WHY FARM TO EARLY CARE AND EDUCATION?

According to the CDC, 1 IN 2 CHILDREN ages 1-5 do not eat a daily vegetable and 1 IN 3 CHILDREN ages 1-5 do not eat a daily fruit.

Farm to ECE INCREASES children’s consumption of fruits and vegetables by ONE DAILY SERVING.

Farm to ECE programs can INCREASE THE SUCCESS of Farm to School programs by DECREASING PLATE WASTE by as much as 66%.

Click here for a full list of Farm to Early Care and Education benefits.

ASPHN’S FARM TO EARLY CARE AND EDUCATION (ECE) IMPLEMENTATION GRANT (FIG)

Sowing the Seeds for Healthy Futures in IOWA!

ASPHN’s Farm to Early Care and Education (ECE) Implementation Grant (FIG) was partially supported by a grant administered by the Association of State Public Health Nutritionists (ASPHN) and funded by the Centers for Disease Control and Prevention (CDC) from November 2020 to June 2023. Farm to ECE and Education (ECE) is an innovative evidence-based approach that gives young children increased exposure and access to local produce, opportunities to learn about nutrition and agriculture, and hands-on learning through gardening. ECEs refer to preschools, child care centers, family child care homes, Head Start, and more.

ASPHN acknowledges the CDC’s support of this work but note that CDC did not author nor endorse this resource. Further details can be found here:

Webpage: www.asphn.org
Facebook: facebook.com/ASPHN
Instagram: @asphn
LinkedIn: linkedin.com/company/asphn

“We love being able to provide local produce to the kids. They, in turn, love learning about the places we get the food, and then they like to go to markets or orchards [with their families] and get the same items for their own homes.”

— Iowa ECE Professional

IN THEIR OWN WORDS

“Iowa is a wonderful place to live as a family. As a family, we don’t just eat healthy food, we love it. Farm to School and Farm to ECE help improve nutrition in the classroom, and give young children the opportunity to experience and learn about fresh local produce.”

— Iowa ECE Professional

The Iowa Farm to School and Early Care Coalition was partially supported by a grant administered by the Association of State Public Health Nutritionists (ASPHN) and funded by the Centers for Disease Control and Prevention (CDC) from November 2020 to June 2023. Farm to Early Care and Education (ECE) is an innovative evidence-based approach that gives young children increased exposure and access to local produce, opportunities to learn about nutrition and agriculture, and hands-on learning through gardening. ECEs refer to preschools, child care centers, family child care homes, Head Start, and more.

THE IOWA COALITION HAS IMPACTED:

- 2,200 children
- 27 ECEs
- 192 ECE professionals

THE COALITION’S ACCOMPLISHMENTS AND ACTIVITIES

Tools and Resources

- SUPPORTED the development of LOCAL FOOD MAKES CENTS, a program to increase ECE reimbursement for local foods purchased — PROGRAM DEMAND far exceeded funding capacity
- PROMOTED IOWA FARM TO SCHOOL PRODUCER DIRECTORY to connect ECEs with local farmers and food producers
- CONTRIBUTED to the development of the statewide IOWA FOOD SYSTEMS PLAN
- PROMOTED CHOOSE IOWA FOOD OF THE MONTH campaign which featured and promoted locally grown foods

Learning Opportunities

- HOSTED annual FARM TO SCHOOL AND EARLY CARE CONFERENCES
- ADAPTED and EXPANDED statewide Farm to ECE TRAININGS, LEARNING COLLABORATIVE, and the NUMBER OF INSTRUCTORS equipped to do trainings

Equity Focus

- FOCUSED on EQUITY and COLLECTIVE ACTION in their Farm to ECE work and developed an EQUITY PLAN with the support of a hired racial equity consultant

Iowa

IN THEIR OWN WORDS

“We love being able to provide local produce to the kids. They, in turn, love learning about the places we get the food, and then they like to go to markets or orchards [with their families] and get the same items for their own homes.”

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To learn more about Farm to ECE in Iowa, click here.

Sign up for our monthly newsletter here.