

farm to child care

TRAINING



Hands-on training for child care providers on how to find and serve local foods, prepare quick, healthy, safe, and appealing meals and snacks for children using local produce.

Buying local food benefits:

- Children
- Parents
- Farmers
- Community

Learn how to engage children in understanding where their food comes from through gardening, field trips, cooking, activities, and stories.

Renewing the Countryside offers an introductory Farm to Child Care Workshop for child care providers that will be available for communities across the state of Minnesota beginning in 2014. **This hands-on training is approved through the Minnesota Center for Professional Development for up to 5 inservice hours. It supports the Minnesota Core Competency Content Area of Health, Safety, and Nutrition for child care providers (CC VI and CDA 1) and meets Parent Aware requirements for Nutrition.**

The training provides guidance for child care providers on sourcing and serving local foods as part of healthy child care meals and snacks, and engaging children in understanding where their food comes from through stories and activities, cooking, gardening, and field trips. We welcome partnerships to present additional material or provide direction toward local resources if desired. This project has been made possible thanks to generous support from the Center for Prevention at Blue Cross and Blue Shield of Minnesota.

Please contact Grace Brogan at grace@rtcinfo.org with questions about this and our related programs.



Center for
Prevention

renewing the countryside



Farm to Child Care Trainings

Content (flexible, dependent upon needs of the community)

- What is Farm to Child Care?
- Why does Farm to Child Care matter?
- Farmers' Market field trip & scavenger hunt
- Child and Adult Care Food Program & local foods
- How to get started – tips and lessons learned
- Healthy, kid-friendly cooking demonstrations and recipes
- Example child care curriculum, resources, and activities (gardening, cooking, sensory exploration, story time, arts and crafts)

Expected Outcomes

As a result of the training, participants will be able to:

- Describe elements of a Farm to Child Care program
- List one resource for starting a Farm to Child Care program
- Name three ways to engage children to learn about nutrition
- Identify one idea for a child centered healthy recipe
- Identify one step that participants will take in the next 2 weeks, because of what was learned in this training.

Participant Feedback

“Loved this training. Kept ones attention constantly. “

“Thank you - valuable tips to share with kids and parents.”

“I loved the entire training today. Would love to see more this style (+ affordable).”

Participants at the pilot training found all aspects of the training to be useful, and reported they are more likely to buy and serve local foods in child care meals and snacks, plant a child care garden, include nutrition education, offer taste-testing, and cooking activities as result of this training.

All of the participants said they would recommend the training to other providers. As we anticipate changes to the Child and Adult Care Food Program, this feedback indicates a huge potential for this training to provide much needed information and encouragement to child care providers to prepare healthy meals and snacks that children will enjoy.

Get this Training in your Community

Contact Grace at grace@rtcinfo.org to find out:

- If there are already trainers in your area, with whom you can set up a workshop
- Potential upcoming Farm to Child Care Training of Trainers, if you'd like to train this
- How to contract Renewing the Countryside to train your group or association

visit renewingthecountryside.org for more information