



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRY, EXPERIENCE, ENJOY

ENGAGING CHILDREN WITH FARM TO PRESCHOOL
CACFP ROUNDTABLE CONFERENCE

October 15, 2018



GOALS

- ❑ **RECOGNIZE THE IMPORTANCE OF FARM TO PRESCHOOL**
- ❑ **UNDERSTAND THE IMPACT**
- ❑ **INCORPORATE FARM TO PRESCHOOL INTO YOUR PROGRAM**

IMPORTANCE

In California, only 35.4% of children ages 2-11 consume five or more servings of fruits and vegetables daily



Source: UCLA Center for Health Policy Research

THE MAGIC OF FARM TO PRESCHOOL

Increases exposure of healthy food

Addresses obesity epidemic

Creates healthy habits early

Promotes Kindergarten readiness



SAN DIEGO COUNTY

Impact

- 8 preschool agencies
- 233 staff
- 172 family child care providers

Success

- Students trying more fruits and vegetables
- Providers surprised with consumption of fruits and vegetables



PLANNING

Introduction

Materials

- Books
- Monthly fruit or vegetable

Modifications



TASTE TEST

Who's ready to be a food scientist?



TASTE TEST

Asian Pear

Pera Asiática



LET'S TRY

Fruit Float

- Predict if the fruit will float
- Add sticker to chart

Asparagus Recipe

- Asparagus Tea Tip Sandwiches page 106
- Spread recipe on whole wheat crackers

Resources

- Curriculum
- Fruit/Vegetable Photo Cards
- HOTM newsletters

MOVING FORWARD



Taste test tips:

- Use senses
- Make predictions
- Compare/Contrast inside and outside



Start small

- Taste Test
- Read a book



QUESTIONS?

THANK YOU

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The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.