

# **Healthy Habits Take Root!**

## **U.S. Department of Agriculture (USDA) Brings the Farm to Preschool (F2P)**

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### **Food Literacy: Planting Seeds for Early Child Care Learning**

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**Presented By:**

**Laurie Pennings, MS, RD**



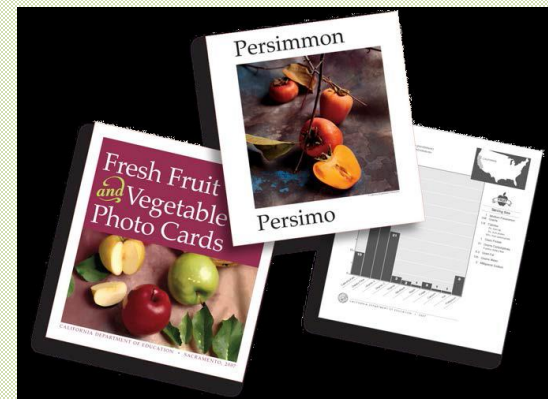
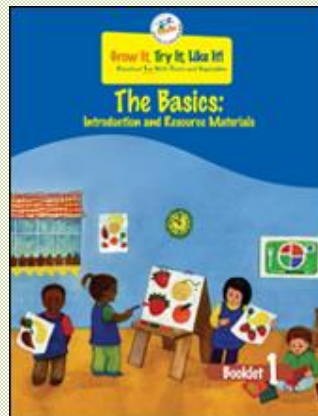
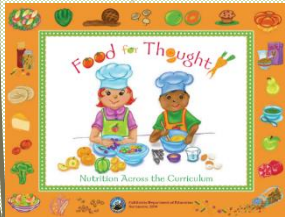
# California's F2P Web site

- Child and Adult Care Food Program (CACFP), F2P *take ACTION* Challenge
- Local procurement
- Recipes
- Garden-based curriculum and activities
- Preschool gardens
- Farms and farmer's markets

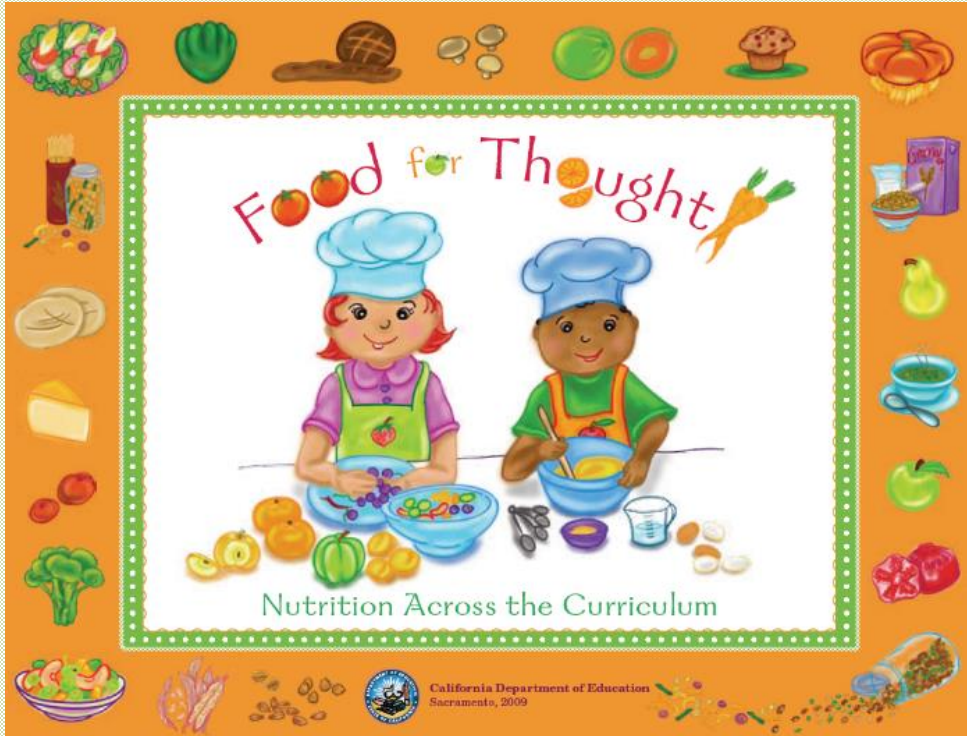
<http://www.cde.ca.gov/ls/nu/he/farmtopreschool.asp>

# Four Resources for Garden-based Curricula

1. Food for Thought
2. Harvest of the Month
3. Grow it, Try it, Like it!
4. Fruit and Vegetable Photo Cards

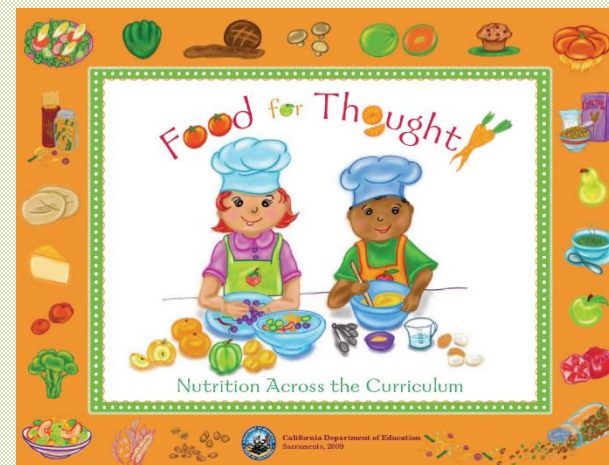


# Food for Thought Curriculum



# Five Units

- 1) Fabulous Fall Fruits and Vegetables
- 2) Wonderful Winter Fruits and Vegetables
- 3) Go-go Grains
- 4) Power Up with Proteins
- 5) Summary of Spring Snacking



# Fabulous Fall Fruits and Vegetables

- Pears
- Bananas
- Melons
- Apples
- Fruit salad
- Dried fruit
- Pumpkins





# Wonderful Winter Fruits and Vegetables

- Cauliflower
- Potatoes
- Squash
- Oranges
- Carrots
- Broccoli
- Vegetable soup



# Go-go Grains

- Rice
- Breads and Rolls
- Pasta
- Granola
- Muffins
- Tortillas





# Power Up with Proteins

- Yogurt
- Peanut Butter
- Eggs
- Nuts
- Cheese
- Beans



# Spring Snacking

- Seeds
- Smoothies
- Salad bar
- Trail mix
- Yogurt



# Food for Thought

- Order online for \$19.95

<http://www.cde.ca.gov/re/pn/rc/ap/pubdisplay.aspx?ID=001664>

Or

- Download PDF Files at no charge on the Healthy and Active Preschoolers Web site

[http://www.healthypreschoolers.com/?page\\_id=12](http://www.healthypreschoolers.com/?page_id=12)

# Harvest of the Month

- Harvest of the Month was initially created by several local school districts in California
- The CDPH adopted Harvest of the Month in 2005, launching a statewide effort that is standardized, cost-effective, replicable, and available to all.



# Harvest of the Month

Monthly elements for 36 California grown fruits and vegetables:

1. Educator Newsletters
2. Family Newsletters
3. Community Newsletters
4. School Menu Templates



<http://harvestofthemonth.cdph.ca.gov/Pages/Downloads.aspx>

# Farm to Preschool—Harvest of the Month Curriculum

- Evidence based curriculum
- Features one fruit or vegetable per month
- September through May (two years)
- Tailored for ages 3–5
- Family involvement
- Includes taste tests and classroom food preparation



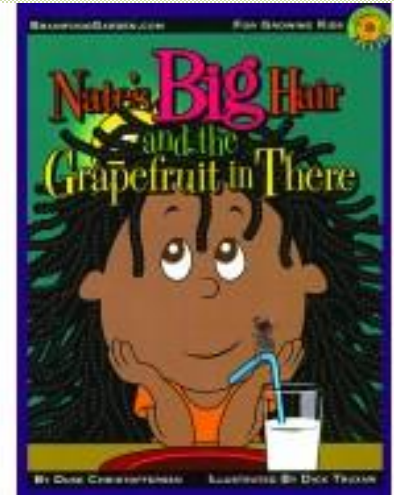


# Harvest of the Month Curriculum for Preschoolers

- Free and downloadable
- Need to purchase one or two affordable books a month

Most under \$10.00

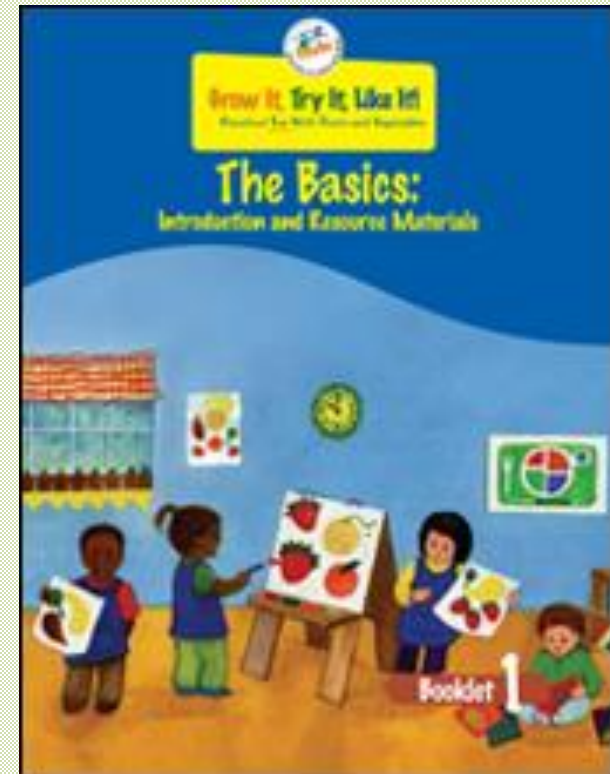
- Science and cooking supplies (magnifying glass, tweezers, scale, etc.)



<http://www.oxy.edu/urban-environmental-policy-institute/programs/food/farm-preschool>

# Grow it, Try it, Like it!

- Peaches
- Cantaloupe
- Strawberries
- Spinach
- Sweet Potatoes
- Crookneck Squash



# Cantaloupe Corner Lessons



## A. Hands On Activity

✓ Can you tell what is hiding?

# Cantaloupe Corner Lessons



## A. Hands On Activity

✓ Cantaloupe—a look inside

# Cantaloupe Corner Lessons



A. Hands On Activity

✓ Cantaloupe—Shapes

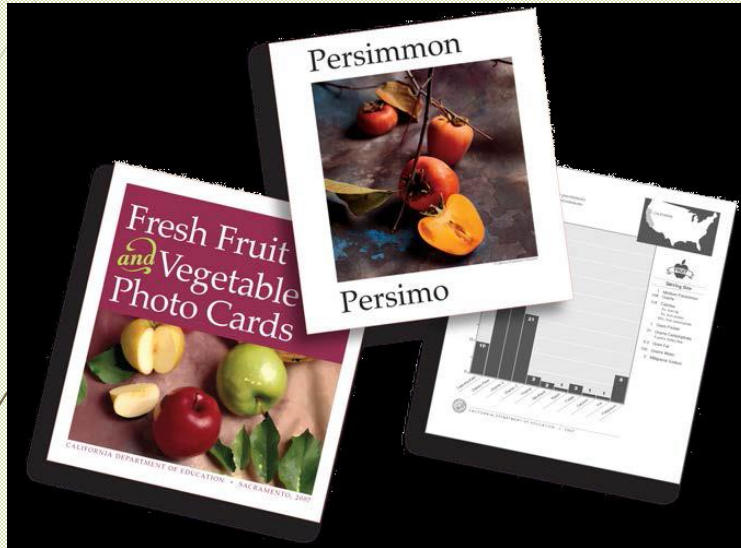
# Order Information

## Grow it, Try it, Like it!

- ➡ It is free!
- ➡ One copy per child care center is available upon request through the USDA Team Nutrition Web page:  
<http://teamnutrition.usda.gov/Resources/growit.html>



# Fresh Fruit and Vegetable Photo Cards



Item Number 001650  
140 photo cards  
8 7/8" x 9 1/2 "

Call: 800-995-4099 or FAX: 916-323-0823

E-mail: [sales@cde.ca.gov](mailto:sales@cde.ca.gov)

Web page: <http://www.cde.ca.gov/re/pn/rc/>

# Questions?

## Contact:

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# **Healthy Habits Take Root! U.S. Department of Agriculture (USDA) Brings the Farm to Preschool (F2P)**

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## **Family Engagement and Promoting F2P**

23

**Presented By:**

**Courtney Thornburg, MS, RD**



# Objectives

- Understand importance of engaging families
- Identify activities that engage families
- Learn how to promote F2P



# Objectives

- Understand importance of engaging families
- Identify activities that engage families
- Learn how to promote F2P



# Child Care Setting: Connecting with Families

- Families actively engaged with young children
- Healthy food habits formed by age five
- Connection between home and child care





# Current F2P Involvement

- ▶ How many participate in F2P?
- ▶ How many have families involved in the F2P program?



# Engaging Families in F2P



# Hosting Family Dinners

- Connect with families in a relaxed environment
- Showcase locally-sourced menu items
- Perfect activity for any time of the year



# Family Dinners—Tips

- Create a colorful invitation
- Schedule during pick-up
- Make the dinner free
- Create relaxed environment
- Serve food from menu
- Highlight local ingredients
- Provide recipes
- Send leftovers home

## Harvest Delight

THE PROTESTANT GUILD FOR HUMAN SERVICES, INC.  
Waltham, Massachusetts

### Our Story

The recipe challenge team was formed when the students at The Guild expressed an interest in learning how to cook healthier, fresher meals. To meet this need, the Harvest Delight dish was created. It features locally grown ingredients seasoned with fresh aromatic herbs and a subtle taste of maple. It was served to the entire student body who were requested to complete an evaluation form. Over 90 percent of the students who evaluated the recipe rated it "very good" to "excellent." The team was overjoyed with the recipe's positive feedback. Who knew that sweet potatoes, butternut squash, carrots, spinach, dried cranberries, and apples could cause so much excitement? Your kids will be happy too when they taste this colorful and delicious blend of vegetables, fruits, and herbs.

### School Team Members

SCHOOL NUTRITION PROFESSIONAL: Doreen Mangini, PhD

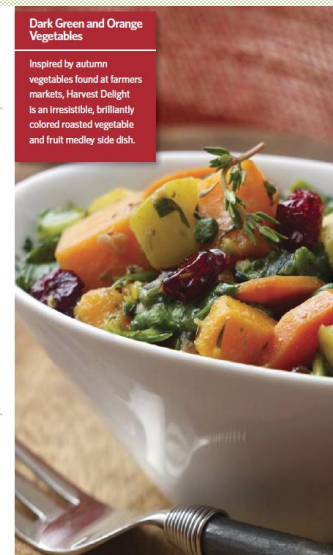
CHEF: Chef Florentine

COMMUNITY MEMBER: Erin Ridge (Special Education Teacher)

STUDENT: Samantha I.

### Dark Green and Orange Vegetables

Inspired by autumn vegetables found at farmers markets, Harvest Delight is an irresistible, brilliantly colored roasted vegetable and fruit medley side dish.





# Family Taste Tests

- Introduce locally-sourced foods
- Provide opportunity to integrate new foods in menus
- Involve children, families, and staff in menu changes



# Family Taste Tests—Tips

- Ensure that samples are kid-friendly
- Act as role models
- Provide information to families
- Invite families to vote on the food and activity





# Cooking Classes

- Involve families and children
- Show families how to use local foods
- Provide option to use community resources



# Story Times

- Introduce new books about food or gardens to children
- Invite families to attend or lead story time
- Encourage families to send in healthy F2P-related books



# Garden Work Days

- Involve families at every step
- Provide refreshments
- Create a fun environment



# Field Trips

- Opportunity for experiential learning
- A chance to discover **firsthand** the source of food
- Direct connection of farm to table





# Newsletters

- Activity updates and ideas for home activities
- Preschool menus and recipes
- Gardening information
- Opportunity to ask for volunteers and request resources



# Take-home Activities

- Engage families in child's learning experience
- Communicate F2P activities
- Incorporate into newsletters or as a stand-alone piece
- Feature an F2P activity





# Future F2P Involvement

- Family dinners
- Family taste tests
- Cooking classes
- Story time
- Garden work days
- Field trips
- Newsletters
- Take-home activities



# Promoting F2P



# Promoting F2P—Families

- Distribute colorful flyer
- Prepare a short survey
- Plan an activity with highest rating



## Butterfly Garden Preschool Farm to Preschool Program

### Why Farm to Preschool?

#### HEALTH: KIDS WIN

All kids deserve access to nutritious, high quality food. One-third of U.S. children are obese or overweight, and only 2% of children meet the Food Guide Pyramid daily serving recommendations. Schools operating a Farm to School Program have shown increases in children's participation in the school meals program and consumption of fruits and vegetables.

#### AGRICULTURE: FARMERS WIN

Farm to School supports farming families by increasing market opportunities for farmers, fruit and vegetable growers, food processors and food manufacturers. Farm to School programs can open up the expansive school food market, estimated at more than \$12 billion a year to local farmers.

#### ECONOMY: COMMUNITIES WIN

Farm to School strengthens the community. Farm to School programs create opportunities for developing meaningful community relationships between schools, parents, and local farmers. For every dollar spent on local foods in schools, one to three dollars circulate in the economy.

#### PROGRAM GOALS

- Consumption of more fruits and vegetables at school and at home through healthier options in the school cafeteria
- Better awareness and knowledge about gardening, agriculture, healthy eating, local food and seasonality
- Demonstrated willingness to try out new foods and healthier options

To get involved contact Trish Hunter: [trish.hunter@mmch.org](mailto:trish.hunter@mmch.org) ♦ 812.933.5265  
To learn more visit: [www.farmtoschool.org](http://www.farmtoschool.org) ♦ [www.grannysgardenschool.com](http://www.grannysgardenschool.com)

# Promoting F2P—Families

- Invite families
- Offer incentives
- Evaluate an activity
- Offer opportunity for feedback





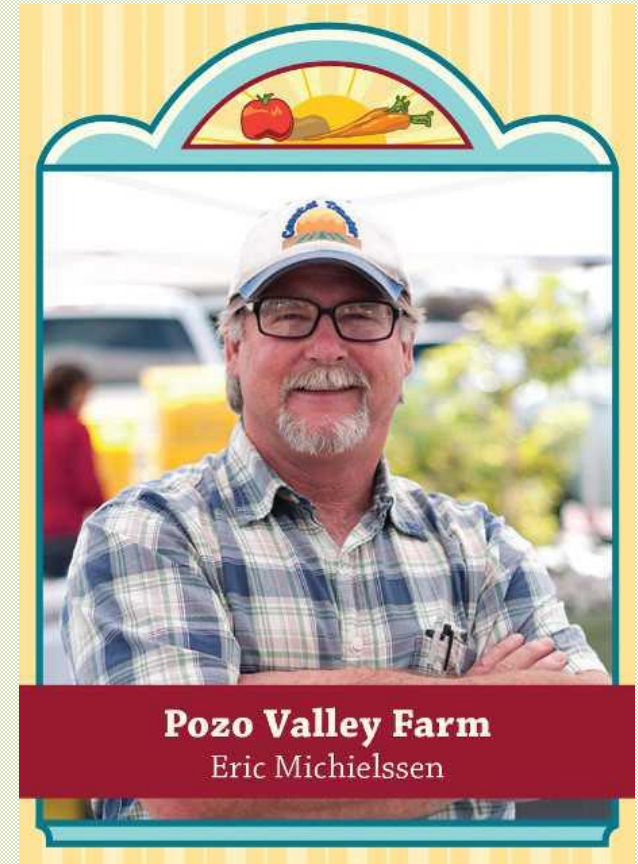
# Communicating—Families

- Consistent communication is key
- Communicate through multiple channels
  - In-person conversations
  - Flyers/newsletters
  - Web sites
  - Social media
  - Wellness policy



# Promoting F2P—Community

- Social Media
- Newsletters/Flyers
- Press Release





# Questions?

## Contact:

Courtney Thornburg, MS, RD  
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[cthornburg@cde.ca.gov](mailto:cthornburg@cde.ca.gov)  
916-324-0578



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# Group Activity

Choose one of three focus areas:

- 1) Children Eat Healthy, Local Food
- 2) Children Learn Where Their Food Comes From
- 3) Children Engage in Hands-on Learning through Gardening



# On Post it Notes, Answer the Following Questions:

1. What are you currently doing?
2. What barriers do you have?
3. Who are your potential partners?
4. What resources were helpful?

