



VERMONT
FARM TO SCHOOL &
EARLY CHILDHOOD
NETWORK



Farm to Early Childhood in Vermont:
initiatives supporting professional development and
high quality early childhood services

Today's Investigations



- **Overview of Farm to Early Childhood**
 - What is FTEC?
 - Why FTEC?
- **FTEC professional development & alignment with state systems**
- **Supporting Structures**
 - VAAFM Grants Program
 - Northeast FTS Institute
 - Professional Development & TA
- **Discussion & Felted Exploration**
 - What's on your mind?
 - What do you need to implement FTEC?

What is FTEC?

Farm to Early Childhood is a group of strategies which leverage educational practices and food purchasing at early childhood sites to enrich the connections children, families, and staff have with fresh, nutritious foods; local food producers; food systems and; food and nutrition education.

Classroom

- **Sensory learning**
- **Cooking**
- **STEAM**
- **Language & Literacy**
- **Field trips & guest educators**
- **Culturally responsive**

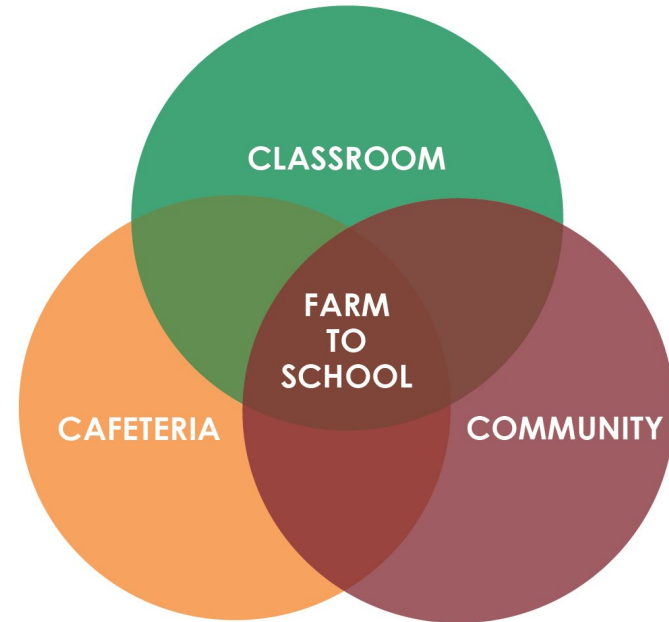
Cafeteria

- **Meals**
- **Snacks**
- **Taste tests**
- **Family food access: CSA, mobile markets, backpack programs**
- **Program socials & events**

Community

- **Place-based**
- **Relationships**
- **Belonging**
- **Family engagement**
- **Community events**
- **Community resilience**
- **Resources**
- **Equity**

The 3 C's Approach to Farm to Early Childhood



ECEs Impact Children's Eating, Drinking, Outdoor Time & Physical Activity

**Child Care
Center**



70% of children are cared for outside of home

Preschool



21,000 children birth to age 5

**Family
Child
Care**



2/3 of meals happen at school

2/3 physical activity happen at school

WHY FARM TO ECE?

Better meals

Willingness to try, choose, and like fruits & veggies increased 78%

More fruits & veggies consumed - control vs intervention

Changed family eating behaviors

Changed child's eating at home

Farm to School: 12% of more food dollars kept local (82% vs 70%)

Improved local food economy and employment

Vermont Farm to Early Childhood

C



- [Vermont Agency of](#)
- [Vermont Garden N](#)
- [University of Verm](#)
- [Hunger Free Verm](#)
- [Vermont Agency of](#)
- [Vermont Departme](#)
- Food Connects
- [Vermont Departme](#)
- [Vermont FEED](#) (a f



[Health
Agency Alliance](#)

[Support Services](#)

[District](#)

FTEC Coalition Areas of Focus

Network & Advocacy	Professional Development	Resources
<p>Diversify, strengthen, and empower the Vermont Farm to Early Childhood Coalition.</p>	<p>FTEC Introductory Workshops</p> <ul style="list-style-type: none"> ● in-person ● virtual ● FTEC mini-conference 	<p>Coaches Technical Assistance Partners Communities of Practice</p>
<p>Support, elevate, align coalition members' work and projects</p>	<p>Welcome to FTEC: 3 credit course</p> <ul style="list-style-type: none"> ● 45 training hours ● 3 undergraduate credits ● 3 graduate credits ● related credits (H/S & N) 	<p>VAAFM Grants:</p> <ul style="list-style-type: none"> ● CSA, FTSEC Capacity, Vision Gardening Grants <p>Food Service Grants/Pilots</p>
<p>Increase communications and marketing to promote FTEC as an evidence-based strategy that addresses multiple public health, food system, and ECE priorities.</p>	<p>VAAFM FTSEC Grant Northeast FTS Institute Conferences</p> <ul style="list-style-type: none"> ● VTAEYC ● Kindergarten ● CACFP 	<p>Local Purchasing Guide Curated curriculum Harvest of the Month FTEC Equipment Starter Kits Local Food for Schools Child Care \$</p>
<p>Align FTEC practices, resources, and policy with state systems and initiatives</p>	<p>Technical assistance Coaching Community of Practice SPARQS?</p>	<p>Action Planning Resources Implementation Guides FTEC Policy Strategic Plan National Resource Lists Data Initiatives Ending Child Hunger Campaign</p>

Professional Development Scaffold: individuals

Workshops:

- Virtual or In-Person: 2-6 hrs
- Exploratory 3Cs
- Reflective Practice (SRI)
- Resource Connections
- Typically offered 2x/yr
- Open to any groups
 - EC Networks
 - Head Start
 - VCCPA
 - Public School
 - Individual Programs

FTEC Course:

- Virtual Real Time
- Differentiated Instruction: 45 hrs
- VT State University: under/grad.
- 3 credits or (3) 1 credit modules
- Related Credit
- Philosophy and Values Oriented
- Reflective Practice
- Vermont Early Educator Licensure
- Offered Periodically: scholarships



Professional Development Scaffold:

teams/programs

VAAFM FTSEC Grant:

- 18 months - virtual
- Implementation funds
- Coach
- Action Planning/CQI
- Technical Assistance
- Values-based/Reflective
- Open to regulated programs
 - ➔ EC Networks
 - ➔ Head Start
 - ➔ FCCHs
 - ➔ Public School

Northeast FTS Institute:

- 12 months
- In-person Retreat & Conclusion
- Coach
- Action Planning/CQI
- Technical Assistance
- Values-based Reflective
- Community of Practice
- Open to regulated programs
 - ~ suited for center-based



Roundtable Open Discussion & Felting Circle

Discussion:

- What's resonating for you?
- What questions are bubbling up?
- What do you need to implement FTEC?
- Anything else on your minds?

Felting Circle: exploration

- Extensions
- Resources



Questions/ Connections

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