

GEORGIA



FARM TO EARLY CARE AND EDUCATION MENU

Ways to integrate local foods and learning in early child care and education settings.



LOW



MEDIUM



HIGH

*Carrots show estimated time, resources, and/or cost.

BUDGET BITES

Sign Up for FTECE Text Tips

Receive free monthly recipes, farm to table activities, and [text message tips](#) for getting kids to eat more fresh, local produce.



Farm or Produce Story Time

Engage students with [books](#) and [lessons](#) about farming and healthy foods.



Classroom or Outdoor Planters

Grow [indoor](#) and [low maintenance plants](#), such as herbs or alfalfa sprouts, to demonstrate planting, sprouting, and harvesting processes and incorporate into a taste test or menu item.



chef's selections

Harvest of the Month

Feature a "[Harvest of the Month](#)" fruit or vegetable all month long with any of these menu items and activities, such as "Harvest of the Month" [Bingo!](#)



Meet GELDS and Earn QRIS Points

Earn points towards [Quality Rated](#) while promoting FTECE and nutrition by using FTECE activities to meet physical, communication, language, literacy, and cognitive [development standards](#). Use the Department of Public Health's [Eat. Move. Talk!](#) for ideas.



FRESH FLAVORS

Classroom Taste Tests

Incorporate [taste tests](#) of locally-grown, nutritious foods and hands-on learning activities. Don't have time? Try a [taste test box delivery service!](#)



On-site Garden

Plant an [edible garden](#) for activities and meal supplements. To get started, contact your local [extension office](#) for more [details](#).
Tip: Gardens that feed students may be eligible for CACFP reimbursement.



DELICIOUS DELIGHTS

Local Farm Field Trips

Engage students and parents in learning at the same time by organizing a weekend class field trip to a local farm. Local [extension offices](#) can help you connect with a farm.



Procure Fresh, Local Produce

Buy fresh foods from a [local farm](#) or [distributor](#) and incorporate them into healthy recipes.
Tip: CACFP can help make buying local food economical.



Implement a Wellness Policy That Includes FTECE

Use the [Growing Fit Kit](#) to develop and implement a wellness policy for your center that includes nutritious local foods and physical activity opportunities for children, families and staff.



Text message tips

<https://www.qualitycareforchildren.org/farm-to-ece>

Farm books

<http://www.pareadysetgrow.org/book-list/>

Farm lessons

<https://georgiaorganics.org/for-schools/books-and-resources>

Indoor plants

https://kidsgardening.wpengine.com/wp-content/uploads/2017/01/KG_gardeningbasics-indoor-gardening.pdf

Low maintenance plants

https://www-tc.pbs.org/parents/sid/files/2013/01/Growth_printable.pdf

Harvest of the Month

<http://gafarmtoschool.org/harvest-of-the-month/>

Harvest of the Month Bingo

<https://www.qualitycareforchildren.org/farm-to-ece>

Quality Rated

https://qualityrated.decal.ga.gov/Content/Documents/PM_ProgramManual.pdf

GELDS development standards

www.gelds.decal.ga.gov/Documents/GELDS_Resource_Guide_PreSchool.pdf

Eat. Move. Talk!

https://dph.georgia.gov/sites/dph.georgia.gov/files/EatMoveTalk_Toolkit_Online_121316.pdf

Taste tests

<https://vimeo.com/71532219>

Taste test box delivery service

<https://smallbites.club/>

Starting a preschool garden

http://www.farmtoschool.org/Resources/Starting_a_PK_Garden-Menu_of_options_FINAL.pdf

Planning an edible garden

<http://extension.uga.edu/publications/detail.html?number=C1027-1&title=Planning%20an%20Edible%20Garden>

Garden basics

<https://kidsgardening.org/gardening-basics/>

Extension County Office

<http://extension.uga.edu/county-offices.html>

Local farm

<https://www.georgiagrown.com/find>

Local distributor

<https://www.thecommonmarket.org/locations/the-common-market-georgia>

CACFP

<http://families.decal.ga.gov/MealPrograms/CACFP>

Growing Fit Kit

https://dph.georgia.gov/sites/dph.georgia.gov/files/related_files/site_page/growing_fit_kit_v4.pdf