

# renewing the countryside



Welcome to the next installment of our Farm to Early Care & Education Newsletter! It has been a busy month, with October as the National Farm to School Month. Did you participate in the midwest crunch?

We know these concepts are helping our children! A recent study stated, "Gardening as a child may lead college students to eat more veggies." Researchers nationwide have concluded that gardening is a strong component of lifelong healthy behavior change.

The problem is, people just aren't eating enough vegetables, and national statistics say teenage obesity has jumped from 5% in



So, how do we get our little ones to eat more healthy vegetables? **Gardening** is a great way to incorporate physical activity, a sense of accomplishment, and a sense of where food comes from.



One great way to build that relationship back into children's lives is by reading. The book "Pancake, Pancake!" by Eric Carle, is a great way to tell those stories. The boy's mother tells him he has to go get the wheat, go to the miller and mill the wheat into flour. Get the egg from the hen. Get the Milk from the cow to make butter. As a provider, you are a guide, a source of knowledge that these kids want so passionately to learn from.

**In that respect, I want to thank you. Every single child care provider out there. You are the tree from which knowledge blooms from.**

- Cassandra Lewis MN GreenCorps Member with Renewing the Countryside

# In The News



SeedMoney is accepting applications for food garden projects until 5pm Eastern Time on November 12th. For more information visit [SeedMoney.org](http://SeedMoney.org). This is 'crowdfunding', kind of like kick starter, but for food gardens.

At noon Eastern Time on November 15th, all funding campaigns go live. Let your project's supporters know in advance! The first 75 campaigns that raise \$600 will receive \$400 challenge grants from us.

At noon Eastern Time on December 15th, the 30-day challenge period ends. Your campaign will be able to keep whatever it has raised even if it hasn't managed to reach its funding goal.

[Start Your Campaign Today!](#)

## Early Care and Education State Indicator Report

CDC releases first-ever Early Care and Education (ECE) State Indicator Report. You can download and read the report.

The CDC's Division of Nutrition, Physical Activity, and Obesity released the 2016 Early Care and Education (ECE) State Indicator Report. This report provides information about state efforts to address childhood obesity in the ECE setting.

### Information of Minnesota

In Minnesota the CACFP program promotes or provides specific obesity prevention intervention. It also has incorporated obesity prevention into existing CACFP training's.

Minnesota has statewide ECE obesity prevention, included in these programs: [Catch EC](#), [Supporting Breastfeeding in Child Care](#), [IMIL \(I am moving, I am learning\)](#), [LMCC \(Let's move, Child Care!\)](#) There is however, no statewide ECE recognition or designation program. Meaning, you can apply this in many ways that fits your kids, and you.

I believe this is extremely important for ECE providers, to know that Farm to Early Care and Education is right in line with [Solving the Problem of Childhood Obesity within a Generation](#). The report covers educating early childhood, empowering parents and caregivers, healthy food in schools, access to healthy affordable food, and physical activity. "The next



## Plant Lovers' Almanac: Farm-to-school classes explored

According to the Ohio State University Extension Farm to School website: "Ohio Farm to School works with schools, producers, distributors, government agencies, nonprofit organizations, and many others around the state to increase the supply of local, fresh, nutritious foods in schools in order to develop informed decision-making among students, support local farmers, develop community ties, and reinvest in local economies."



Self-contained growing units, such as those used by VeggieU, are one way to provide indoor growing experiences for youth. VeggieU is a nonprofit dedicated to educating children on the value of growing veggies and nutrition. They have successfully partnered with several local school districts to provide this education (<http://www.veggieu.org/>).



## FARM TO SCHOOL WORKS TO MAKE HEALTHY HABITS TAKE ROOT EARLY

Census data indicate that 1,516 districts are bringing local foods into preschool programs, which means nationwide 32% of school districts with farm to school programs are reaching even the youngest learners. Children's preferences develop early so early childhood is the ideal time to establish healthy eating habits.

### A Call for Stories: Local Traditional Foods

We are collecting success stories about incorporating local traditional foods for December, for providers to use if they wish too. Do you have a story to share? Tell us your story, and be sure to include any photos!

Send to [cassie@rtcinfo.org](mailto:cassie@rtcinfo.org)

# This Months In Season



Apples, Cauliflower, Carrots

Onions and Potatoes



Turnips and Squash

# Activities



Here is a neat [PDF of Pumpkins and Winter Squash](#), involving activities with kids and some snack foods.

What's inside a squash/pumpkin?

Pumpkin Tree Song!

Do Pumpkins Float?

## Green Salad Craft

VEGETABLE CRAFT FOR KIDS!



[littlefamilyfun.com](http://littlefamilyfun.com)

# Recipes

These are from the [Providers Choice website](#), they are compliant with CACFP policies!

## Carrots with Cranberries

Very colorful recipe and a wonderful way to experience cranberries.



## Cauliflower Au Gratin

A nice addition to lunch or supper on cool, fall days.

## Central Valley Harvest Bake

This succulent side dish combines the sweetness of butternut squash with the spicy kick of jalapenos and red peppers and is baked together with black beans, red quinoa, and granola for an absolutely delightful mouthful.

(This one can be [found here](#) on page 32, search by name. It's in the Recipes for Healthy Kids by Team Nutrition.)

