**Food and Farming Education Learning Collaborative**

**Learning Session 2: Food and Farming Education Benefits Agenda**

The agenda below is based on the “Sections” included in Learning Session 2: Food and Farming Education Benefits. The purpose of this Learning Session is to share the many benefits of food and farming education activities in ECE programs. Food and Farming Education activities have the potential to impact the children being served by ECE programs, their families, and ECE program staff.

The objectives for this Learning Session are to:

* Discuss the benefits of incorporating Food and Farming Education activities into ECE programs and classrooms.
* Review strategies for identifying goals and creating action plans related to food and farming education in ECE programs.

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| **Training Component/Content** | **Estimated Time (60 minutes)** |
| Welcome and Introductions* Agenda
* Group Norms
* Icebreaker
* Learning Objectives
* Food and Farming Education Learning Collaborative Structure
 | 5 minutes |
| Why Food and Farming Education?* History of Food and Farming Education
* Fruit and Vegetable Consumption
* Farm to ECE Impact on Public Health
* The First Five Years Matter
* Discussion Prompt: What points have stood out to you so far?
 | 15 minutes |
| Physical Activity Break | 5 minutes |
| Food and Farming Education Benefits* Benefits Children
* Benefits for the ECE Program
* Benefits for Staff
* Benefits for Families
 | 15 minutes |
| Action Period 1* Identifying Goals and Planning for Change
* Action Period Tasks
* Your Self-Assessment Results
* Brainstorm the Possibilities: What practices do you want to work on?
 | 15 minutes |
| Resources and Next Steps* Resources
* Action Period Tasks
* Key Dates
* Questions
* Coach Information
 | 5 minutes |