



CHILD and Adult Care Food Program

Texas Department of Agriculture

2012-2013 Child Care Wellness Grants for Farm to Child Care

Community Services of Northeast Texas

Linden, TX

Project title: *Choosing Locally Available Produce*

Goals: Create a connection between the community farmer, children and families and provide healthy eating choices.

Activities:

- monthly classroom nutrition experiences with a focus on fresh, locally grown fruits and vegetables
- weekly lesson plans that incorporate nutrition
- field trips to a local farm to explore produce growing and harvesting
- classroom projects such as growing fruits and vegetables
- nutrition activities for parents
- monthly parents meeting with recipes for healthy snacks, food demonstrations with fresh produce, and speakers who promote healthful life styles

Bay Area Turning Point

Webster, TX

Project title: *Body, Mind and Soul — The Journey*

Goals: Focus on improving short- and long-term quality of life for sheltered child victims of family and sexual violence.

Activities:

- growing and nurturing a garden to learn key principles of nutrition and health
- integrate USDA curricula and agency resources
- field trips to neighboring family farm to harvest produce and purchase from the Farm Store
- trips to a farmers market to learn decision making skills
- tastings and presentations including cooking demonstrations with local chefs

Little Dude Ranch

Brownwood, TX

Project title: *Plant It! Grow It! Eat It!*

Goals: Create a partnership with a local farm vendor and local farmers markets

Activities:

- planning a garden
- incorporating classroom themes on nutrition, fresh produce and farming
- exploring new fruits and vegetables through tasting parties, field trips to community gardens, farmers markets and local farms
- fresh produce food demonstrations
- nutrition activities in weekly newsletters for parents
- partner and consult with Texas AgriLife Extension for educational programs and technical assistance

Community Action, Inc. of Central Texas

San Marcos, TX

Project title: *Crops for Kids*

Goals: Develop a program to purchase fresh produce from the San Marcos Growers' Guild and San Marcos Farmers' Market Association.

Activities:

- incorporate locally grown fresh fruits and vegetables into meal and snack offerings

- hands-on educational activities for children and parents focused on the benefits of consuming and purchasing locally grown produce

Little Lions Learning Center

La Feria, TX

Project title: *Farm-Food-Fun*

Goals: Establish a Farm to Child Care purchasing relationship with a local farmer that will increase consumption of locally grown fresh fruits and vegetables.

Activities:

- hands-on activities about farming, fruits and vegetables
- field trips to local farms
- monthly meetings will engage parents and families in understanding the importance of incorporating more fresh produce in meals and snacks at home

Lakeway Ministries

Mercedes, TX

Project title: *Learn, Live, Grow - A Farm Direct Approach Program*

Goals: Implement a farm-direct program that will help children make the connection between local farmers, local produce, eating right and healthy living.

Activities:

- classroom activities will encourage consumption of fresh, locally grown fruits and vegetables children will create a garden using the expertise of a local farmer
- visit farmers' markets, community or urban gardens demonstrate to see how produce grows, is harvested, transported, marketed, and prepared
- professional chefs will assist with tasting parties

Adventure Academy

Waxahachie, TX

Project title: Apples to Zucchini

Goals: Establish a foundation for learning that will be practiced outside of the center in a garden. Children will learn about irrigation and rainwater harvesting, use of gardening tools for garden preparation and maintenance, composting and worm farms, harvesting fresh produce and preparing fresh produce.

Activities:

- a greenhouse will enable year-round gardening
- a farm-direct system will be established with a local farmer
- training will equip teachers with skills for success
- parent events will engage families in helping children make healthy choices

Williamson-Burnet Counties Opportunities

Georgetown, TX

Project title: FTC-Head Start Eats Smart

Goals: Help Head Start children benefit from fresh fruits and vegetables and foster relationships with local growers through field trips to local farms.

Activities:

- taste-testing locally grown produce
- cooking demonstrations
- enhanced menu planning by a dietitian
- expansion of fruit- and vegetable-based curriculum in the farm unit at centers

Kids, Etc.

Hardin, TX

Project title: *Daycare Gardening Adventure*

Goals: Teach children from various socio-economic and ethnic backgrounds about the importance of school gardening projects and the farm to table concept.

Activities:

- activities will focus on nutrition and healthy choices, locally grown fresh produce, agricultural conservation, recycling and repurposing, and exercise and nature — no child left indoors

Mainspring Schools

Austin, TX

Project title: Healthy Food, Healthy Bodies

Goals: With a strong focus on health and healthful choices, children will experience enhanced learning.

Activities:

- hands-on gardening activities
- field trips to family farms and farmers markets
- fresh produce tasting and cooking demonstrations
- produce grown in the on-site garden and purchased from local vendors will be incorporated into meals and snacks
- parent training to involve family in the learning process

International Anointed Ministries

Austin, TX

Project title: *Grow Now*

Goals: Grow Now is intended to educate, model and promote healthy eating practices.

Activities:

- use gardens to teach the farm to table concept
- activities with farmers that connect children to the food production process and allow children to participate in choosing and preparing snacks/meals
- more training for staff

Faith Presbyterian Child Development Center

Austin, TX

Project title: Harvesting Healthy Habits

Goals: The project's goal is to establish a sustainable relationship with community supported agriculture. Children, parents and staff participate in growing, harvesting and tasting fresh produce while learning how food is grown and marketed.

Activities:

- organic gardening and composting
- classroom planting and harvesting
- Fall Harvest dinner for families
- Spring Fling tasting event
- partnerships with Five Mile Farms and Hope Farmers Market for educational events and community connections

Youth Conversion

Dallas, TX

Project title: Watch Me Grow!

Goals: Two sites will participate in the Watch Me Grow! Project designed to integrate more fresh produce into snacks and meals while connecting students, parents and the school environment to local farms and resources.

Activities:

- increase involvement with local farms
- include more fresh produce in snacks/meals
- grow fresh produce
- connect with the We Over Me Farm at Paul Quinn Garden and The Village Coop

We Care, Inc.

Houston, TX

Project title: Kids Cook

Goals: Kids Cook participants will explore and incorporate fresh produce from local farms and farmers markets to improve their nutritional health. The project will incorporate hands-on awareness and outreach activities for home- and center-based care facilities.

Activities:

- partner with local farms and farmers markets to provide educational experiences as well as fresh produce.
- a series of workshops that will be conducted in the classroom and involve parents/families through extended home activitiesgrow fresh produce

- develop a Traveling Farmer's Minimarket that will travel to each of the two centers
- children will learn decision making while shopping for fresh produce with play money that will be used in educational activities.

Cutie Pies Children's Dev. Center

McAllen, TX

Project title: *The Farmer's Wife and All Her Cutie Pies*

Cutie Pies will partner with The Farmer's Wife Roadside Market and Garza's Farm to educate young children about the importance of eating fresh produce.

Activities:

- field trips to the local farm and Farmer's Wife Roadside Market
- incorporate a nutrition curriculum such as Be Choosy, Be Healthy with experiences that focus on eating fruits and vegetables
- select and harvest fresh produce for inclusion in meals

College of the Mainland Child Dev. Lab School

Texas City, TX

Project title: Lil' Farmers Club

Goals: Lil' Farmers Club will increase awareness of local produce growers; develop a sustainable garden to supplement meals/snacks with fresh produce; enhance classroom nutrition activities; educate child care centers in the community on how to implement farm-direct partnerships. The project will also impact college students who observe and participate in activities and families through workforce education.

Activities:

- work with local growers
- visit a farmers market
- start a garden
- experience cooking activities

The Shining Stars Academy

Houston, TX

Project title: Little Farmers

Goals: Little Farmers is a project designed to teach children the farm direct process and then allow children to replicate that process with centers in the child development center.

Activities:

- a local farmer will become an adjunct teacher to share skills with the children
- trips to urban markets
- establish a farm direct process for purchasing fresh produce from growers
- replicate a farmers market (similar to the exhibit at the Houston Livestock Show and Rodeo)

El Paso Human Services

El Paso, TX

Project title: City Kid Farming

Goals: Twenty day care facilities will participate in the City Kid Farming program through an alternative gardening project, appropriate for a semi-arid climate. City Kid will educate children about local food systems; provide and incorporate locally grown produce into meals/snacks; and educate children about the connection between food choices and health.

- implement alternative gardening techniques at sites that will include planting and growing produce
- incorporate nutritional activities such as taste tests and food preparation
- create partnerships with local farm vendors and farmers markets
- educational trips to farms, orchards, green houses, and farmers markets in the area

Little Sheep Learning Center

Bastrop, TX

Project title: Healthy Children Happy Children

Goals: Develop partnerships with local farms to experience locally grown, seasonal produce, expand nutritious meals and snacks for children and provide ongoing training for teachers and parents.

Activities:

- monthly parent night with taste testing and training by Bradshaw Farms
- establish farm to table or farm-direct purchasing system
- establish a garden
- train teachers to implement Team Nutrition's Two Bite Club
- outreach and community education through local newspaper

North Tyler Day Nursery

Tyler, TX

Project title: Eating Healthy Foods to Develop Healthy Bodies

Goals: The project proposes to combat obesity and malnutrition by educating children and their parents.

Activities:

- observe/plant vegetables in containers
- provide cooking activities where children prepare fresh produce
- trips to visit the farmers market to select and purchase fresh produce
- incorporate fresh produce in meals and snacks
- create a grocery store in dramatic play area
- design a Tasting Bee with a variety of foods with different textures, tastes, and colors

Montessori School of Sugarland

Sugarland, TX

Project title: MSSL Local Produce Connections

Goals: This project is intended to build connections between child care and local farmers and establish a farm-direct system for fresh produce.

Activities:

- partner with a local farmer
- construct and maintain a sustainable, efficient low-water-use garden

- recruit and train volunteers to assist with garden and fresh produce activities
- focus on education regarding nutrition, food choices, local food systems, and community connectedness
- provide tasting menus and fresh produce snacks

Childtime Childcare

Lewisville, TX (2 sites)

Garland, TX (1 site)

Project title: Childtime's Active Learning Healthy Care: Local Farming Program

Goals: Improving wellness for children, families and staff by focusing on nutrition education with a focus on increasing consumption of locally grown fresh fruits and vegetables.

Activities:

- hands-on activities using locally grown produce
- using locally grown fruits and vegetables for snacks and food demonstrations
- trips to local farms to understand the process from farm to market to kitchen
- newsletters to involve parents in supporting local farmers by purchasing locally grown produce
- bringing in local farmer as a teacher with hands-on activities

La Petite Academy

Bedford, TX (1 site)

Ft. Worth, TX (2 sites)

Project title: La Petite's Active Learning Health Care: Local Farming Project

Goals: Improving wellness for children, families and staff by focusing on nutrition education with a focus on increasing consumption of locally grown fresh fruits and vegetables.

Activities:

- hands-on activities using locally grown produce

- using locally grown fruits and vegetables for snacks and food demonstrations
- trips to local farms to understand the process from farm to market to kitchen
- newsletters to involve parents in supporting local farmers by purchasing locally grown produce
- bringing in local farmer as a teacher with hands-on activities

W.O.S. Inc

Ft. Worth, TX (2 sites)

Arlington, TX (1 site)

Project title: Childtime's Active Learning Healthy Care: Local Farming Program

Goals: Improving wellness for children, families and staff by focusing on nutrition education with a focus on increasing consumption of locally grown fresh fruits and vegetables.

Activities:

- hands-on activities using locally grown produce
- using locally grown fruits and vegetables for snacks and food demonstrations
- trips to local farms to understand the process from farm to market to kitchen
- newsletters to involve parents in supporting local farmers by purchasing locally grown produce
- bringing in local farmer as a teacher with hands-on activities

The Children's Courtyard

Arlington, TX (2 sites)

Ft. Worth, TX (1 site)

Project title: The Children's Courtyard's Active Learning Healthy Care: Local Farming Program

Goals: Improving wellness for children, families and staff by focusing on nutrition education with a focus on increasing consumption of locally grown fresh fruits and vegetables.

Activities:

- hands-on activities using locally grown produce
- using locally grown fruits and vegetables for snacks and food demonstrations
- trips to local farms to understand the process from farm to market to kitchen
- newsletters to involve parents in supporting local farmers by purchasing locally grown produce
- bringing in local farmer as a teacher with hands-on activities

Precious Moments Learning Center

Dallas, TX

Project title: Farm Raised for Healthy Mind and Body

Goals: An outdoor garden and classroom will bring learning outside.

Activities:

- trips to the farm or farmers market to select fresh produce
- tasting parties and cooking classes
- on-site gardening experiences

Lacy Socks and Boots 2

Beaumont, TX

Project title: Seed to Plate Tastes Great

Goals: Seed to Plate Tastes Great! Increases children's exposure to and promotes consumption of fresh, local produce and will incorporate local produce into meals and snacks.

Activities:

- gardening, tasting and cooking fresh produce

- field trips to local farms and farmers markets, and special family events.
- collaboration with Texas AgriLife Extension will include Junior Master Gardener component.
- Farmer's Market Food" puppet theater activities

Around the Clock Child Care Center

San Angelo, TX

Project title: Young Sprouts

Goals: Young Sprouts will teach children ages 1-3 about the importance of farming, to grow fresh fruits and vegetables, to care for the earth, and to eat healthfully. Young children are natural gardeners as they are curious, learn by doing, and like to play in the dirt. Children will connect with nature through the Young Sprouts project.

Activities:

- implement Grandparents and Gardening
- establish a relationship with the farmers market
- incorporate Team Nutrition's Grow It, Try It, Like It, Nibbles for Health, and Two Bite Club
- add books relating to Young Sprouts into daily reading
- set up and maintain garden

Stepping Stones of Knowledge Academy

Duncanville, TX

Project title: Healthy Foods, Healthy Bodies

Goals: To educate and empower children to make healthy food choices that include fresh, locally grown produce.

Activities:

- provide hands-on activities that connect Stepping Stone children and parents to a local farmer and or producer
- create a center based garden
- provide field trips to Garden Harvest Farm and Dallas Farmer's Market
- conduct cooking demonstrations on Saturday for families

- incorporate tasting parties for children and parents
- integrate farming and nutrition based curriculum Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables, The Two-Bite Club
- involve parents with Nibbles for Health: Nutrition Newsletter for Parents of Young Children.

Kids R Fun

San Antonio, TX (Three sites)

Project title: FTC—Healthy Living with Fruits and Vegetables

Goals: This project is intended to help children and families increase consumption of fruits and vegetables both at the center and at home by developing a positive environment that encourages positive choices.

Activities:

- create and maintain a garden
- provide resources to teachers that support the project's concepts
- establish relationships with local growers to implement a farm-direct process for purchasing fruits and vegetables
- plan and implement training and education for teachers
- conduct tasting and sampling activities for children and parents