

FARM TO ECE:

Sowing the Seeds for Healthy Futures in **OHIO!**



The Ohio Farm to Early Care and Education Coalition was partially supported by a grant administered by the Association of State Public Health Nutritionists (ASPHN) and funded by the Centers for Disease Control and Prevention (CDC) from November 2020 to June 2023. Farm to Early Care and Education (ECE) is an innovative evidence-based approach that gives young children increased exposure and access to local produce, opportunities to learn about nutrition and agriculture, and hands-on learning through gardening. ECEs refer to preschools, child care centers, family child care homes, Head Start, and more.

WHY FARM TO EARLY CARE AND EDUCATION?

According to the CDC, **1 IN 2 CHILDREN** ages 1-5 do not eat a daily vegetable and **1 IN 3 CHILDREN** ages 1-5 do not eat a daily fruit.

Farm to ECE **INCREASES** children's consumption of fruits and vegetables by **ONE DAILY SERVING**.

Farm to ECE programs can **INCREASE THE SUCCESS** of Farm to School programs by **DECREASING PLATE WASTE** by as much as **66%**.

[Click here](#) for a full list of Farm to Early Care and Education benefits.

THE OHIO FARM TO ECE COALITION HAS IMPACTED:*



164,319 children
*estimated



149 ECEs
*estimated



447 ECE educators
*estimated

THE COALITION'S ACCOMPLISHMENTS AND ACTIVITIES

Tools and Resources

CREATED VIDEOS AND ONE-PAGERS

on the safe handling of local foods in ECE sites that will be incorporated into professional development training for ECE educators statewide

PROVIDED GARDENING MATERIALS

and resources including **SEED STARTING KITS** and **RAISED BED MATERIALS** to ECEs

TRANSLATED Farm to ECE RESOURCES

into **SPANISH** to increase accessibility

Equity Focus

WORKED WITH AN EQUITY CONSULTANT

to center equity in the coalition's Farm to ECE efforts

Community Building

ESTABLISHED strong PARTNERSHIP with OHIO STATE UNIVERSITY (OSU) EXTENSION

and received funds from OSU Initiative for Food and Agricultural Transformation to support Farm to ECE work

IMPLEMENTED A LOCAL FOOD PROCUREMENT PILOT with 7 ECE SITES

to provide training to support purchase and serving of local foods

DEVELOPED A DISSEMINATION PLAN and ROADMAP

to reach underserved populations with Farm to ECE



IN THEIR OWN WORDS

"A big goal of mine is to build in local purchasing, healthy eating initiatives, and a garden program as just something we do every day, not something on the side. Changing that mindset of what children should eat is at the forefront of everything we do."

— Ohio ECE Educator

To learn more about Farm to ECE in Ohio, [click here](#).

