleaning
- Farmers Market/ Farm Stand
- Super Market
- School Garden



CREATIVE COOKING

STAFF DEVELOPMENT

“I don’t cook it {for the students}
because I don’t eat it”

-School Food Preparer






Fresh Food Handling Training

UTILIZING STAFF TRAINING DAYS TO TEST RECIPES/IDEAS



GETTING FEEDBACK...

"I LIKE THIS" "ME GUSTA"	"I DON'T LIKE THIS YET" "NO ME GUSTA TODAVÍA"
	
	
	

Menu Survey Example

Please rank the following menu Items that have been served in the past months

Circle one (1= Did not like, 5= Absolutely loved)

Lunch-Entrees

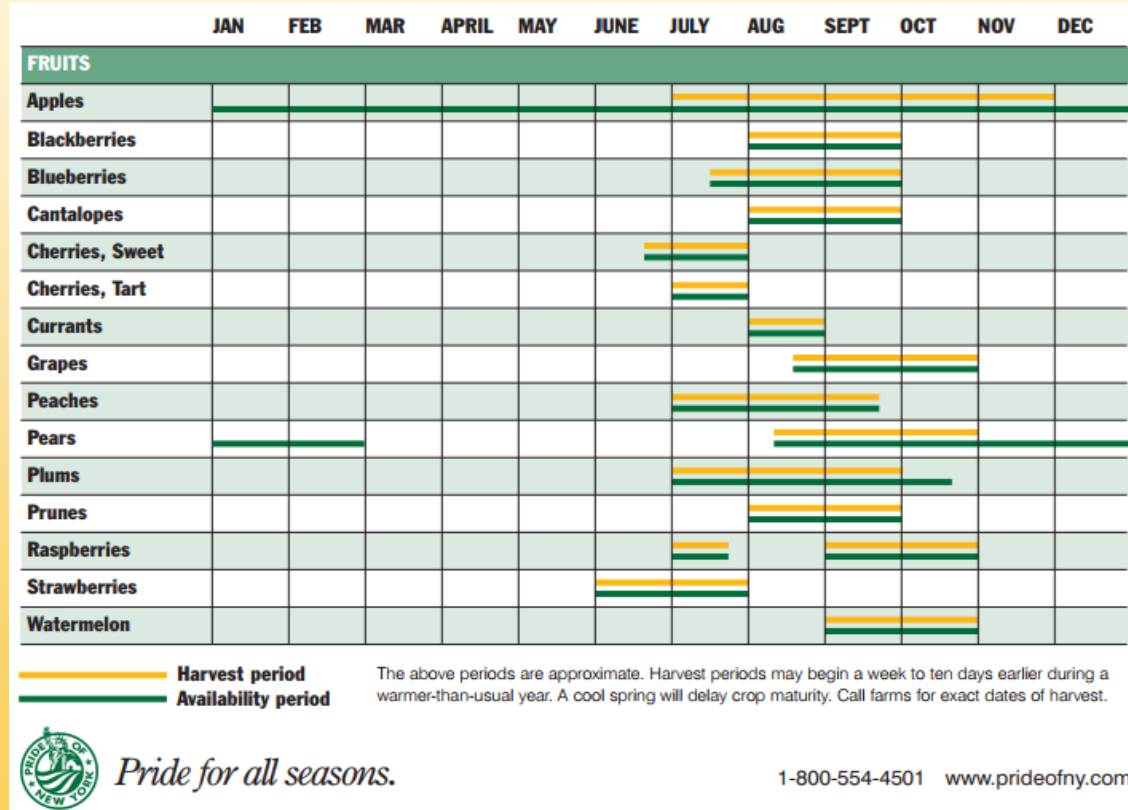
1	Beef Stew	1	2	3	4	5	did not try	was not made/don't remember
2	Vegetable Soup	1	2	3	4	5		
3	Mac and Cheese	1	2	3	4	5		

Was there anything on the menu not listed above that you particularly disliked?

What would you like to see more on the menu?

MENU PLANNING: INTEGRATING LOCAL FOODS

- Consider seasonality
- Does produce go out of season during menu cycle?
- Consider traditions of students, teachers, staff
- Logistics to consider - what are the barriers?
- Introduce new items sparingly. Most items should be familiar.



QUESTIONS AND ANSWERS

RESOURCES/CONTACT INFO

SUGGESTED RESOURCES

Farm to Preschool

National Farm to School Network: Farm to Preschool

Michigan State University: Center for Regional Food

USDA Food and Nutrition Services Farm to Preschool

Recipes

USDA FNS CACFP

National CACFP Sponsors Association

Classroom Supports

Occidental Collage Urban and Environmental Policy Institute: Farm to Preschool Harvest of the Month Curriculum

USDA FNS Grown it Try in Like it Curriculum

USDA TeamNutrition

Garden Education

National Garden Association: Vegetable planting calendar

KidsGardening.org

State Agricultural Departments

University Cooperative Extensions

Garden, Food or Health focused Community Organizations

WHAT ARE YOU TAKING HOME?

STAY IN TOUCH

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<http://restorationplaza.org/>

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