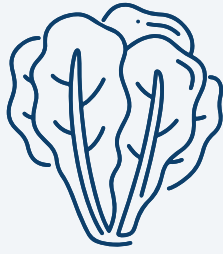


LOCAL FOODS, HEALTHY KIDS LEARNING

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 are Local Foods?

- While there is no universal definition of local foods, local food is generally understood to mean food that is grown and transported from nearby.
- Nearby or local can apply to within a city or town, a county, a state, or even a larger region.

What are the benefits of integrating Local Foods into your program?

- Economic benefits- Dollars spent directly with local growers increases money kept in the local economy.
- Community engagement - Purchasing local food can increase social connectedness within communities, connecting children to people in the food system.
- Foundation of healthy habits - Serving local foods can provide more nutrient dense options and teach children about healthy eating.
- Health Equity - When providers center equity in their purchasing decisions and processes, their spending can support good health and economic prosperity within communities impacted by health inequities.

How do we get started?

- Explore options for buying local and what's in season- consider farmer's markets, grocery stores and more!
- Consider how you can connect with community partners to support your efforts.
- Start small- think about swapping one item on your current menu for local

What takeaways from this Local Foods, Healthy Kids Learning Collaborative do we want to share with staff and families?

A large, solid light-blue rectangular area intended for participants to write their takeaways and share them with staff and families.