

FARM TO ECE:

Sowing the Seeds for Healthy Futures in **NORTH CAROLINA!**



The North Carolina Farm to Preschool Network 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.

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.

THE NORTH CAROLINA FARM TO PRESCHOOL NETWORK HAS IMPACTED:*



4,924 children
*estimated

111 ECEs
*estimated

593 ECE educators
*estimated

THE NETWORK'S ACCOMPLISHMENTS AND ACTIVITIES

Learning Opportunities

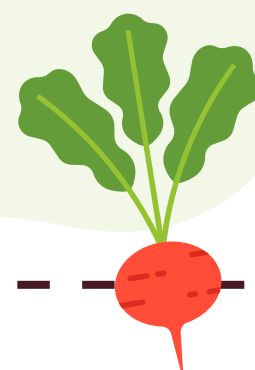
CREATED 7 online Farm to ECE **TRAININGS**, all of which provide educators with professional development credit from the state

ESTABLISHED local Farm to ECE **COLLABORATIVE PROFESSIONAL DEVELOPMENT HUBS** to connect ECE programs with Cooperative Extension, farmers, and local food producers

Methods and Funding

DEVELOPED NC Farm to ECE **SURVEY**, which collected information on current Farm to ECE practices from 656 ECEs in NC

SUPPORTED 48 ECEs with **MINI GRANTS**, with help from 19 ECE educator mentors

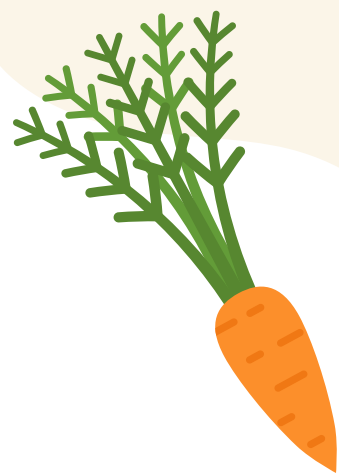


Tools and Resources

CREATED Farm to ECE **INSTITUTE**, trainings, and resources including Serving Local Foods in North Carolina Child Care Centers – [Guidance on Food Preparation and Gardening](#)

DEVELOPED NC Farm to ECE **VIDEO SERIES** to highlight success stories in Farm to ECE, including one Cherokee Nation ECE

PROMOTED Farm to ECE **RESOURCES** including [Growing Minds Farm to Preschool Toolkits](#), [Farm to Preschool Resource List](#), and [Farm to Preschool Policy and Action Planner](#)



HELD NC CRUNCH annual events to celebrate NC agriculture, local farmers and farm workers, and nutrition

TRANSLATED FARM TO PRESCHOOL TOOLKIT into **SPANISH** to increase accessibility



IN THEIR OWN WORDS

"I love seeing children try new things and even [got] a thumbs up on the collards! That is amazing. [The FIG team's] kind-heartedness of giving fresh vegetables has expanded from the center onto parents' and employees' tables, which speaks volumes [about] the work you are doing and the great opportunities this grant has allowed."

— North Carolina ECE Educator

To learn more about Farm to ECE in North Carolina – [click here!](#)

