



HEALTHY KIDS, STRONG COMMUNITIES

Increasing Local Food Access in Native Communities through Farm to ECE

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WHAT'S ON THE MENU

- **Overview of Farm to ECE**

- Local Food Purchasing
- Gardens
- Education

- **What does it look like?**

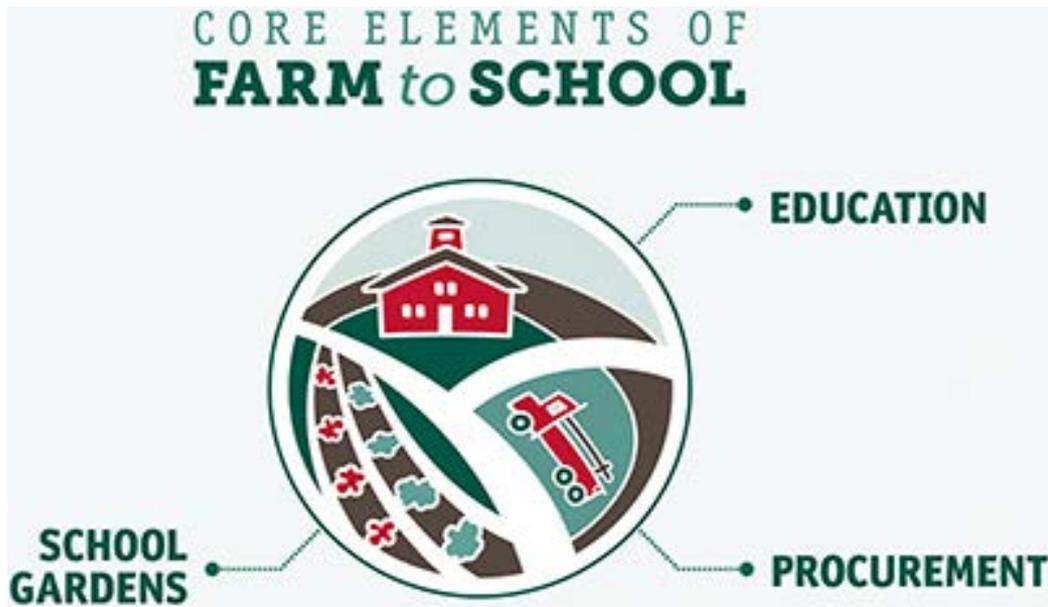
- **Discussion**

- Interest
- Barriers
- Challenges



FARM TO EARLY CARE AND EDUCATION

Centers around **buying and using local foods** in early childcare and education programs.



National Farm to School Network, farmtoschool.org

All programs serving children ages 0-6

- Family and group childcare homes
- Private centers and preschools
- Head start, Early Head Start, and Great Start Readiness Programs
- Faith-based early childcare programs
- Early education programs based in K-12 schools/districts



DISCUSSION:
Who is doing Farm to ECE? What are you doing?



BENEFITS OF FARM TO ECE

- Increases access to fresh, local foods
- Helps promote healthy eating habits and exposes children to healthy foods at a young age
- Expose children to healthy foods
- Opportunities to include culturally relevant foods
- Can have more control over your food system



Photo courtesy of Becky Kwasteniet

EDUCATION

- Field trips to farms and farmers market
- Turn meal time into educational opportunity
- Stories and activities revolving around local foods and agriculture
- Can support receptivity to new foods brought in



Photo courtesy of Doreen Simonds

GARDENS

- Hands on educational opportunities
- Opportunity for parent engagement
- Exposure to food from seed to plate
- Children can eat what they grow!



Photo courtesy of Tiffany Menard

LOCAL FOOD PURCHASING

- Purchase from farmers, food hubs, farmers markets, grocery stores and broadline distributors
- Develop menus seasonally around what's available
- Encouraged as a best practice under new Child and Adult Care Food Program (CACFP) standards



Photo courtesy of Becky Kwateniet



DISCUSSION:
What aspect of Farm to ECE interests you the most, and why?



BENEFITS OF FARM TO ECE (CONT)

- Opportunities for parent engagement and promote access for families
- Build stronger community connections
- Support local farmers and local economies



Photo courtesy of Doreen Simonds

BENEFITS OF FARM TO SCHOOL

Healthy Foods for Navajo Schools

- Reducing childhood obesity and diabetes
- Providing opportunities to learn about the land, traditional foods and traditional growing practices, and how both support cultural values
- Students learn hands on to demonstrate growing food as a way of life and livelihood

STAR School Project. (2014). "Healthy Foods for Navajo Schools"
<http://www.farmtoschool.org/Resources/Navajo%20F2S%20Manual%20revised.pdf>





What are the reasons you are interested in Farm to ECE?



LOCAL FOOD PURCHASING

CACFP NEW MEAL PATTERNS

Updated Child and Adult Meal Patterns



Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day.



More Whole Grains

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grain component; and
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).



More Protein Options

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate.



Age Appropriate Meals

- A new age group to address the needs of older children 13 through 18 years old.



Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

CACFP BEST PRACTICES

CACFP Best Practices

USDA highly encourages centers and day care homes to implement these best practices in order to ensure children and adults are getting the optimal benefit from the meals they receive while in care:

Vegetables and Fruit

- * Make at least 1 of the 2 required components of a snack a vegetable or a fruit. 
- * Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.
- * Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week. 

Additional Best Practices

- * Incorporate seasonal and locally produced foods into meals.

OPTIONS FOR PURCHASING

- **Broadline Distributor (Sysco, Gordons, Van Eerden, etc)**
- **Food Hub**
- **Farmer/Farmer Cooperative**
- **Grocery Store**
- **Farmers Market or farm stands**
- **Grow your own**

LOCAL FOOD PURCHASING IN ACTION

- **Broadline Distributor (Sysco, Gordons, Van Eerden, etc)**
 - Consistent and dependable quantities
 - Work through standard channels
 - Some level of year-round availability

- **Strategies:**
 - Involve representative in Farm to School Team
 - Ask about what products are already available locally
 - Set up a system for getting the most out of your local

SALT LAKE COMMUNITY ACTION PROGRAM

works with its broadline distributor as one way to access local food. Its sales representative knows the program's interest in local foods and set up an agreement that whenever local versions of a product are available, the distributor provides those products to the early childhood program.



Local Vendors of South Carolina

THESE ARE PRODUCTS THAT WERE GROWN, PRODUCED OR MANUFACTURED IN SOUTH CAROLINA

ALLEN BROTHERS MILLING - COLUMBIA, SC			
APN	Product Description	Pack Size	Label
689430	MIX, BSCT SWT PTATO ADD MILK	25 LB	ADLUH
1431071	BREADER, CHIX	25 LB	ADLUH
1580836	MARINADE, CHEX TFF NO MSG BOX	25 LB	ADLUH
2353209	BREADER, SEAFD	25 LB	ADLUH
3501582	MIX, BSCT PLN ADD MILK OR	50 LB	ADLUH
4353215	GRITS, CORN WHT STONE GRND BAG	25 LB	ADLUH
4353801	FLOUR, AP	25 LB	ADLUH
5350277	MIX, CENBBD & MFN ADD WATER	25 LB	ADLUH
5356480	GRITS, CORN YLW STONE GRND BAG	25 LB	ADLUH
5443015	CORNMEAL, WHT MED BAG	25 LB	ADLUH
6640221	FLOUR, SELF RSNG BLCHD TFF	25 LB	EATMOR
6814537	BREADER, AP CRINA	25 LB	ADLUH
6991152	BREADER, CHIX	25 LB	BERNIE
7356488	FLOUR, SELF RSNG	25 LB	ADLUH
7364458	MIX, BSCT BUTR ADD BTRMLK W/ CORNMEAL, YLW MED BAG MILLD	25 LB	ADLUH
7369077		25 LB	ADLUH
7443013	MIX, HUSH PUPPY	25 LB	ADLUH
8350274	CORNMEAL, MIX SELF RSNG WHT	25 LB	ADLUH
8551302	FLOUR, AP	25 LB	EATMOR
9353194	CORNMEAL, MIX SELF RSNG YLW	25 LB	ADLUH
9443011	MIX, PNCK PREM	25 LB	ADLUH
9551391	FLOUR, AP	50 LB	EATMOR
MR B'S - HARTSVILLE, SC			
APN	Product Description	Pack Size	Label
1872118	DOUGH, BSCT BTRMLK 1.2 Z BULK	185/1.2 OZ	MRBFZNFDS
2652493	DOUGH, BSCT CHS CHEDR 1.32 Z	185/1.32 OZ	MRBFZNFDS
2659118	DOUGH, BSCT BTRMLK 3 Z JMB	100/3 OZ	MRBFZNFDS
2721660	MACARONI & CHEESE, TRAY FZN	4/6 LB	MRBFZNFDS
6765578	CASSEROLE, SWT PTATO FZN BOX	4/6 LB	MRBFZNFDS
SOLAR FARMS - WEST COLUMBIA, SC			
APN	Product Description	Pack Size	Label
4356549	SPROUT, BEAN FRESH REF	5 LB	PACKER
5020755	SPROUT, ALF FRESH REF	12/4 OZ	PACKER
5350582	TOFU, FIRM FRESH REF	12/4 LB	PACKER

LOCAL FOOD PURCHASING IN ACTION

➤ Food Hubs

- Wide variety of local foods
- Larger quantities than individual farmers
- Information on farm source provided

➤ Strategies:

- Utilize community connections to identify and food hubs near you
- Set up a schedule and system
- Compare costs

The chef at **BAXTER'S CDC** asked vendors at the local farmers market where they sell their farm products. She found out that many sold their products to West Michigan Farmlink, a regional food hub.



LOCAL FOOD PURCHASING IN ACTION

- **Direct from Farmers**
 - Fresh and wide variety
 - Keep dollars in your community
 - Access opportunities or education
- **Strategies:**
 - Work with cooperatives for larger quantities
 - Set up strong communication schedules
 - Learn about farm practices
 - Plan ahead!

CAPRW HEAD START meets with its partnering farmer group in February to plan for the following fall. They decide on menus, products of interest, and timeline, and works with the program's caterers to plan accordingly. This allows the food program to have a more sustainable source in its local purchasing efforts.



Photo courtesy of Doreen Simonds

LOCAL FOOD PURCHASING IN ACTION

➤ Farmers Markets

- Can purchase small quantities for tastings and special events
- Access to many farmers in one place
- Opportunity to test out products before committing

➤ Strategies

- Find farmers markets through search engines
- Talk to farmers about their products
- Ask farmers about specialties



Photo courtesy of Doreen Simonds

GROW YOUR OWN!

- CACFP funds can be used to purchase garden inputs
- New to gardening?
 - Michigan School Garden Newsletter
 - MSU Extension Master Gardener Program
 - Learn about Food Safety
- Build in educational activities





DISCUSSION:
How do you currently purchase food?
How do you prepare food?
What method(s) of local food purchasing interests you, and why?





FARM TO ECE IN ACTION

COLUSA INDIAN CHILDCARE



COLUSA INDIAN CHILD CARE

- **Farm to school committee and garden committee**
 - Food service worker, assistant director, and one representative from each classroom
- **Works with tribal farms to source rice, honey and nuts**
 - Build deeper connections with their native community
- **Chef provides samples of local products to serve at parent meetings and events**
- **Onsite garden for experiential education**
- **Integrate Harvest of the Month for education in the classroom**

HEALTHY FOODS FOR NAVAJO SCHOOLS



Seed Change in Native Communities with Farm to School

The National Farm to School Network's *Seed Change in Native Communities with Farm to School* project aims to expand farm to school activities (procurement of local and traditional foods, school gardens, and food and agriculture education) in Native communities as a strategy to leverage community-wide initiatives towards building food security and food sovereignty and towards revitalizing use of traditional foods. Five Native schools have been awarded mini-grants to expand and promote farm to school in their communities. Here's a preview of the activities they'll be working on:

Hardin School District 17H&1 – *Crow Reservation: Crow Nation (Montana)*
Partner with local entities and individuals to empower students in learning about traditional foods, preparation, storage and ceremony. Create a native orchard, featuring a variety of native berries, including buffalo berries, june berries and chokecherries.

Hydaburg City School – *Hydaburg, Prince of Wales Island: Haida Nation (Alaska)*

Connect students with locally grown and traditional foods (such as rutabagas, parsnips and the Haida potato) by expanding the existing school garden to include a greenhouse. In May, students will celebrate Haida Day by giving Elders a tour of the new greenhouse and learning about the village's old garden site.

Indian Township School – *Indian Township Reservation: Passamaquoddy Tribe (Maine)*

Engage students in traditional growing practices by reviving an existing greenhouse and school garden. Students will catch fish to be used as garden fertilizer, and will learn planting techniques like the Three Sisters. Food grown in the garden will supplement the school lunch program, summer food service and elderly food site.

Mala`ai Kula: Kaua`i Farm-to-School Pilot – *Kaua`i Island: Native Hawaiians (Hawaii)*

Support an existing three-year pilot project to create a culturally relevant farm to school program at two Kaua`i schools. On Kaua`i, where 90 percent of food is imported, Mala`ai Kula is helping students build a healthier relationship with traditional food systems through school gardens and locally-grown foods in school meals.

Warm Springs K8 Academy – *Warm Springs Reservation: Confederated Tribes of Warm Springs (Oregon)*

Help students make connections about where food comes from and how it relates to their cultural heritage by planting a school garden and promoting a healthy snacks program. The garden will also be used for science and nutrition education.

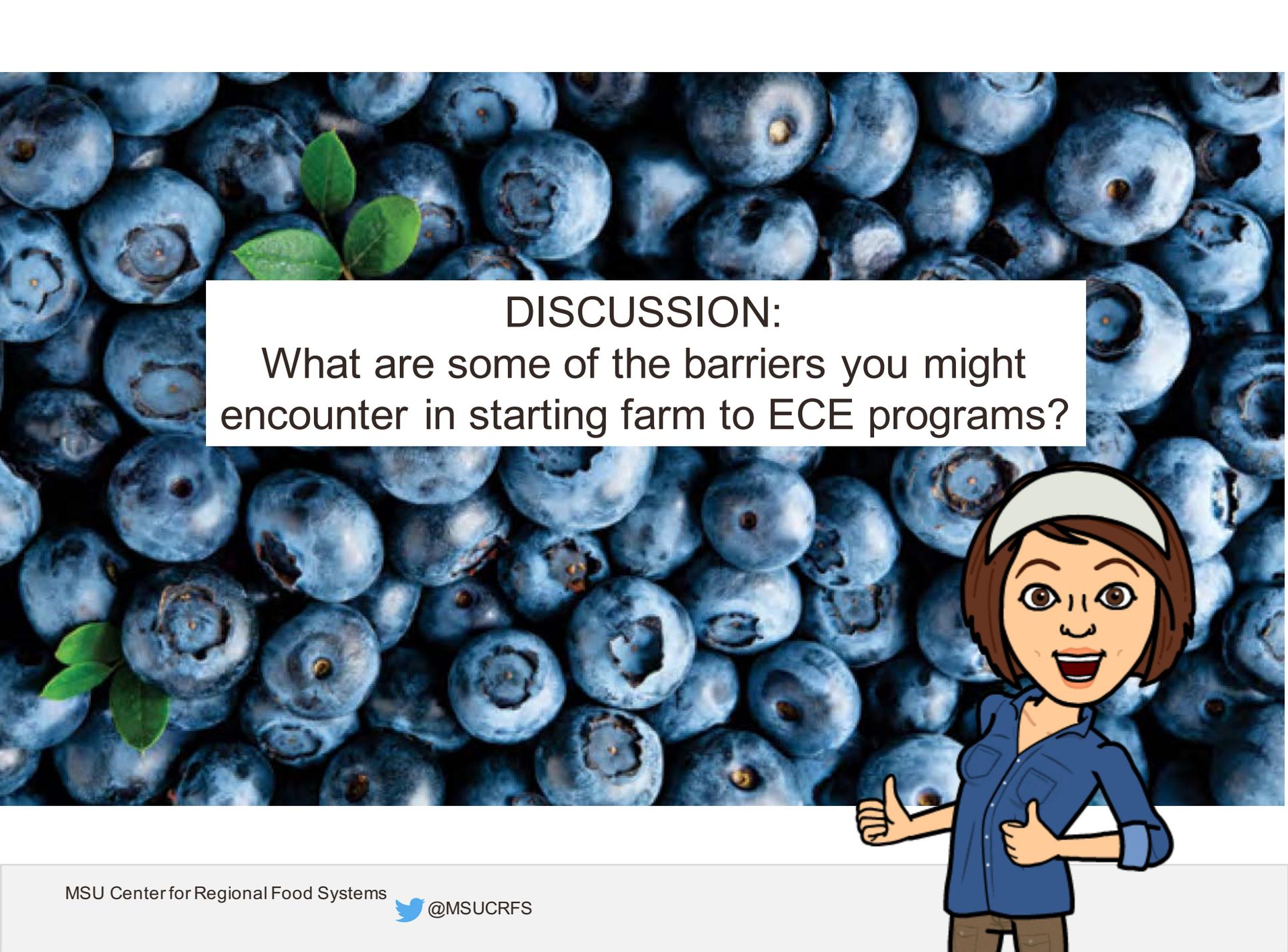


WHITE EARTH RESERVATION, MN

- Serve local walleye, wild rice, and hominy
- Field trips to learn about local food production
- Revamp menus to incorporate more traditional foods



<http://www.nativefoodsystems.org/communities/farmtoschool/welrp>



DISCUSSION:
What are some of the barriers you might encounter in starting farm to ECE programs?





RESOURCES

USEFUL WEBSITES

- **National Farm to School Network**
 - Farm to ECE <http://www.farmentoschool.org/our-work/early-care-and-education>
 - Farm to School in Native Communities <http://www.farmentoschool.org/our-work/native-communities>
- **USDA Community Food System**
 - <https://www.fns.usda.gov/farmentoschool/farm-school>

MSU RESOURCES <http://mifarmtoschool.msu.edu>



FARM TO EARLY CHILDHOOD PROGRAMS
A STEP-BY-STEP GUIDE



MICHIGAN STATE UNIVERSITY **CRFS** 

Local food procurement

TOOLBOX

How to Purchase and Use More Local Foods in Early Childhood Programs





ACTION PLAN:
**Identify one step to take towards
creating a farm to ECE program**



QUESTIONS?

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