



Farm to Child Care





Project Partners





Farm to Child Care in Wake County

- Bringing NC fruits and vegetables into child care facilities for meals and snacks.
- A change in the way you buy produce:
 - Buying what's in season in NC
 - Buying *fresh* produce
 - Buying from a farmer or a business that buys from NC farmers
- Incorporating local fruits and vegetables into regular activities at the center
- Sharing information with families



Why Farm to Child Care?

- Start them young!

- Children form habits at an early age (3-5 years typically)
- Shape lifelong healthy eating habits
- More nutrients from locally grown foods

- All in good health!

- Overweight & Obese: 29% of kids in Wake County aged 2-4
- Lack of fruit and vegetables in diet
- Unhealthy children become unhealthy adults with chronic diseases

- Supporting Local Farmer, Economy & Environment

- Farmers make more money when they sell directly
- More money stays in our local economy





Pilot Project

Participants Experiences

"Our center has always served fresh fruits and vegetables, however fresh from the farm is different from fresh from the hot house"



"I was surprised that most of the children ate the zucchini and cucumbers."

**"Best corn we've had,
shared with parents for
dinner."**



First Year of F2CC

- 23 child care programs (16 centers and 7 family child care homes)
- Your center is part of a big “system” of serving children and you have huge potential to positively affect their health by introducing healthy, local produce and helping them learn where local produce comes from!



Training

- Cooking training Series - Late February - May (8 – 10 hour training)
- Menu Planning/CACFP - March (2 hour training)
- Activities – Late April/May (2 hour training)
- Connecting with Families – June/July (2 hour training)



Activity

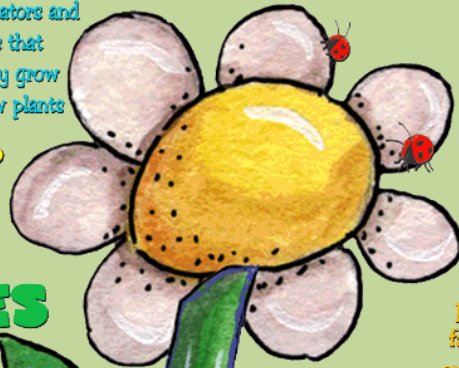
What Part of the
Plant Are You?



Parts of a Plant

FLOWERS

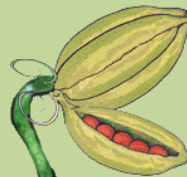
attract pollinators and
make seeds that
will someday grow
into new plants



The part of the flower
that holds the seed is
called the ovary. After
pollination, the petals
fall away and the
ovary develops into a

FRUIT.

The fruit protects the
developing seeds.



LEAVES

are food factories.
Leaves have little
openings that let air
and water come and
go. Leaves catch energy
from sunlight and use
it to turn the air and
water into food.



The **STEM**
supports the plant
and carries water,
nutrients and plant
chemicals up and
down to all parts
of the plant.



SEEDS

are little cases with a
baby plant inside. The
parent plant packs the
seed with nutrition,
just like a lunch.
Seeds end up having
much more energy than
other parts of the plant.



ROOTS

are hidden underground but are very important
to the plant. Roots hold the plant steady
in the ground, suck up water and nutrients
from the soil and even store food for the future.





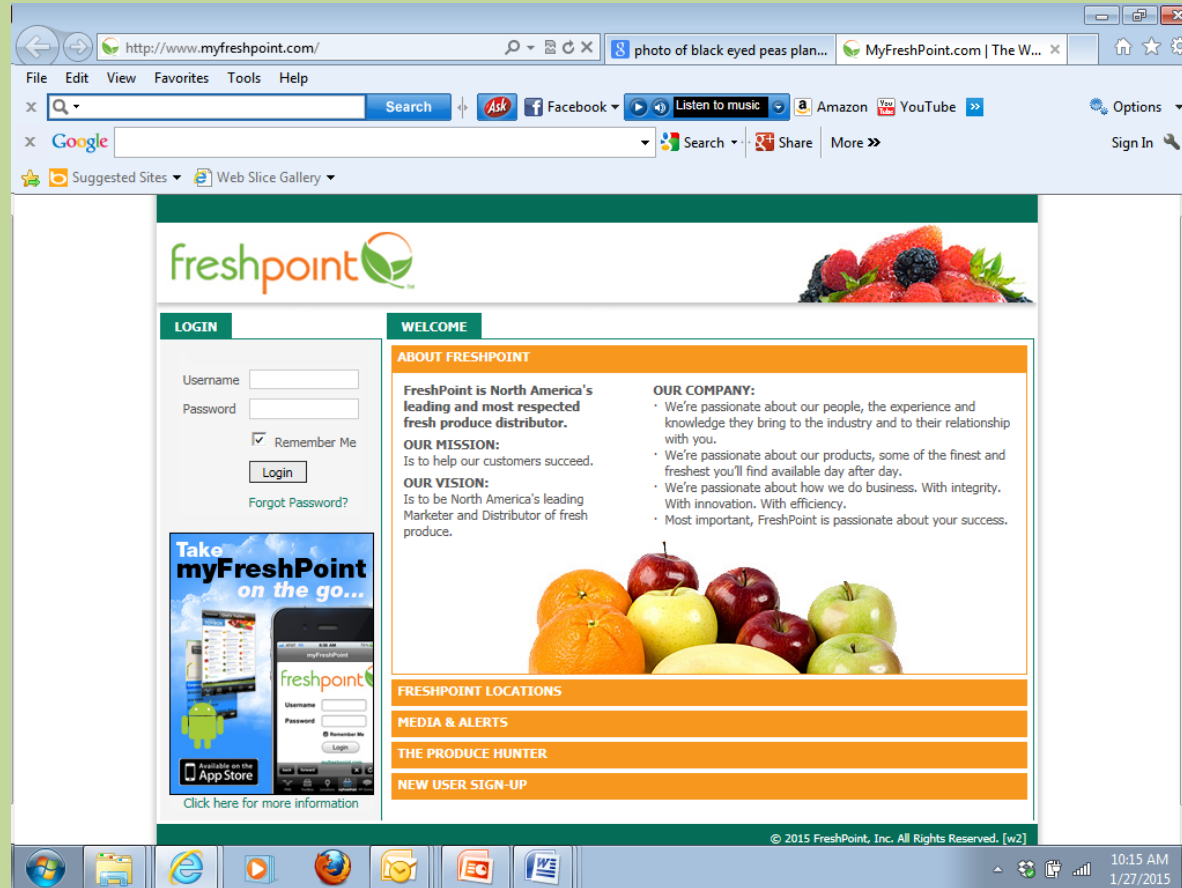
Let's Tour the Toolkit

- A living and growing resource for directors, teachers and cooks
- Also posted on the WCSS website
- Bring your toolkit to each training; new items will be added over time
- Make extra copies for staff as needed





Options for Purchasing FreshPoints



www.mychreshpoint.com



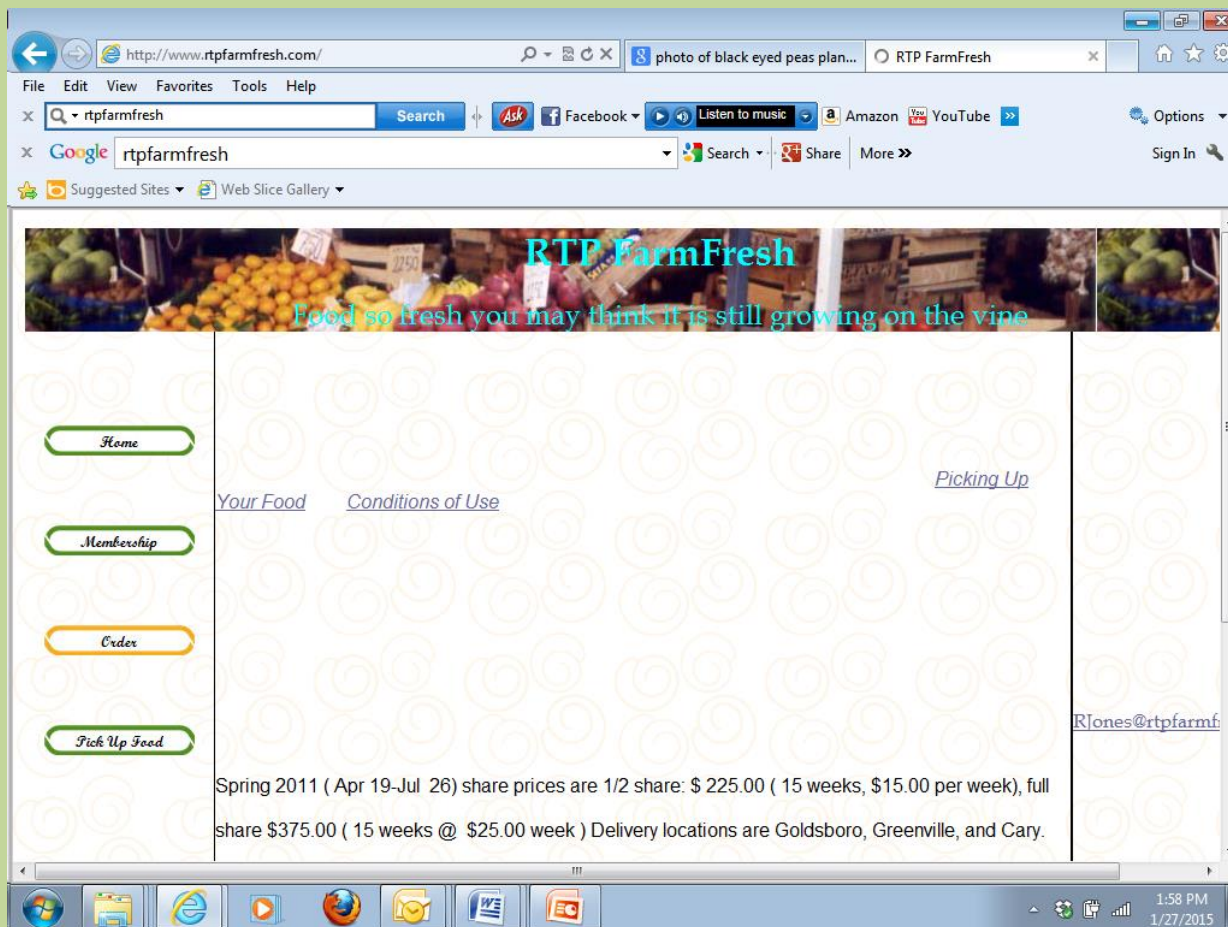
Options for Purchasing PopMarket



www.farmerfoodshare.org/programs/pop-food-market



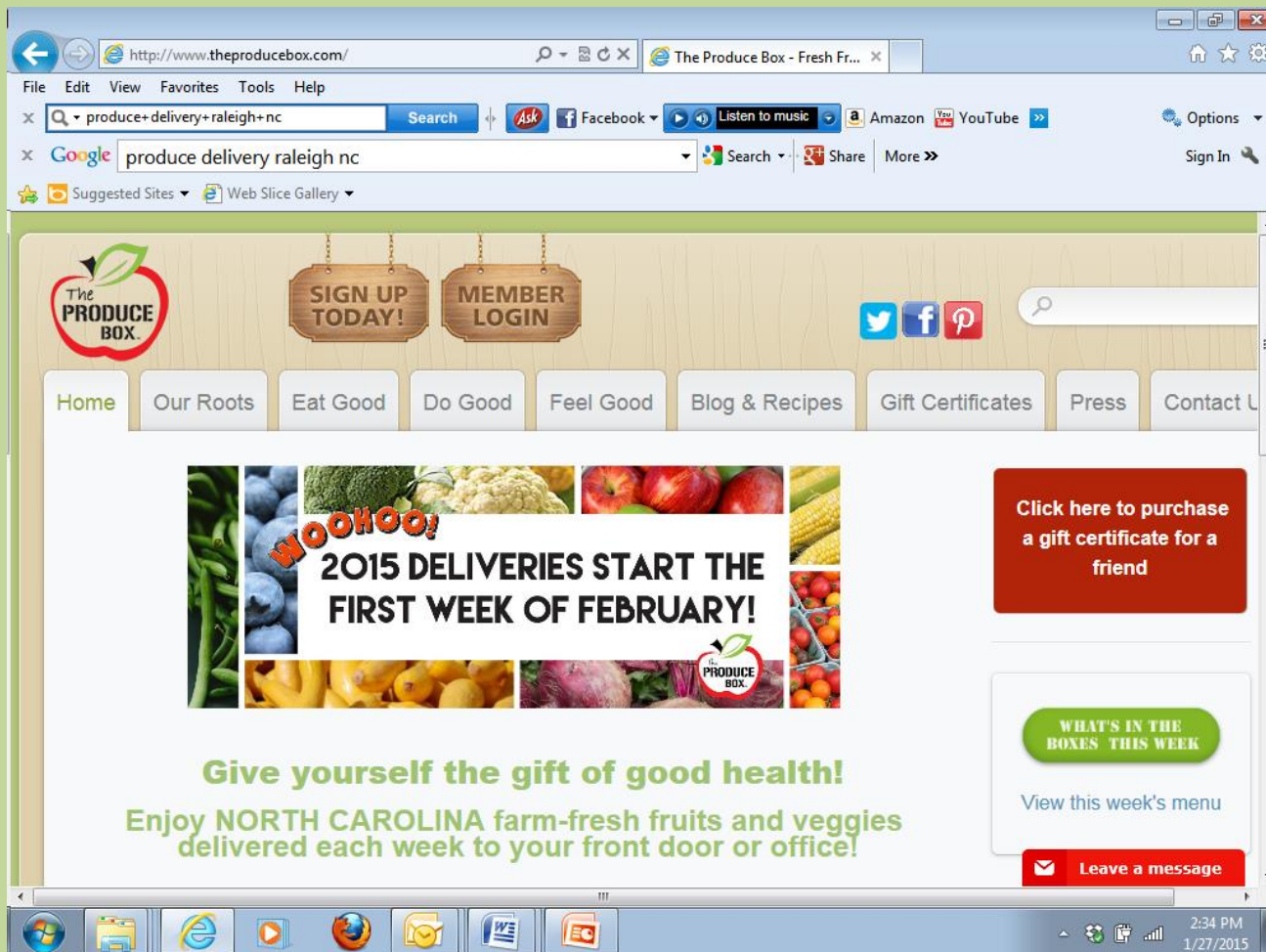
Options for Purchasing Farmers



www.rtpfarmfresh.com



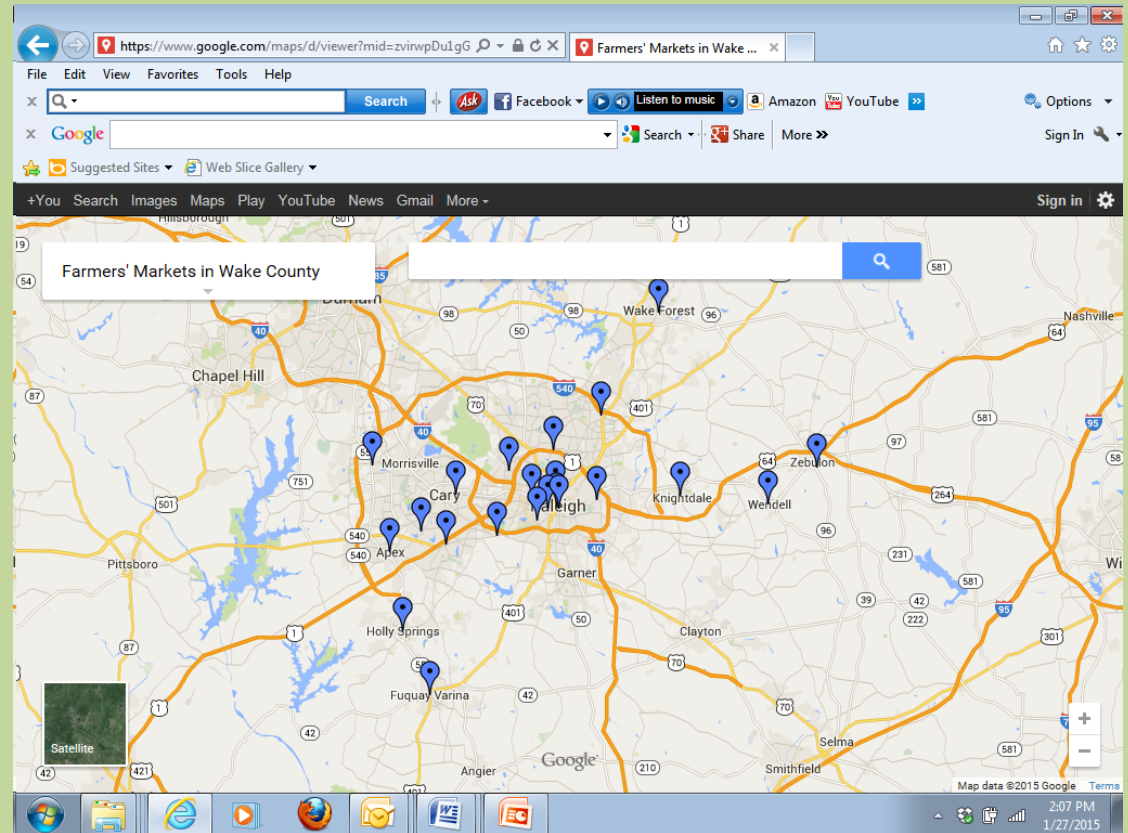
Options for Purchasing Produce Box



www.theproducebox.com



Options for Purchasing Farmer's Markets



www.advocatesforhealthinaction.org/eat-healthy/local-foods/farmers-markets/



Options for Purchasing CCSA Centralized Kitchen

The screenshot shows a web browser window displaying the website <http://www.childcareservices.org/ps/nutrition-services-for-child-care-centers>. The browser's address bar and tabs are visible at the top. The website's navigation menu includes links for ABOUT US, RESEARCH, NEWS & EVENTS, SUPPORT US, and ESPAÑOL. A search bar is located in the top right corner. The main content area features a header with a photo of a child and two columns: 'SERVICES FOR FAMILIES LOOKING FOR CHILD CARE' and 'PROGRAMS TO IMPROVE CHILD CARE QUALITY'. Below this, a breadcrumb trail reads: Child Care Services Association > Provider Services > Nutrition Services for Child Care Centers. The left sidebar contains a list of services: FAMILY SERVICES, PROVIDER SERVICES, T.E.A.C.H. EARLY CHILDHOOD® NATIONAL CENTER, T.E.A.C.H. EARLY CHILDHOOD® PROJECT – NORTH CAROLINA, CHILD CARE WAGES® PROJECT – NORTH CAROLINA, WAKE COUNTY QUALITY SUPPLEMENTS PROGRAM, TRAINING FOR CHILD CARE PROVIDERS, and ACA CONNECT. The main content area is titled 'Nutrition Services for Child Care Centers' and includes a photo of a child, a description of the services, and a list of programs: Meal Service Program and Child Care Food Program. A section titled 'Meal Service Program' provides detailed information about the program, including its purpose and requirements. At the bottom, there is a link to a 'Nutrition Service Program brochure' (500 KB PDF file) with a note that it requires Adobe Acrobat Reader.

Child Care Services Association > Provider Services > Nutrition Services for Child Care Centers

Nutrition Services for Child Care Centers

Child Care Services Association (CCSA) offers two nutrition services for child care programs in Durham and Orange counties:

- Meal Service Program
- Child Care Food Program

Meal Service Program

CCSA's Meal Service Program provides two nutritious meals plus one nutritious snack per day to children enrolled in participating child care centers. Following U.S. Department of Agriculture (USDA) guidelines, the catered meals provide ample portion sizes that meet or exceed Child and Adult Care Food Program standards. By purchasing food in bulk, the Meal Service Program allows child care centers to purchase nutritional meals and snacks at cost, without having to maintain expensive kitchens. It also allows directors to focus more of their attention on quality care instead of on shopping, menu planning, and cooking. To participate in the Meal Services Program, centers must maintain at least a three star license or be working toward a three star license through one of CCSA's local quality improvement projects. This program is primarily available to child care programs in Durham and Orange counties.

[Nutrition Service Program brochure](#)
(500 KB PDF file | [Requires Adobe Acrobat Reader – Download Now](#))

www.childcareservices.org/ps/nutrition-services-for-child-care-centers



Cost Sharing

Number Of Children	Per Child Per Month	Per Month Cost Share	Six Month Cost Share
1	\$ 7.25	\$ 7.25	\$ 43.50
5	\$ 7.25	\$ 36.25	\$ 217.50
20	\$ 7.25	\$ 145.00	\$ 870.00
50	\$ 7.25	\$ 362.50	\$ 2,175.00
75	\$ 7.25	\$ 543.75	\$ 3,262.50
100	\$ 7.25	\$ 725.00	\$ 4,350.00
125	\$ 7.25	\$ 906.25	\$ 5,437.50



Tracking Produce Costs

- Next 2 months (February and March)
- Track costs for canned produce
- Track costs for fresh produce
- These numbers will be used to show the cost of produce prior to getting started



Wrap-Up

- Questions
- Finish NAPSACC assessment if not completed



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Farm to Child Care

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