

This toolkit is designed to assist child care center and family child care home directors and staff to take the concept of Farm to Child Care and put it into action. Resources included here will help directors, cooks and teachers implement Farm to Child Care: such as where to purchase North Carolina grown produce, menu planning, activities for the classroom to recipes for fresh, healthy and tasty meals by season. Over time, additional resources for the toolkit will be provided and you should add them to your binder for a complete toolbox.

# **Toolkit Table of Contents**

- 1. Overview
  - Farm to Child Care Partners
  - What is Farm to Child Care?
  - <u>Why Farm to Child Care?</u>
  - Eat Local, Eat Healthy brochure
  - Introducing Farm to Child Care Kickoff 2015

### 2. Purchasing Local Produce

- <u>Buying Locally Grown Fruits and Vegetables</u>
- Buying Directly from Farmers
- <u>Buying from Distributors</u>
  - Freshpoint
  - <u>POP Market</u>
- Buying from Fruit and Vegetable Box Delivery
- Buying from a Centralized Kitchen
  - <u>CCSA Sample Menu</u>
  - <u>CCSA Meal Service Price List 2014-2015</u>
  - <u>Sample Portion Sheet</u>
  - <u>Meal Service Fall 2014 Newsletter</u>
  - <u>Sample Delivery Receipt</u>
- <u>Buying from a Farmers' Market</u>
- <u>Wake County Farmers' Market Map</u>

# 3. Menu Planning

- <u>NC Seasonality Chart</u>
- Produce Fact Sheets
- <u>Seasonal Menu Planning</u>

## 4. Incorporating F2CC in the Classroom & Daily Activities

• <u>Teaching Kids about Fresh, Local Foods</u>

### 5. Resources

- <u>NC Seasonality Chart</u>
- <u>Book List</u>
- <u>Growing Minds Materials Available for Purchase</u>
- <u>Growing Minds Resources</u>
- <u>Harvest of the Month Resources</u>

#### 6. Sharing with Families

• <u>Marketing Farm to Child Care and Engaging Families</u>