Expanding Farm-to-Child Care

Webinar
March 28th, 2013 1-2pm

IOWA STATE UNIVERSITY
University Extension
Healthy People. Environments. Economies.
Learning Objectives

• How to get started in Farm to Child Care
• How to use gardens for nutrition education
• Increase knowledge of procurement of locally grown foods
• How to encourage children to consume locally grown foods
• Enhance skills to communicate your efforts
• Learn what resources are available
• How to apply for $500 Mini-grant funds
I hear and I forget...
I see and I remember...
I do and I understand...
Components of Farm to Child Care

- Providing locally grown foods in child care
- Using curriculum with taste testing
- Gardening
- Field trips to farms or farmer visits
- Visiting community gardens/farmers markets
- Wellness policy including farm to child care
Polling Question

Tell us about yourself.
Farm to Child Care: Gardening with Children

Lesia Oesterreich, M.S.
Extension Early Childhood Specialist
Why Garden with Children?

• Promote healthy lifestyles
• Provide opportunities for early learning
• Encourage social development
• Nurture environmental stewardship
• Instill a sense of belonging & community
Laying the groundwork

• Visit other gardens
• Involve community partners
• Ask local vendors for support.
• Involve children and families!
Start Small
Grow into a BIGGER Garden
Garden Design Considerations

Make it plant friendly!

- Sunlight
- Good soil
- Access to water
- Pathways
- Fencing
- Tools storage
Garden Design Considerations

Make it child friendly!

- Sunlight – hats for children
- Good soil – non toxic
- Access to water – water safety
- Pathways – help avoid trampled plants
- Fencing – keep low for supervision
- Gathering area – observation and conversations
- Tools storage – easily to find and replace
Consider material safety

Think twice about recycling!

Avoid the following:

• Old tires or tire products
• Pressure treated lumber
• Railroad ties
• Old bricks with paint
• Plywood or recycled wood
Tools of the Trade

Garden Tools
• Hand trowels / spades
• Rake / hoe
• Hand pruner
• Wheel barrow
• Baskets
• Watering pitcher
• Water hose / spray wands
• Vegetable brushes

Learning Tools
• Clip boards & pencils
• Garden stakes
• Camera
• Tape measure / yard stick
• Rain Gage
• Measuring scale & cups
• Pint / Quart containers
• Magnifying glass
• Insect bottle

TEAM NUTRITION IOWA™
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Early Learning Opportunities

Planning → Planting → Watering → Weeding → Harvesting → Preparing → Cooking → Eating → Planning
Key concepts for young children

• All things on earth are either living or nonliving
• Plants are living things
• Living things need light, water, air and space to survive
Key concepts for young children

• Plants have a life cycle: germination, growth, reproduction (fruit/seed), death
• Plants have names.
• Parts of plants have names.
• Sometimes we eat different parts of plants.
• We can recognize plants by their shape, size, color and form.
Introduce children to the world of plants and food

- Engage
- Notice
- Wonder
- Question
- Reflect
- Ask NEW questions
Deepen Understanding with Books

Books of all types:

- Information books
- Fiction books
- Image books
- Biography books
- Poetry books

Deepen Understanding with Books

- Various subjects:
  - Garden Plants
  - Field Plants
  - Rocks
  - Weather
  - Insects/animals
  - Food/culture
Experiences with Gardening

Shapes children’s ideas and deepens their understanding about nature and food.

Studies show that children who garden:

Eat more fruits and vegetables
Are willing to try a wider variety of vegetables
Are more likely to show a preference for fruits and vegetables.
Farm to Child Care: Communications

Catherine Strohbehn, PhD, RD, CP-FS
Communications are Key
Farm to Child Care

• With producers
• With children
• With staff
• With parents
Communicating with Producers

- Who are the producers that might supply the childcare?
- How do you find them?
- What questions do you ask?
- What information do they need to know?

Your bottom line is to ensure product is safe and of good quality
Producer Sources

• Some vendors carry Iowa grown products
• Check with farmer market vendors
• Ensure compliance with federal food program regulations – some FAQ F2S at www.iastatelocalfoods.org
• Web based tools
  – IDALS F2S program
  – ISU Extension and Outreach Value Added Ag
https://www.idalsdata.org/fmnp/index.cfm

Farmers Market - New Vendor Application Form (for new vendors only; returning vendors please login)

Fruit & Vegetable Directory - New Grower Application Form (for inclusion in the Directory)

Iowa Farm to School Application Form (for inclusion in the Directory)

Contact Us
What questions do you ask?
Guide in this pub

Want to know more?
Contact these groups.
- Buy Fresh Buy Local: Iowa program—www.practicalfarmers.org/buyfresh.asp
  national program—www.foodroutes.org
- City or county health inspector
- Food Alliance—www.foodalliance.org/
- Iowa Department of Agriculture and Land Stewardship—www.agddiversification.htm
- Iowa Department of Inspection and Appeals—www.dia.iowa.gov/food/515/281-6338
- ISU Extension Distribution Center—www.extension.iastate.edu/store
- ISU Hotel, Restaurant, and Institution Management Extension: local foods—www.iastate-localfoods.org
- Leopold Center for Sustainable Agriculture—www.leopold.iastate.edu
- Produce Marketing Association—www.pma.com
- United Fresh Fruit and Vegetable Association—www.unitedfresh.org

These resources focus on Good Agricultural Practices (GAPs):
- Cornell University Good Agricultural Practices Project—www.gaps.cornell.edu
- University of California-Davis Postharvest Technology Research and Information Center—http://postharvest.ucdavis.edu

What retail foodservices should know when purchasing local produce directly from farmers

Prepared by Catherine Strohlein, Ph.D., R.D., C.F.S.P., HRIM extension specialist; Sara Beattie, Ph.D., food safety extension specialist; Neric Smith, county extension education director; and Diane Nelson, extension communication specialist. Design by Janie Lennaras, extension graphic designer.

This publication was supported by a grant from the Leopold Center for Sustainable Agriculture. 

Chef Chris Hansen (Cottage on Broad in Story City, Iowa) and producer Joe Lynch from Ames, Iowa.

File: Economics 1-4, FN 2
PM 2040 March 2002

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There’s a pub for that!

www.iastatelowlocalfoods

- Checklist with questions to ask
- Documentation

**Checklist for Retail Purchasing of Local Produce**

<table>
<thead>
<tr>
<th>Name of Producer</th>
<th>Form</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>E-mail</td>
<td>Tots</td>
<td>Avail. Promotional materials</td>
</tr>
<tr>
<td>Total acres</td>
<td></td>
<td></td>
<td>Yearly</td>
</tr>
<tr>
<td>Product to be purchased</td>
<td></td>
<td></td>
<td>Is an insurance liability required</td>
</tr>
<tr>
<td>Dollar amount</td>
<td></td>
<td></td>
<td>Was the produce grown without addition of chemical pesticides and fertilizers</td>
</tr>
<tr>
<td>USDA Certified Organic</td>
<td></td>
<td></td>
<td>Are you USDA Certified Organic</td>
</tr>
<tr>
<td>Facility licensed and inspected to process products</td>
<td></td>
<td></td>
<td>Are there acceptable substitutes available if an order cannot be filled</td>
</tr>
</tbody>
</table>

**Production Practices**

| Are wells protected from contamination? | YES | NO | N/A |
| If irrigation is used, what is its source? | | | |
| Well | Stream | Pond | Municipal | Other |
| What types of manure are used? | | | |
| Cow manure | Pig | Horse | Manure | Other |
| Is raw manure incorporated at least 2 weeks prior to planning and/or 120 days prior to harvest? | Yes | No | N/A |
| Are facilities and equipment that come in contact with the produce kept as clean as possible? | Yes | No | N/A |

**Product Handling**

| Are storage and packaging facilities located away from growing areas? | YES | NO | N/A |
| Is there risk of contamination with manure? | Yes | No | N/A |
| Are harvesting baskets, cones, or other containers kept covered and cleaned (with potable water) and sanitized before use? | Yes | No | N/A |
| Are product and non-product containers available and clearly marked? | Yes | No | N/A |
| Are dirt, mud, or other debris removed from products before packing? | Yes | No | N/A |

**Transportation**

| Are products kept cool during transport? | YES | NO | N/A |
| Are products loaded and stored to minimize physical damage and risk of contamination? | Yes | No | N/A |
| Are designated areas in transport vehicle for food products and non-food items? | Yes | No | N/A |
Ask/Communicate about...

- Production practices
- Insurance – product liability
- On farm food safety plans
- Worker health and hygiene
- Product quality, variety, size, number, amount, etc. (*also known as product specifications*)
- Ordering timeframe and process
- How to be delivered
- When and how paid
Companion pub for producers

Relationship marketing

• Ask them their story
• Willing to host field trip?
• Other promotion items
• Share with them
  – Info about operation
  – How product is used
  – Potential new markets reached
  – Reduced transaction times

Want to know more?
Connect these groups.
• Buy Fresh Bay Local: Iowa program—
  www.practicafarmers.org/buyfresh.asp
  national program—
  www.foodroutes.org
• City or county health inspector
• Food Alliance—www.foodalliance.org/
• Iowa Department of Agriculture and
  Land Stewardship—
  www.agriculture.state.ia.us/
  agdiversification.htm
• Iowa Department of Inspection and
  Appeals—www.dia.iowa.gov/food
  515 281 6538
• ISU Extension Distribution Centers—
  www.extension.iastate.edu/store
• ISU Hotel, Restaurant, and Institution
  Management Extension: local foods—
  www.iastatelocalfoods.org
• Leopold Center for Sustainable
  Agriculture—
  www.leopold.iastate.edu
• Produce Marketing Association—
  www.pma.com
• United Fresh Fruit and Vegetable
  Association—www.unitedfresh.org
• United States Food and Drug
  Administration: "Guide to
  Minimize Microbial Food Safety
  Hazards for Fresh Fruits and
  Vegetables"—
  www.cfsan.fda.gov/~dms/produce.html

What producers should know
about selling to
local foodservice markets

These resources focus on Good Agricultural
Practices (GAPs):
• Cornell University Good Agricultural
  Practices Project—
  www.gaps.cornell.edu
• New England Extension Food Safety
  Consortium—
  www.hort.cornell.edu/epm/foodssafety/
  index.htm
• United States Department of Agriculture—
  www.ams.usda.gov/Whipgnp.jpg
• University of California, Davis
  Postharvest Technology Research
  and Information Center—
  http://postharvest.ucdavis.edu

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Prepared by Catherine Schwartz, B.S., B.D., C.S.I.P., HESM
extension specialist, Small Statue, B.S., soil safety extension
 specialist; Sarah Smith, extension specialist, education
director and author; and veggies. Design by Jaret Lokens, extension graphic designer.

For questions or to order call 1-800-354-4774 or
www.extension.iastate.edu/whipgnp.htm.

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Communication Internally

• With children and staff
• Goal is to broaden child’s awareness of new foods
• Engagement with a school garden is one way
• Important to consider safety and practicality
• Two resources NC State Extension help
### August 2011 Lunch Menu 7th-12th
**Independence Community School District**

<table>
<thead>
<tr>
<th>This Week’s Locally Grown Foods:</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet Corn will tentatively be from Oelwein’s FFA program</td>
<td>Fresh Pears Raw veggies w/dip (carrots, broccoli, cauliflower)</td>
<td>Fresh Cantaloupe Sweet Corn</td>
<td>Coleslaw</td>
<td>Mixed Greens Salad</td>
</tr>
<tr>
<td>Strawberries are from Bagge Strawberries, Independence, Iowa</td>
<td>Strawberries w/Yogurt Frozen Mixed Veggies</td>
<td>Sweet corn Canned Pears</td>
<td>Fresh Green Beans Canned Peaches</td>
<td>Cucumber &amp; Tomato Fresh Apples</td>
</tr>
</tbody>
</table>

Menu – tell where product came from.
**Please Note:**
- The Iowa Gold Star Cycle Menus meet the Gold criteria for HealthierUS School Challenge, includes locally grown fruit/vegetable options, and offers healthy USDA Foods.
- All menus include a choice of non-fat or 1% milk.
- The second vegetable and the first fruit listed are fresh.
- The menu follows a food-based menu planning approach, which is in line with the Proposed Rule for NSLP Nutrition Standards/IOM recommendations.
- If a school is on the enhanced menu planning method, additional grains of up to 15 servings per week, may need to be added. All menus provide at least 8 grain servings/week.
- Nutrition analysis using NutriKids is available using simple averaging, following the IOM recommendations of 2 servings of vegetable and 1 serving fruit daily.
- Target calories per IOM recommendations are 600-700 calories/day; and 750-850 calories/day when the optional healthy dessert is served 1/week.
- A whole grain product is indicated by WG in the menu.

Recipes and other supporting resources are available at [http://tinyurl.com/iowagoldstarmenu](http://tinyurl.com/iowagoldstarmenu)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WEEK 1</strong>&lt;br&gt;Chicken Strips&lt;br&gt;Cheesy Mascot Bread w/Marinara Sauce&lt;br&gt;Roasted Squash&lt;br&gt;Cuban Black Bean Salad&lt;br&gt;Kiwi&lt;br&gt;Sliced Pears&lt;br&gt;Cornbread</td>
<td>Hamburger on Bun&lt;br&gt;Chicken Brown Rice Bowl with Vegetables&lt;br&gt;Sweet Potato Fries&lt;br&gt;Sliced Peppers and Cherry Tomatoes w/Ranch Dip&lt;br&gt;Frozen Melon Balls or Fresh Melon&lt;br&gt;Pineapple</td>
<td>WG Beef and Bean Enchilada&lt;br&gt;Low-Fat Turkey Corn Dog&lt;br&gt;Mexicai Corn&lt;br&gt;Mixed Greens Salad&lt;br&gt;Banana&lt;br&gt;Fruit Cup&lt;br&gt;WG Corn Tortilla Chips</td>
<td>Turkey w/ Gravy&lt;br&gt;Baked Fish Shapes&lt;br&gt;Mashed Potatoes&lt;br&gt;Broccoli Florets&lt;br&gt;Red Seedless Grapes w/Fruit Dip&lt;br&gt;Mandarin Oranges&lt;br&gt;WG Sage Dressing with Dried Cherries</td>
<td>WG Cheese Pizza&lt;br&gt;Hot Ham and Cheese on WG Bagel&lt;br&gt;Carrots&lt;br&gt;Marinated Fresh Vegetable Salad</td>
</tr>
</tbody>
</table>
Starting a Garden? Extension Resources

• Food safety overview - NC

• School Garden Planning Checklist for Starting a School Garden
  • Addresses need for planning & protection of garden
  • Consider involvement levels
    – ISU Pols vegetables and fruits
    – Herb Garden? Containers?

A HANDBOOK FOR BEGINNING + VETERAN GARDEN ORGANIZERS: HOW TO REDUCE FOOD SAFETY RISKS.

Creating and maintaining community and school gardens has been identified as an effective strategy to increase healthy food awareness and consumption. Fresh fruit and vegetables have selectively been linked to over 450 outbreaks of foodborne illness in the U.S. since 1990. In commercial food production, employing a set of risk-reduction steps, known as good agricultural practices (GAPs), has been pivotal in the U.S. Food and Drug Administration as the best protection against foodborne illness-causing pathogens.

The Centers for Disease Control and Prevention estimates that there are 48 million people who are sickened with foodborne illness in the United States each year. While most people who become sick from foodborne illness recover quickly, there are an average of about 120,000 hospitalizations annually and 3,000 associated deaths. Contamination may come from many sources including physical contaminants, (metal, stones or glass) and chemical contaminants (residue from pesticides or pesticides drift).

While much of the attention for GAPs implementation, as well as the outbreaks and recalls, has focused on commercial production, the use of steps to reduce contamination risk are also applicable to community and school gardens. The steps presented in this guide are rooted in science, practical and presented in a context suitable for the passionate organizers and volunteers associated with community gardens.
ISUEO Resources

- **PM 0870A** - Small Plot Vegetable Gardening
- **PM 0870B** - Container Vegetable Gardening
- **PM 0819** - Planting a Home Vegetable Garden
- **PM 0814** - Where to Put Your Vegetable Garden
- **PM 0534** - Planting and Harvesting Times for Garden Vegetables

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Communicating Externally with Parents and Community

• Showcase efforts with Farm to Child Care
• Information on menu – share recipes
• Farmers’ materials
• Piggy back field trips with relevant class topic
• Use student garden produce as part of meal
• Garden rules
Gardening Curriculums

• Grow it, Try it, Like it!
  – USDA Team Nutrition
• Growing in the Garden
  – ISU Extension and Outreach
Grow it, Try it, Like it!

- Tasty Acres Farm
- Introduces children to fruits and vegetables
- Hands-on activities and recipes
Grow it, Try it, Like it!

Plant a Spinach Seed

• Grow spinach seeds in a cup
  – Materials: Spinach seeds, paper cups, potting soil, plastic spoons, unsharpened pencils, waterproof markers, wooden craft sticks, a sunny location

• Serve Easy, Cheesy, Spinach Pie
Grow it, Try it, Like it!

Mystery Box/Bag

• Put a strawberry in a box or bag
• Children feel inside the box, describe what they feel, and guess what it is
• Offer a clean strawberry to see, touch, smell & taste
Growing in the Garden

• Connecting Learning and Living curriculum

• Pre K-3rd grade, can be modified for any age

• http://www.extension.iastate.edu/4h/page/curricula-info-ordering
Growing in the Garden

Plant Parts Become Me!

- Children pretend it is spring and curl up on the floor like a seed.

- Pretend feet and legs are roots growing out of the seed. Wiggle their toes as the roots start growing out of the seed.
Additional Resource

• Fruit and Vegetable Lessons for Preschool Children

MyPlate

• Visit [www.choosemyplate.gov](http://www.choosemyplate.gov)

• 10 Tips Nutrition Education Series
  – Kid-Friendly Veggies and Fruits
IOWA PLANTING AND HARVEST CALENDAR

2013

Funds for this calendar were provided by an Iowa Specialty Crop Block Grant
Farm to Preschool
Program Honored by Michelle Obama

Three Farm to Preschool programs were awarded by Michelle Obama’s Let’s Move! Child Care Initiative on May 9, 2012! The Colusa Indian Community Council’s Hand-in-Hand Learning Center in Colusa, California was one of the programs honored that day, following the Weight of the Nation conference hosted by the Centers for Disease Control and Prevention.
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Questions?