

GARDENING LEARNING COLLABORATIVE KEY LEARNINGS



ECE Program: _____

Date: _____

Farm to Early Care and Education (ECE) is a set of strategies and activities that focus on providing children the opportunity to:

- Consume healthy, locally grown foods,
- Grow their own food, and
- Participate in hands-on activities that teach about nutrition and food.

What is gardening?

- Gardening is the practice of growing and cultivating plants.
- When gardening in ECE programs, it teaches children about how food and plants are grown and gives them the opportunity to experience growing themselves.

What are the benefits of gardening with young children?

- There are many benefits of gardening in ECE programs.
- Gardening exposes children to new fruits and vegetables and can increase their fruit and vegetable intake.
- Gardening can also increase a child's willingness to try new foods.

How do we get started?

- Start small and add plants and spaces for gardening as you become more experienced and confident in your gardening abilities.
- Take time to gather information and resources.
- Learn gardening basics and build on that knowledge over time.

What takeaways from this Gardening Learning Collaborative do we want to share with staff and families?

A large, empty light teal rectangular area intended for writing takeaways to share with staff and families.