

# Enhancing Farm to Early Care Programming:



## MT Harvest of the Month Best Practices



# Presenter



Lizzie Gill

Montana Local Foods Specialist

National Center for Appropriate Technology

(406) 494 - 8672

[lizzieg@ncat.org](mailto:lizzieg@ncat.org)



**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?



MONTANA  
*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 Preschool

Healthcare Institutions

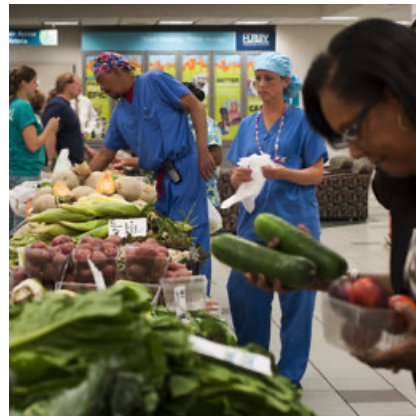


Photo: Ryan Garza

Business & Community



Photo: Helena Food Share

# How does it work?



August – Cherries



September – Brassicas



October – Apples



Nov. – Winter Squash



December – Lentils



January – Carrots



February – Beets



March – Grains



April – Chickpeas



May – Beef + Buffalo



June – Leafy Greens

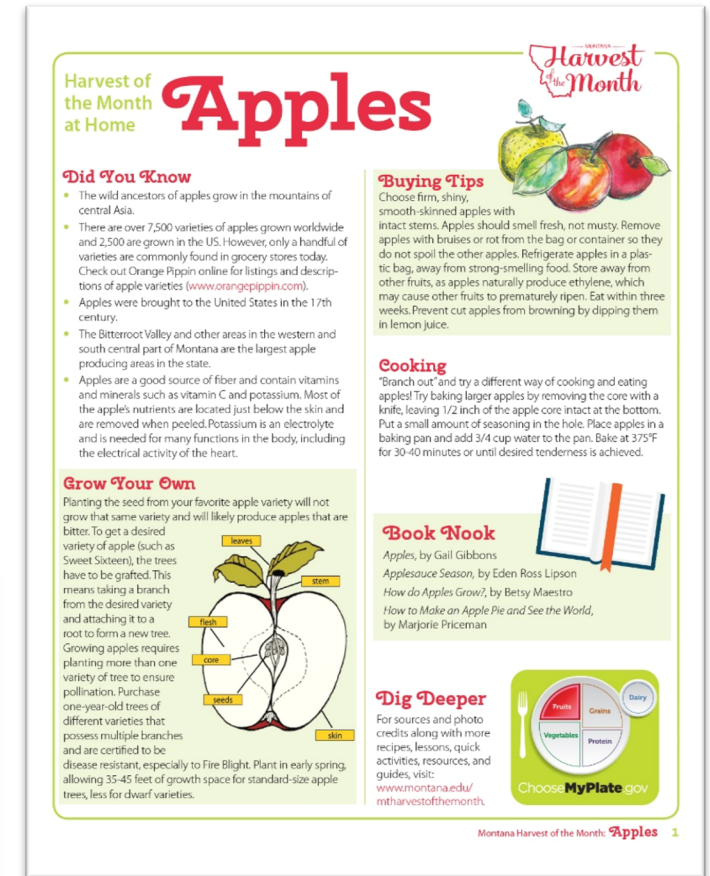
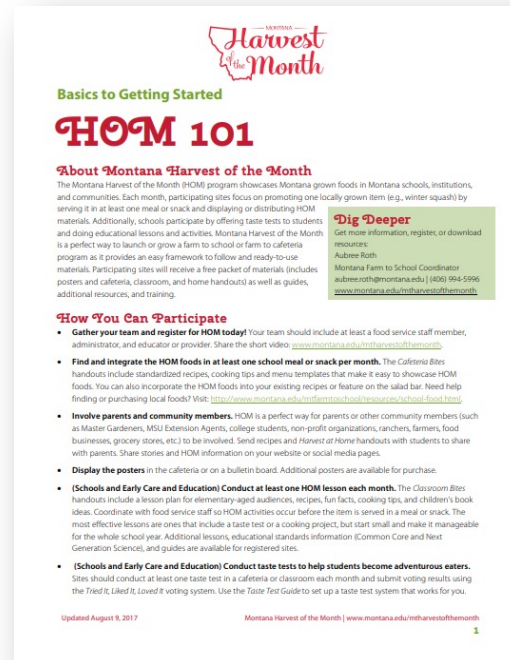


July - Dairy

# Printed Materials

Each site will receive one printed set including:

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



# Electronic Materials

## Promotion

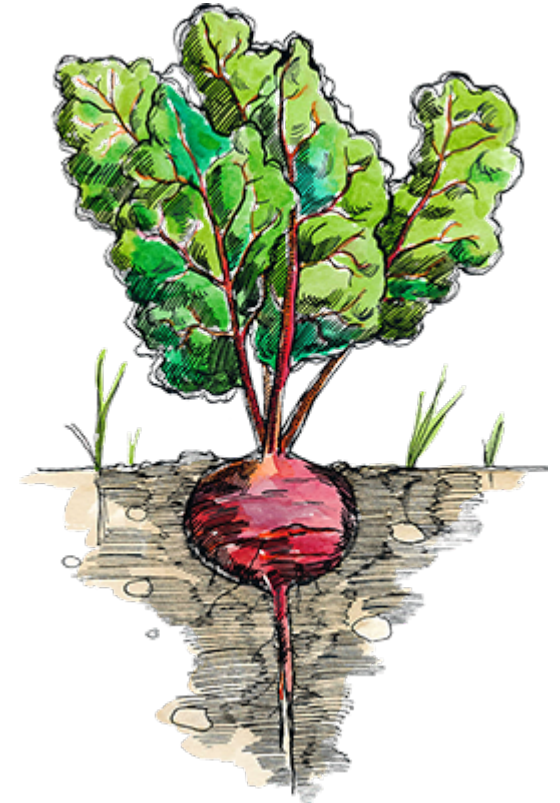
- 12 Newsletters
- 12 Monthly Menu Templates
- 12 Smaller Posters – 11"x17"
- Table tents
- Recipe Cards
- 12 Serving Line Sign Templates
- Logos
- Illustrations

## 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



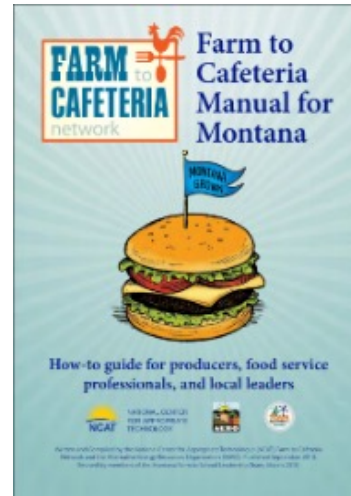
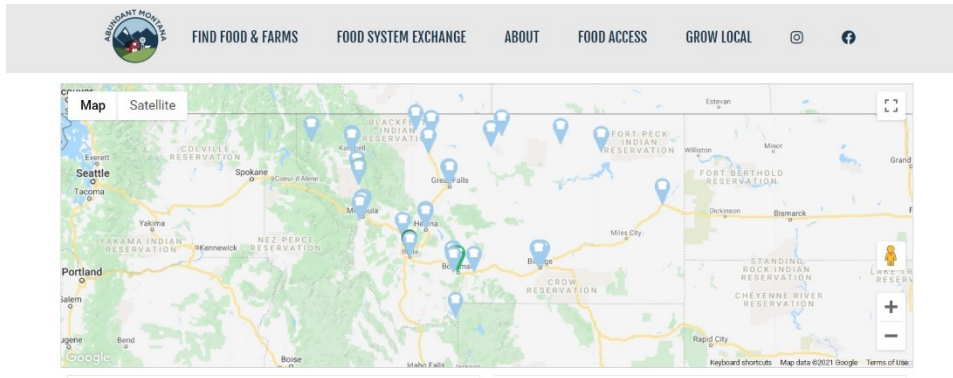
Photos: Helena Food Share



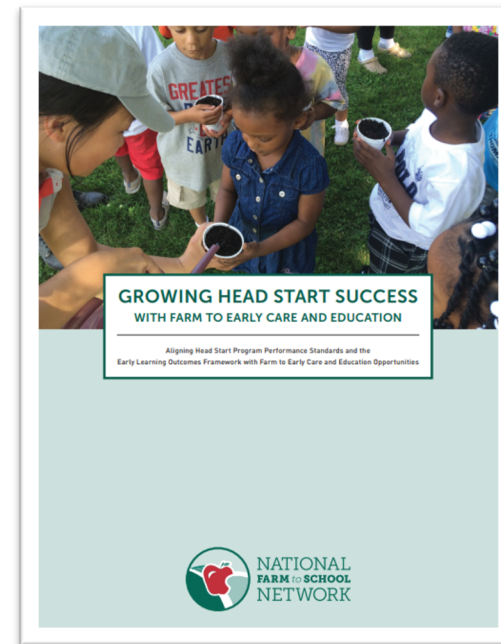
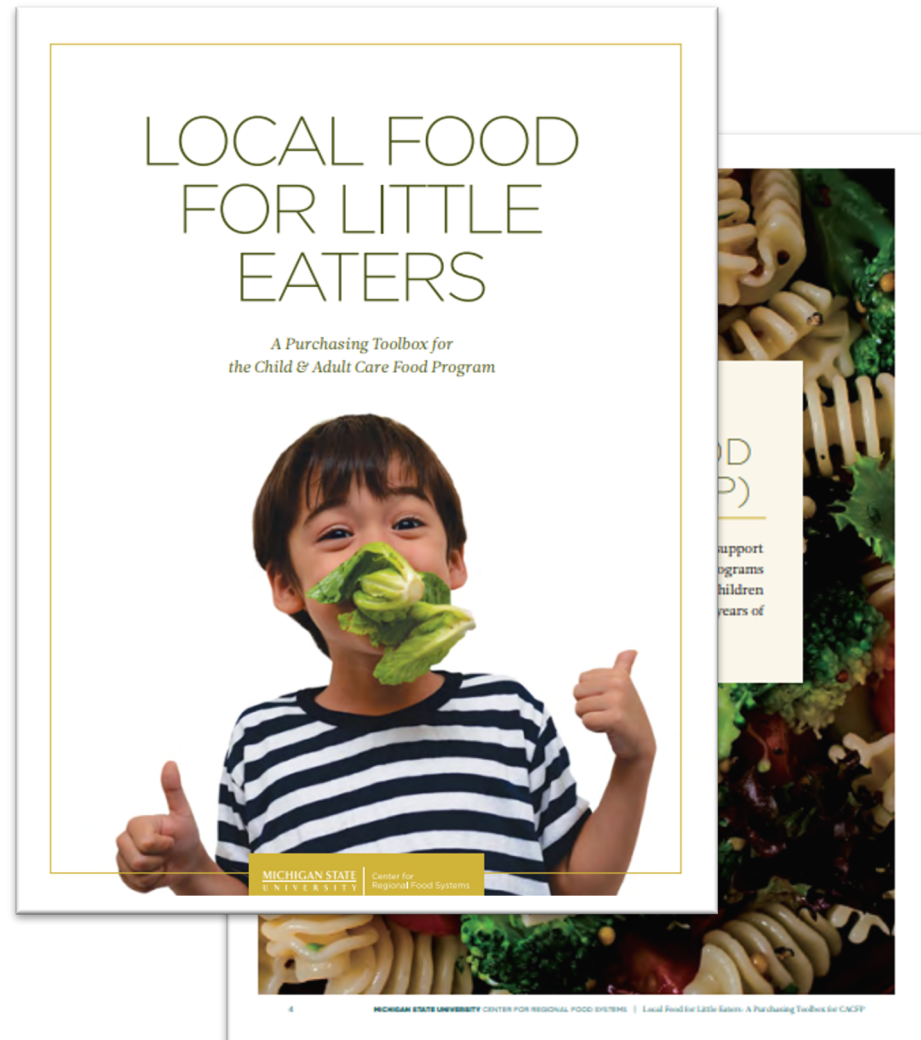
# HOM Provides...

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

# Farm to Cafeteria Producer Database



# Other Resources



Chat

Q&A

<https://ecikc.ons.acf.hhs.gov/cfr-chap-xiii/1302-subpart-d-health-program-services> but encourage you to watch this webinar on the nutrition standards which covers some of those implementation concerns and how to do this in the learning environment. You can find that webinar here. <https://ecikc.ons.acf.hhs.gov/vi-head-start-support-healthy-nutrition-young-children>

Lacy Stephens

Growing Head Start Success with Farm to Early Care and Education <http://www.farmtoschool.org/main/growing-head-start-success-with-farm-to-early-care-and-education>

Chat with presenter

ReadyTalk

## NFSN Farm to ECE Resources

- NFSN Farm to ECE Landing Page
  - [www.farmtoschool.org/ECE](http://www.farmtoschool.org/ECE)
- Fact Sheets
  - Getting Started with Farm to Early Care and Education
  - Local Purchasing for Family Child Care Homes
  - Local Procurement for Child Care Centers
- Resource Database
  - [www.farmtoschool.org/resources](http://www.farmtoschool.org/resources)
- NFSN Farm to ECE Quarterly Webinars
- NFSN Farm to ECE Listserv

# Participating sites will...

Form a team

Showcase each month

- Meal or snack
- Educational activity
- Taste test

Promote

Evaluate



Kitchen Staff



Administrator



Educator



Team Lead



Community Partner



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



## Physical

- 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)

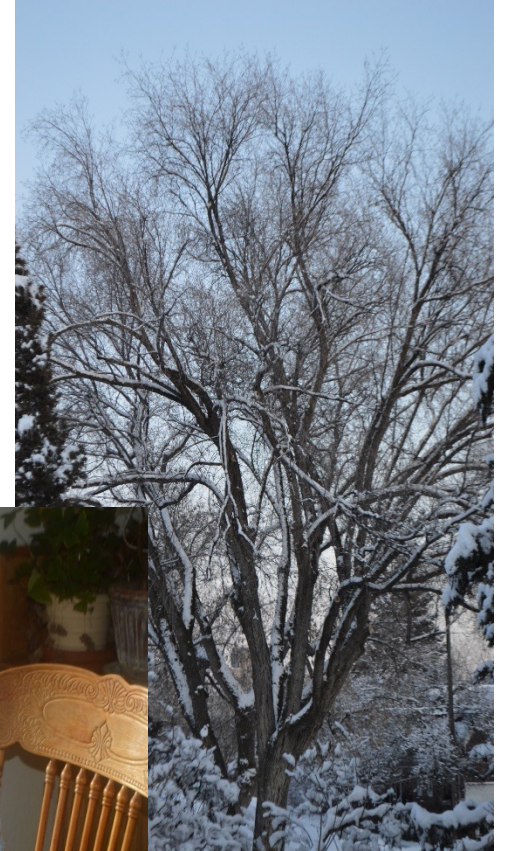
# Composting, Bread Making, Games...



Photos: Villard Preschool



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

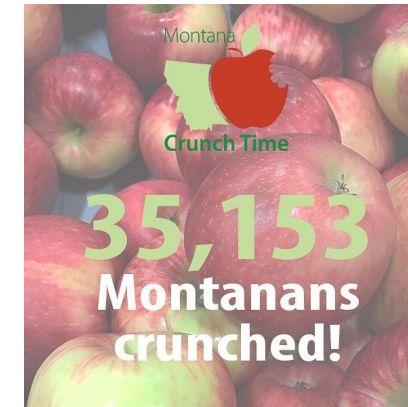


Photo: National Farm to School Network

# Participating sites will...

Form a team

Showcase each month

- Meal or snack
- Educational activity
- Taste test

Promote

Evaluate

# Evaluation

Beginning of Year  
Survey  
(1<sup>st</sup> 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

Photos: National Farm to School Network



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?



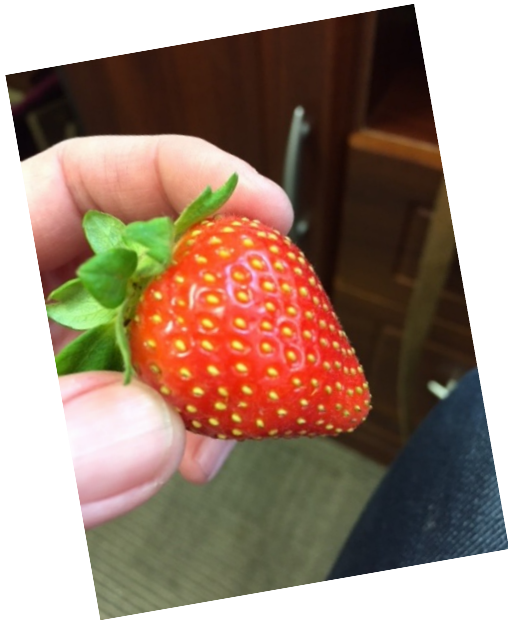
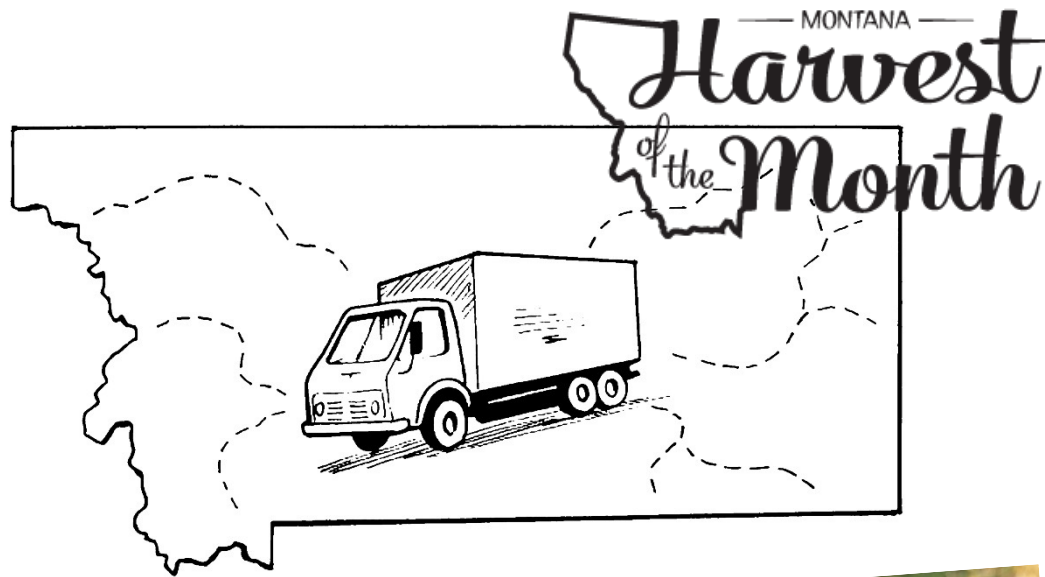


Photo: Farm to Cafeteria Network



Photos: Helena Food Share

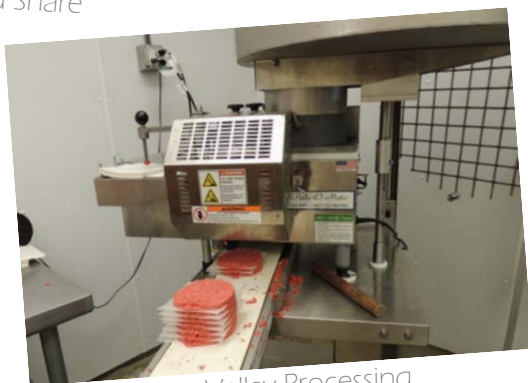


Photo: Lower Valley Processing



Photo: Mission Mountain Food Enterprise Center