WHY FARM TO EARLY CARE AND EDUCATION?

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 VERMONT!

ASPHN’s Farm to Early Care and Education (ECE) Implementation Grant (FIG) supported the Vermont Farm to Early Childhood (FTEC) Coalition 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.

According to the CDC, 1 in 2 children aged 1-5 do not eat a daily vegetable and 1 in 3 children aged 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%.

In Their Own Words

“Farm to Early Childhood efforts strengthen communities, contribute to resilience, and promote healthy child development. Farm to School is a wide-reaching lens that can be applied to nearly all aspects of Early Childhood programs, including policy-making, professional development, school meal programs, feeding children, and supporting families.”

— Vermont EC Educator

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