



MI Farm to ECE Webinar Series:

Engaging Families in Farm to ECE

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WHY ENGAGE FAMILIES?

- Can help create sustainable programs
- Research shows family involvement in early childhood is linked with positive outcomes for kids
- Meaningful family engagement in early learning supports school readiness and later academic success
- Can influence at home eating practices as well as
- Most effective health intervention connects in program and home activities
- Helps parents connect to local foods in the community

WAYS TO ENGAGE FAMILIES

- Feature local food at program events
- Include Farm to ECE in parent newsletter
- Taste tests at pick up time
- Invite them to be on Farm to ECE Team
- Invite on field trips to local farms
- Engage in building and maintaining gardens



CULTIVATING A Food Sovereign Detroit

where the majority of fruits & vegetables consumed by Detroiters are grown within the city limits

Garden Resource Program

- Helps early childhood programs establish center gardens
- Provides starting resources and technical assistance
- Offers education on basic gardening, cooking, food preservation, etc.



WHY ENGAGE FAMILIES?



- **Expose families to what's available**
- **Inspire child and creates a sense of pride**
- **Build program sustainability**
- **Encourage families to improve eating habits and garden at home**
- **Connects families with access points for local food**
- **Many Head Start programs have parent engagement requirements**



GOALS OF GARDENS AND FAMILY ENGAGEMENT

- Teach families how to garden at home
- Grow food for families to use
- Build education into the centers for children
- Build healthier eating habits



ENGAGING FAMILIES IN THE GARDENS



Garden newsletter can be shared with parents



Grow With Me

News for the smallest growers in the Garden Resource Program

APRIL 2017

Time to get little fingers in the dirt!

Have you joined the Garden Resource Program (GRP) this year? Joining the GRP is how your center garden gets all those wonderful seeds, transplants, compost and assistance in growing your garden. Each year offers another opportunity to introduce new foods and learning to little ones, too. Don't miss out. An application is being emailed to everyone on file from last year. If you are new or have not received it, please let us know. Applications are also online on our website, detroitagriculture.net. New for 2017, you can fill it out online!



What to Plant?

One of the hardest things to decide every season is what to grow in your garden. How do you pick from so many great seeds and transplants available? Think about the space you have to grow and decide what is best to grow in that space. You can also decide by selecting veggies you know the little ones will eat. That is a better idea than over-planting or planting things that no one will eat. This spring, try spinach or peas, both easy to grow and quick to be ready to harvest!



Keep Growing Detroit
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Stay up to date with Keep Growing Detroit and the Garden Resource Program.
<http://detroitagriculture.net>
FB: Keep Growing Detroit

Open hours at KGD's Farm:
Tuesdays & Thursdays 5-7pm
Fridays 9-12pm
Plum Street Market Garden
2202 3rd St.,
East of the MGM Grand Casino



Tips for Cooking with Young Children

Cooking is not only a fun, engaging activity for young children, but one that has been used for years as an important teaching and development tool. Engage children in conversation as you are cooking, describe and verbalize what they are doing, discuss where foods come from and make sure the recipe promotes healthy food choices. Does the recipe feature seasonal and local produce found in the garden or on a local farm? Have all necessary equipment and ingredients prepped and available. Read the recipe aloud, discussing each step. Include all children in the clean-up process. Have fun making memories together and hitting many developmental areas such as social-emotional, physical, cognitive and language. Cooking also brings to life concepts in mathematics, arts, science, social studies and literacy.

HEALTHY VEGGIE RAINBOW

- 1 slice of red bell pepper
- 1 slice of orange bell pepper
- 1 slice of yellow bell pepper
- 1 slice of green bell pepper
- 2 cauliflower florets
- 1 small container of dressing for dipping

Directions:

1. Take slices of bell pepper and arrange them in a rainbow pattern on your plate—red, orange, yellow and then green.
2. Put two cauliflower florets on either side of your pepper rainbow.
3. In the middle of the rainbow, place a small cup of a "pot of gold", (use a yellow dipping sauce).



Grow it and Taste it!
Simple tasting activities for kids.

Tastings are a great way to get kids and adults to try something they may have never eaten before. One popular idea is to have fun creating food designs that attract kids attention and makes them want to try it. There are so many ideas online or you can create your own design. Here is one example that you may want to try; Healthy Veggie Rainbow.

STRATEGIES FOR ENGAGING FAMILIES

Challenge	Strategy
Lack of time on the part of family members	<ul style="list-style-type: none">• Build garden planning meetings into times family members are at center
Lack of gardening knowledge	<ul style="list-style-type: none">• Trainings for families specifically on how to garden• Engage parents throughout the entire process
Adverse reaction to gardening	<ul style="list-style-type: none">• Modeling behaviors – staff and trainers participating and engaging fully

FAMILY RESPONSE

- Children get parents to try new foods they may not otherwise
- Demonstrates that gardens are easier than they thought
- Impact of family/child interaction
- Garden has brought more parents involved in the centers



TIPS

- Attend parent meetings at center to talk about the garden and get parent group involved from the beginning.
- Offer to teach a basic gardening class before or after the garden is built.
- Work with admin to get parents/family to volunteer to maintain garden space.
- Plan build days and work days with parent/family volunteers.
- Try to schedule garden activities along with center activities when parents/families are most likely at the center; drop off, meetings, workshops, pick up.



QUESTIONS?

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