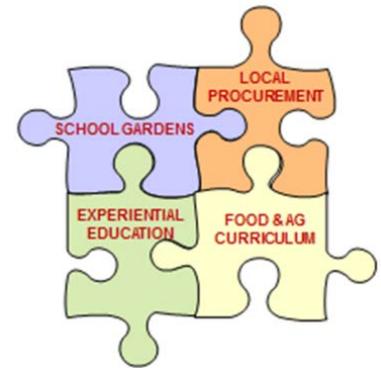


Farm to Childcare

WHAT IS FARM TO CHILDCARE?

- Connects young children with local foods
- Can occur in a variety of settings
- Components can include: gardening, sourcing local foods for meals and snacks, farm field trips, nutrition/agriculture curricula, taste testing, or parent engagement



WHY FARM TO CHILDCARE?

- Kids consume as much as 80% of their daily nutrients in childcare
- Low fruit and vegetable consumption
- High rates of childhood obesity
- Early experiences help determine later eating habits

BENEFITS OF FARM TO CHILDCARE

- Increase access to and consumption of fruits and vegetables
- Support local agriculture and economy
- Nutrition/Agriculture/Environmental education for children and staff
- Encourage physical activity



TIPS TO GET STARTED:

- Start small
- Connect with partners
- Incorporate into current activities
- Utilize existing resources
- Be flexible
- Engage parents and community members
- Create policies

RESOURCES:

- Child and Adult Care Food Program staff
- Child Care Resource and Referral agencies
- Wisconsin School Garden Initiative (www.communitygroundworks.org)
- Healthy Bites (fns.dpi.wi.gov/files/fns/pdf/healthy_bites.pdf)
- National Farm to School Network, Farm to Preschool (www.farmtopreschool.org)

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