



OHIO STATE UNIVERSITY EXTENSION

# Farm to Early Care and Education

Local Foods for Little Learners

## What is Farm to Early Care & Education?

Farm to Early Care and Education (ECE) is an innovative evidence-based approach that gives young children increased exposure and access to local food, and opportunities to learn about nutrition, agriculture and gardening.

## How do I get started in Farm to ECE?

Start by completing the *Early Childhood Health: Farm to Early Care* training, available for free, 2.0 Ohio Approved (OA) credit\* hours on OCCRRA's OPR. You will learn to identify steps to implement local food purchasing, gardening, and food-based education in your classroom. Additional resources listed on the right.

## How do I become more involved in Farm to ECE?

The Ohio Farm to Early Care and Education (ECE) Coalition seeks to support processes that get more nutritious, local foods to young children in early care settings, while supporting more local farmers. Join us in making impactful change! Complete an interest form at [go.osu.edu/f2ececoalition](http://go.osu.edu/f2ececoalition).

## Farm to ECE Resources

### • Free Trainings

- *Early Childhood Health: Farm to Early Care* (2.0 OA credit\*)
- *Early Childhood Health: Growing Teachers Throughout the Seasons for ECE* (1.0 OA credit\*)

### • ECE Provider Guide: Buying Local Foods for Early Care and Education

### • Producer Guide: Selling Local Foods to Early Care and Education Providers

### • Handouts and Videos

- Composting
- Hand Washing
- Starting a Garden
- Cooking with Children



[go.osu.edu/f2ece](http://go.osu.edu/f2ece)