



Presenter



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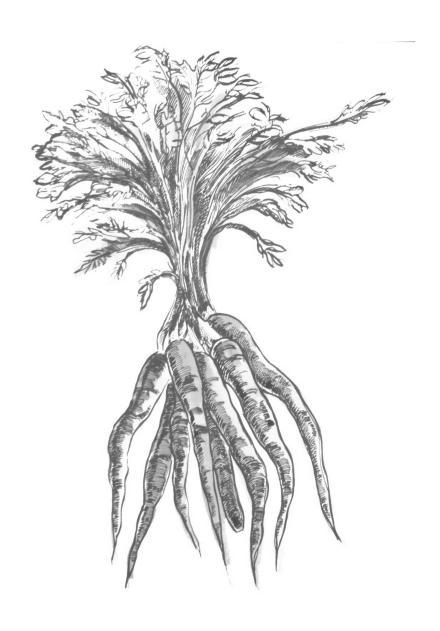




Bingo!!

Overview

- What is Farm to Early Care?
- Harvest of the Month Program
 - Available Resources
 - How it Works
 - Break
 - Stories from Participating Childcares
- Brainstorming Session



What is Farm to Early Care and Education?



What is Harvest of the Month?













Photos: Farm to Cafeteria Network

Who is HOM for?

K-12 Schools & Afterschool



Producers



Photo: USDA FNS

Early Care & Education



Photo: Villard Preschoo

Healthcare Institutions



Photo: Rvan Garza

Business & Community



Photo: Helena Food Share

How does it work?

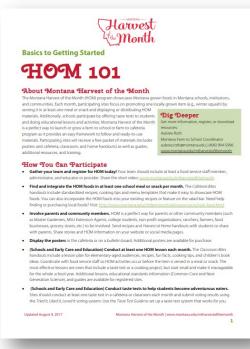


Printed Materials

Each site will receive one printed set including:

- Posters
- Cafeteria, Classroom, and Home Handouts
- HOM Guides





Did You Know

- The wild ancestors of apples grow in the mountains of
- There are over 7,500 varieties of apples grown worldwide and 2,500 are grown in the US. However, only a handful of varieties are commonly found in grocery stores today. Check out Orange Pippin online for listings and descriptions of apple varieties (www.orangepippin.com).
- Apples were brought to the United States in the 17th
- The Bitterroot Valley and other areas in the western and south central part of Montana are the largest apple producing areas in the state.
- Apples are a good source of fiber and contain vitamins and minerals such as vitamin C and potassium. Most of the apple's nutrients are located just below the skin and are removed when peeled. Potassium is an electrolyte and is needed for many functions in the body, including the electrical activity of the heart

Grow Your Own

Planting the seed from your favorite apple variety will not bitter. To get a desired variety of apple (such as weet Sixteen), the trees have to be grafted. This means taking a branch from the desired variety and attaching it to a root to form a new tree

Growing apples requires planting more than one variety of tree to ensure pollination Purchase one-year-old trees of different varieties that possess multiple branches and are certified to be

disease resistant, especially to Fire Blight. Plant in early spring, allowing 35-45 feet of growth space for standard-size apple rees, less for dwarf varieties

smooth-skinned apples with intact stems. Apples should smell fresh, not musty. Remove apples with bruises or rot from the bag or container so they do not spoil the other apples. Refrigerate apples in a plastic bag, away from strong-smelling food. Store away from other fruits, as apples naturally produce ethylene, which may cause other fruits to prematurely ripen. Eat within three eeks. Prevent cut apples from browning by dipping them

the Month

Cooking

"Branch out" and try a different way of cooking and eating apples! Try baking larger apples by removing the core with a knife, leaving 1/2 inch of the apple core intact at the bottom. Put a small amount of seasoning in the hole. Place apples in a baking pan and add 3/4 cup water to the pan. Bake at 375°F for 30-40 minutes or until desired tenderness is achieved

Book Nook



How do Apples Grow?, by Betsy Maestro How to Make an Apple Pie and See the World. by Mariorie Priceman

Dig Deeper

For sources and photo credits along with more ecipes, lessons, quick activities, resources, and quides, visit: www.montana.edu/ mtharvestofthemonth



Montana Harvest of the Month: Apples

Electronic Materials

Promotion

- 12 Newsletters
- 12 Monthly Menu Templates
- 12 Smaller Posters 11"x17"
- Table tents
- Recipe Cards
- 12 Serving Line Sign Templates
- Logos
- Illustrations

Additional Lessons

- Quicktivities Handout
- 12 Afterschool Lessons

Guides & Resources

- HOM 101 Quick Start Guide
- HOM 101 Food Service
- HOM 101 Educators
- HOM 101 Parent & Community
- HOM 101 Producers
- Implementation Guide & Checklist
- Educational Standards Connections Guide
- Participation Letter
- Taste Test Guide
- Cooking with Kids Guide
- Cooking Cart Guide
- Materials Sources



HOM Does Not Provide...

- Food needed for meals, snacks, or educational activities
- Specific farms or businesses that you have to order from
- Educator





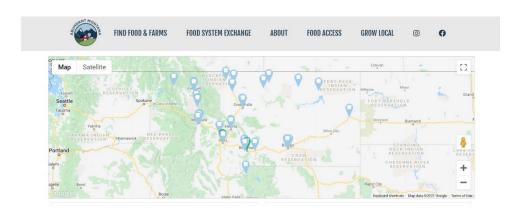


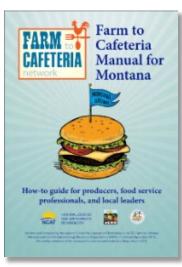


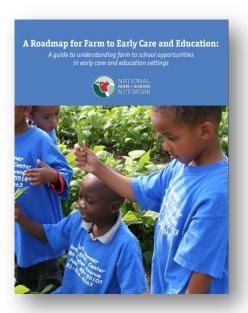
HOM Provides...

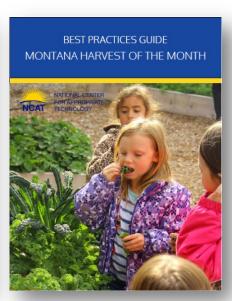
- Technical assistance
- Trainings—written guides, webinars, videos, and in-person trainings
- Electronic and printed materials

Farm to Cafeteria Producer Database

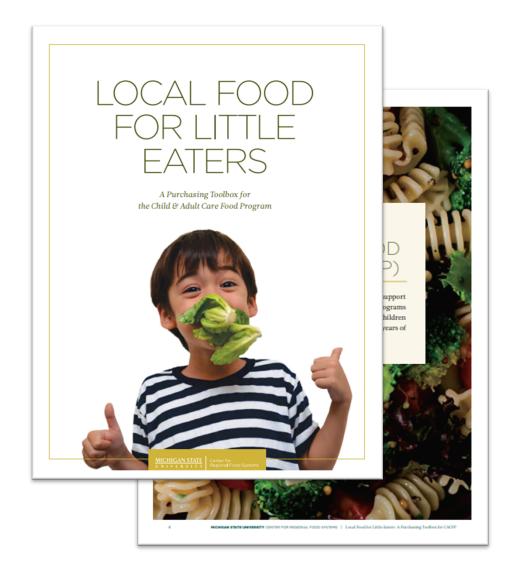


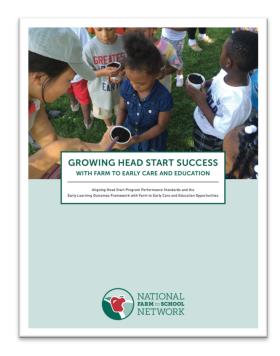






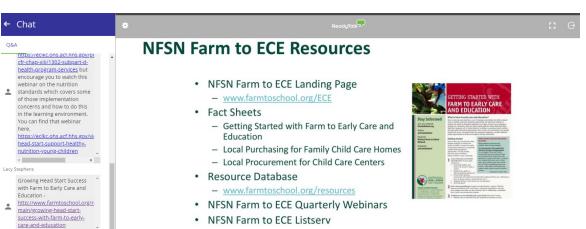
Other Resources





Chat with presenter





Participating sites will...

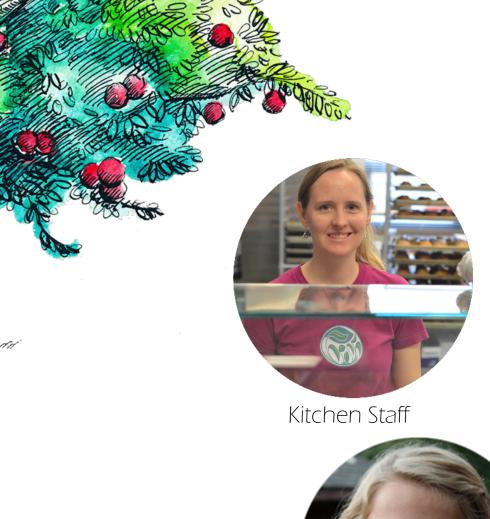
Form a team

Showcase each month

- Meal or snack
- Educational activity
 - Taste test

Promote

Evaluate





Community Partner



Administrator



Team Lead



Educator



Producer



Participating sites will...

Form a team

Showcase each month

- Meal or snack
- Educational activity
 - Taste test

Promote

Evaluate

Meal/Snack and Taste Test









Photos: Sweet Pea Outdoor School

Photo: Montana Farm to School







Educational Activities

Emotional and Social

- 1.1 Culture
- 1.3 Community
- 1.8 Interactions with Adults



- 2.1 Fine Motor Skills
- 2.3 Sensorimotor
- 2.4 Daily Living Skills
- 2.5 Nutrition

Communication

- 3.1 Receptive Communication
- 3.5 Early Reading and Book Appreciation

Cognition

- 4.1 Curiosity
- 4.5 Reasoning and Representational Thought
- 4.6 Creative Movement
- 4.8 Music
- 4.9 Visual Arts
- 4.10 Number Sense and Operations
- 4.11 Measurement
- 4.12 Data Analysis
- 4.15 Scientific Thinking
- 4.16 Life Science
- 4.17 Physical Science
- 4:20 Time (History)
- 4.21 Places, Regions, and Spatial Awareness
- 4.22 The Physical World (Ecology)

Composting, Bread Making, Games...









Photos: Sweet Pea Outdoor School



Let's play... The Mystery Bag Game!



Participating sites will...

Form a team

Showcase each month

- Meal or snack
- Educational activity
 - Taste test

Promote

Evaluate

Promotion





Photo: Farm to Cafeteria Network

Promotion



Photos: Helena Food Share





Photo: Montana Farm to School

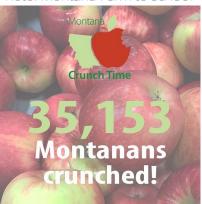






Photo: National Farm to School Network

Participating sites will...

Form a team

Showcase each month

- Meal or snack
- Educational activity
 - Taste test

Promote

Evaluate

Evaluation

Beginning of Year Survey

(1st year sites only)



Monthly Report
(1x per month)

**Optional

End of Year Survey
(Each Year)

Why do HOM?

Increases communication and collaboration within and outside of the preschool

Increases children's interest in trying new foods

Creates a method for engaging children in nutrition education and healthy eating

Provides an easy framework to start or grow farm to early care

Supports local economies, agriculture, and existing wellness efforts in your community

HOM in Action



Farm to Early Care...

- Aligns with early learning standards.
- Increases family and community engagement opportunities.
- Creates a method for engaging children in nutrition education and healthy eating
- Supports local economies, agriculture, and existing wellness efforts in your community



Photo: Villard Preschool

Brainstorming Session!

- 1. Who would serve on your team and what would your roles be?
- 2. Do you have any ideas for recipes, vendors, or activities?
- 3. Which organizations or community members would you collaborate with?
- 4. How would you engage parents and family members?
- **5.** What are the **challenges** you foresee?
- **6.** What are **strategies** for overcoming these challenges?



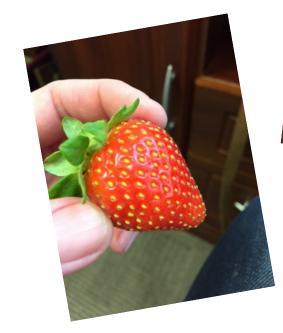


Photo: Farm to Cafeteria Network











Photos: Helena Food Share



Photo: Lower Valley Processing





