



NC FAMILY IMPACT SEMINAR

Farm to Preschool

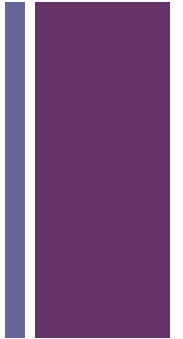
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What is Farm to Preschool?

- Farm to Preschool:
 - Connects local food producers and processors with the preschool cafeteria or kitchen
 - Local food and farm-based education in the classroom, lunchroom, and community (gardens, farm field trips, cooking with locally grown food in the classroom, and locally grown food highlighted in the daily meal)
- Ages 0-5
- Childcare centers, preschool, Head Start, daycare centers



+ Why Farm to Preschool?

- Early patterns are a determinant of later eating/physical activity habits
- Dramatic increases in obesity among preschoolers
- Low consumption of fruits and vegetables
- Consume as much as 80% of daily nutrients in childcare
- Rely on parents/caregivers to create food/activity environments





Where do we start with infants and toddlers?



- Infants learn about the world through their senses - touch, sight, sound, taste, and smell.
- Creating safe, diverse and developmentally appropriate outdoor learning environments can offer benefits across curriculum and developmental areas.
- The key to creating positive experiences in outdoor learning environments lies not only in the physical environment but with the modeling and behavior of caregivers.





Food – What is our job?

- Offer healthy choices
- Creative positive food environments
- Invite participation:
Opportunities to involve
and educate parents
- Think seasonal

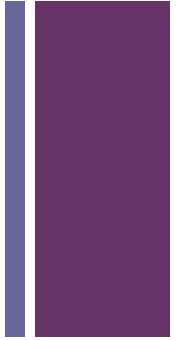


+ Pre-K and K-12 Differences: Classroom



- More parental involvement in preschool than K-12
- Preschool instructors may have limited educational background compared to K-12
- Instructors are often required to do home visits, thereby strengthening the home to school connection
- Services are provided to preschool parents (health and nutrition, parenting, etc.) particularly Head Start

+ Pre-K and K-12 Differences: Classroom (cont'd)



- Some preschool centers are home-based
- Preschool classes usually smaller and have higher teacher to student ratio
- Experiential instruction more widely used and accepted in preschool settings



+ Pre-K and K-12 Differences: Food Environment and Procurement

- More regulations on what can be grown in children's garden in preschool setting vs. K-12
- Preschools are a smaller market than K-12 for potential farmers
- Ability for farmers and preschool centers to establish closer relationship than K-12 systems
- Preschools may not have centralized distribution
- No a la carte or choices in preschool





THANK YOU!

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