

Farm to Early Care & Education Program

A toolkit for early education providers
to incorporate farming, gardening, and
nutrition into education.

Grant Recipient



Health Equity Fund



Creating a Farm to ECE Program

Farm to Early Care and Education (ECE) is a nutrition education program that aims to give children, ages 6 months to 5, the opportunity to learn about healthy, local foods through gardening, cooking activities, taste tests, field trips, farmer visits, meals and snacks, and nutrition lessons.

Farm to ECE is different from other nutrition education curricula because it teaches children where fruits and vegetables come from and how they're grown. When children help to grow or prepare fruits and vegetables, they're more willing to try them!

Farm to ECE Goals

- To increase access to nutritious food and experiential opportunities in an effort to grow healthy children.
- To positively influence the eating habits of young children while their food preferences are forming.

Farm to ECE Program Expectations

Child care programs will provide the following:

- A weekly gardening activity
- A weekly nutrition education activity
- A monthly communication to parents about program activities
- A monthly update on activities you've completed

Colorado Shine Points

Meeting the Farm to ECE program guidelines can count towards Colorado Shine points for levels 3-5. Specifically, points can be allotted related to:

- Standard 5.6: Program offers nutrition information and education programs, annually, led by nutritionist or registered dietitian (2 points possible)
- Standard 5.7: Program has a garden and serves fruits/vegetables from the garden for children to taste (2 points possible)

Farm to ECE Support

Boulder County Public Health staff is available to support your program. You will be provided with:

- A toolkit with monthly calendars of activities and a blank calendar. Calendar activities are not mandatory, but we'll ask for an update on the activities you've completed each month. If you are implementing your own activities/curriculum, you can add your activities on the blank calendar. Calendars can be shared with Heather Hauswirth at hhauswirth@bouldercounty.org or 720-527-9016.
- A template for family communication is provided with each calendar. You may use the template or create your own communication.



Farm to ECE Readiness Self-Assessment

Answer the following questions to understand if your child care program is ready to implement the program.

Gardening

My program has an on-site garden or a garden plot at a local community garden.

- Yes No In progress

Our students help plant, water, weed, and harvest in the garden.

- Yes No In progress

We use local produce or produce from our garden for snacks, meals, and taste tests in our program.

- Yes No In progress

Children help to prepare meals or snacks using local produce or produce from our garden.

- Yes No In progress

Nutrition Education (Select all that apply):

- My program has a nutrition education curriculum.
- My program is interested in implementing a nutrition education curriculum.
- My program incorporates nutrition education into our activities but does not use a formal curriculum.
- My program is not interested in providing nutrition education.

Support

A staff member or parent of a student at my program is willing to work toward Farm to ECE program goals.

- Yes No In progress

I will need the following support to implement a Farm to ECE program at my program (Please select all that apply):

- | | |
|--|---|
| <input type="checkbox"/> Gardening supplies | <input type="checkbox"/> Suggestions for field trips/school visitors |
| <input type="checkbox"/> Assistance building a garden | <input type="checkbox"/> Connections to additional local resources for program activities |
| <input type="checkbox"/> Gardening guidance | <input type="checkbox"/> Other (Please specify): _____ |
| <input type="checkbox"/> Nutrition education training | |
| <input type="checkbox"/> Nutrition education lesson plans | |
| <input type="checkbox"/> Funding for program activities/requirements | |

Health Equity (Please select all that apply):

- My program participates in the Colorado Child Care Assistance Program (CCCAP).
- My program offers a sliding tuition scale to families.

If you answered “yes or “in progress” to any of these questions, congratulations! You are on your way to becoming a Farm to ECE participant!

If you answered “no” or need support with program implementation, we can help you get started. Contact Heather Hauswirth at hhauswirth@bouldercounty.org or 720-527-9016.



Farm to ECE Program Minimum Expectations

To participate in the Farm to ECE program, child care programs will:

1. Ensure students participate in a gardening activity at least once per week during growing season (May-October).
2. Ensure students participate in a nutrition education activity at least once per week during growing season.
3. Ensure families are informed of program activities at least once per month. You will be provided with a family communication option each month. You may use the option provided or create your own.

Weather

In cases of inclement weather or other unforeseen circumstances, gardening activities may be substituted with an indoor gardening activity, such as planting seeds or a discussion about what plants need to grow.

Taste-Testing & Cooking

Taste-testing and cooking activities incorporating produce harvested from your program's garden or locally-sourced seasonal produce are strongly encouraged to be part of the weekly nutrition education activity. We understand that these may not always be an option, so additional lesson options are provided on the calendar.



Sample Farm to ECE Lesson Plan

Mystery Bag and Taste Test

Activity Objectives

- Students will identify strawberries as a lightweight, heart-shaped, red fruit with a cap of green leaves.
- Students will describe the outside appearance and smell of strawberries.

Materials

- Fresh strawberries with leaves attached
- Mystery Box/Bag
- Paper and pencil
- Marble (optional)

Directions

1. **Ahead of Time:** Wash strawberries; reserve at least one pre-washed berry per child for tasting. Place a strawberry in the Mystery Box/Bag. Keep the remainder out of sight of children but have them available in case “enthusiastic feelers” damage the fruit in the box and more are needed.
2. **Before the Activity:** Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands. If this is the first activity involving food tasting, talk with the children about polite food tasting habits.
3. **The Activity:** Introduce or reintroduce the Mystery Box/Bag if you have used it before. One at a time, ask each child to come and feel inside the box or bag without looking. If a child seems afraid, feel inside the box/bag with the child. Ask each child to describe quietly to you what he/she feels. After everyone has guessed, show the strawberry to the children. Note the children’s guesses that were close (“round,” “a berry,” “food”) or correct (“strawberry”). Offer each child a clean strawberry on a napkin to look at, touch, and smell. Talk about strawberries. Ask the questions below and any other questions you like.
 - Is a strawberry a fruit or a vegetable? (Fruit)
 - What shape is it? (Shaped like a heart)
 - What color is the cap of leaves? (Green)
 - How do the seeds on the outside of it feel? (Rough, like sand in the sand box)
 - Does it have a smell? (May have no smell or smell sweet like a flower)
 - Is it light or heavy? (Light like a marble; let the children feel a marble) (optional)
 - Has anyone ever tasted a strawberry? (Yes or No)
4. **Conclusion:** Conclude the lesson by inviting the children to taste the strawberry. As necessary, remind the children how the group follows polite tasting manners. Ask the children:
 - Is the strawberry soft/chewy/fleshy? (Fleshy)
 - How does the strawberry taste? (Sweet)
5. **Optional:** Create a sticker chart for children to document whether they “liked the strawberry” or “don’t like it yet.”



Sample Farm to ECE Policy

Farm to Early Care and Education Policy

Our school, _____, is proudly committed to the following wellness activities:

1. Purchasing or harvesting meals and snacks using locally sourced fruits, vegetables, and other whole food items directly from farmers or an onsite garden to the maximum extent possible.
2. Maintaining a garden and providing children the opportunity to garden at least once per week during the growing season.
3. Providing nutrition education that highlights local foods and includes hands-on activities, such as taste tests of local fruits and vegetables, gardening, cooking, field trips to farms or farmers' markets, or visits by local farmers.

Date _____



Sample Letter to Parents

Your Child's Child Care Program Participates in Farm to ECE!

Your child's child care program participates in Farm to Early Care and Education (ECE). Farm to ECE is a nutrition education program that gives children, ages 6 months to 5 years, the chance to learn about healthy, local foods. The program includes activities such as gardening, cooking, taste tests, field trips, farmer visits and nutrition lessons.

Farm to ECE Goals

- To increase access to nutritious food and experiential opportunities in an effort to grow healthy children.
- To positively influence the eating habits of young children while their food preferences are forming.

Benefits of the Program

Farm to ECE is different from other nutrition education programs because it teaches children where food comes from and how it is grown. When children help to grow, pick, and prepare fruits and vegetables, they are more willing to try them! The program also includes a school garden, which supports earth science, motor skills, social interactions and lowers stress.

Benefits of Fruits and Vegetables

Eating fruits and vegetables is important because they have nutrients your body needs to be healthy. And eating fruits and vegetables that are grown nearby provides even MORE nutrients. This is because they don't have to travel as far, so they can be picked when they are ripe. Plus, buying local foods helps local farmers and businesses, which helps to create a healthy community with a strong economy.

Boulder County Public Health is supporting local child care programs to start Farm to ECE programs. This includes partnering with the Boulder County Farmers Market, Boulder County Master Gardeners and many other community groups to improve your child's experience in child care. If you have questions or suggestions, please contact Heather Hauswirth, Boulder County Public Health Farm to Early Care and Education Program Specialist, at hhauswirth@bouldercounty.org or 720-527-9016.



Grant Recipient



Tips for Gardening in Boulder County

The average elevation in Colorado is above 6,800 feet. High intensity sunlight and generally low humidity, rapid and extreme weather fluctuations, and diverse soil conditions are all things to consider when growing your garden. Below are a few tips to make your garden a success!

Choose a Sunny Location Near a Water Source

- Select a site for your garden that gets sun throughout the day, since most vegetables love sun.
- Try to find a site that is close to your water source so it is easy to water.

Start in April & May

- Many seeds can be planted outside in April/May. Others should be started indoors and transplanted later in the season when the weather warms up. (See planting timeline in this toolkit for specific dates).
- In Colorado, May 15 is a generally considered a good date to plant starts/seedlings outside because it usually does not frost at night after this. Check the weather, though. If frost is predicted, cover your plants with old sheets or milk jugs to protect them.

Start with Easy to Grow Vegetables

- Easy to grow options that children love to harvest and eat are snap peas, cherry tomatoes, basil, spinach, lettuce, carrots, and beets.
- Unfortunately, certain vegetables, like okra and sweet potatoes, typically do not grow well in Boulder County.
- Start with a few easy options until you are more comfortable with gardening.
- Try something new every year!

Follow Directions, Water, & Weed

- Plant seeds according to directions on seed packets.
- Water seeds/seedlings/plants every other day. Most do not need to be watered daily.
- Weed garden beds at least weekly.



Planting Timeline for Boulder County

Below is an outline of the earliest dates recommended to begin planting. If temperatures are expected to be unseasonably cold, however, it's best to wait another week or two before planting.

	Late March	Mid April	Late April	Early May	Mid May	July/ August (Replant these for Fall harvest, if desired)	November (For Spring harvest, if desired)
Seeds	Peas	Beets Bok Choy Chard Greens Kale Lettuce Parsnips Radishes Spinach Turnips	Carrots Chives	Cilantro Corn Dill	Basil Cucumbers Green Beans Pumpkins Summer Squash Winter Squash Sunflowers Zucchini	Broccoli Cabbage Carrots Cilantro Dill Kale Lettuce Peas	Spinach
Seedlings		Artichokes Broccoli Cabbage Mint	Cauliflower Celery Lavender Leeks Parsley Sage Strawberries Thyme	Brussels Sprouts Oregano	Basil Cucumbers Eggplant Melons Peppers Pumpkins Rosemary Summer Squash Tomatoes Winter Squash		
Roots and Tubers		Asparagus Green Onions Onions Rhubarb	Potatoes				



Monthly Planting and Growing Guide for Boulder County Gardens

March

When the weather gets warm:

- Top gardening beds with a layer of compost and a small amount of organic fertilizer.
- Use a shovel to blend the compost and fertilizer into the soil.
- Smooth beds out with a rake and wait for April.

April

First Week

Plant cool season seeds, including peas, lettuces, swiss chard, bok choy, cilantro, dill, radish, turnips, and green onions, directly in the garden beds.

- If possible, plant the day before it is forecasted to snow. The snow will melt and keep the seeds watered. If there is no snow, then the seeds will need to be watered. Follow the instructions on the seed packets for watering.
- Once the seeds sprout they should be watered as needed. The nights will still be too cold for the seedlings, so some form of cover is needed. A row cover is a good option for this. They can be purchased at most local nurseries or hardware stores. There are two types of row covers. A thick one is needed in early spring and fall for warmth and a thinner one is needed in summer for pest control.

Last Week

Seeds can be started inside, but keep in mind more hardening off will be needed before planting.

- Hardening off requires slowly adjusting the seedling to being outdoors by leaving it outside for longer and longer periods of time before planting. Consult an experienced gardener (<http://www.cmg.colostate.edu/ask-cmg.shtml>) for specific instructions if you are using this method.
- Warm season vegetables that can be planted now include zucchini, pumpkin, squash and basil.

May

First Week

Plant beet, carrot, corn and cucumber seeds.

- Any snow should be fine for seedlings if they are covered. They should bounce back with a bit of warm sun. If there is a particularly heavy snow it is best to knock a bit of the snow off so they aren't completely crushed.

After May 15

Plant tomato, eggplant, pumpkin, squash (winter and summer) and pepper seedlings. Please don't be tempted to plant these veggies any earlier as this could result in dead seedlings.

- Cover your tomatoes – this protects them from flea beetles (a bad bug) and usually helps provide an extra month of harvesting. Tomatoes can be covered with a plastic milk jug with the bottom cut off or a wall of water, which can be found at most nurseries.
- When the first set of tomato flowers bloom, pinch them off. This allows tomatoes to have a better root system.



June

First Week

Plant bean seeds. (Bush beans tend to be the most successful.)

- Cover beans when you plant them and keep them covered for as long as possible. Wait to uncover them until they're pushing on the cover and just getting flowers to keep the Mexican Bean Beetle from devouring your whole crop! If that happens, remove the plants and plant a second crop. Although planted pretty late in the growing season, the second crop usually does better than the first!

July

First Week

Plant parsnip seeds.

Mid to Late July

Plant cool season fall crop seeds, including kale, radicchio, baby cabbage, cilantro, dill, peas, carrots and lettuces.

August and September

HARVEST!

October or November

Clear out all the plants to prepare your beds for winter. Add shredded leaves and/or grass clippings to the beds and use a shovel to mix them into the soil.

December, January and February

Rest, plan, dream!



Harvesting Timeline for Boulder County

Below is an outline of the general times to harvest the ripened foods you have grown.

Crop	May	June	July	August	September	October
Artichokes						
Asparagus						
Basil						
Beans						
Beets						
Bok Choy						
Broccoli						
Brussels Sprouts						
Cabbage						
Carrots						
Cauliflower						
Celery						
Chard						
Chives						
Cilantro						
Corn						
Cucumber						
Dill						
Eggplant						
Greens						
Kale						
Lavender						
Leeks						
Lettuce						
Melons						
Mint						
Okra						
Onions						
Oregano						
Parsley						
Parsnips						
Peas						
Peppers						
Potatoes						
Pumpkins						
Radishes						
Rhubarb						
Rosemary						
Sage						
Spinach						
Strawberries						
Summer Squash						
Thyme						
Tomatoes						
Turnips						
Winter Squash						
Zucchini						



Tips for Beginning Gardeners

Be Aware of Invasive Plants

Certain plants tend to spread or reseed (drop new seeds that grow into new plants) more easily than others. While you do not have to avoid planting these, it is good to keep in mind that they may try to take over your garden. Look on the seed packets for phrases like “readily reseeding,” “vigorous,” “having a spreading habit,” or being “extremely hardy.” Mint and dill are examples of invasive plants. If you plant mint, sun chokes, or horseradish in your garden, they will never leave!

Understand Good vs. Bad Bugs

Not all bugs found in the garden are bad. Worms, ladybugs, and spiders are examples of good bugs. Even a few “bad” bugs often go away on their own or are eaten by good bugs. Consult a gardening expert if you are unsure about what bugs are good or bad.

Prepare Your Garden Beds

Weeds and grass must be removed before adding new soil. They will continue to grow through fresh soil if they are not removed. Use a shovel to dig in new soil, compost, or fertilizer before planting so nutrients are spread throughout the garden bed.

Weeding Often in Key

Weed at least weekly. The longer you avoid weeding, the harder the weeds are to get out. If the weeds flower and spread their seeds, the problem gets even worse.

Give Plants Plenty of Room

It can be tempting to try to get more out of your garden by planting seeds closer together, but this can actually hurt your garden. Plants need plenty of space to grow. Planting too close together reduces the plant’s access to light and increases the likelihood of plant diseases. Follow the directions for spacing found on the seed packet.

Follow Watering Instructions

Most plants do not need to be watered daily and it is possible to overwater. Consult the seed packet or a more experienced gardener (<http://www.cmg.colostate.edu/ask-cmg.shtml>) for specific watering needs.

Choose a Garden (Raised vs. In-Ground) that Works for You

A raised garden bed can help keep children from walking on plants and keep weeding to a minimum. However, a raised bed requires materials, tools, time and someone with expertise who can build it. It also requires enough soil to fill it. Once you have built and filled the beds with soil, they can last for several years and only require added grass clippings, fallen leaves, or compost at the end of the gardening season each year.

An in-ground garden can be easier to start since it does not have to be built and you can use the soil that is already there. However, you will need to remove weeds or grass from this area first and then till the ground every year to incorporate compost. You might also need to create a barrier if you are concerned about children walking on plants or picking plants or produce before they have finished growing.



If Plants Seem to be Dying, Check Water or Insects

The reason a plant seems to be dying depends on the type of plant. Overwatering or not watering enough are likely culprits, but insects or other sources could also have caused the problem. Consult with an experienced gardener (<http://www.cmg.colostate.edu/ask-cmg.shtml>) to determine if there is anything you can do now or what you can do differently next season. If the plant cannot be saved, consider planting a summer or fall crop in its place, depending on the timing. It takes time to develop gardening skills and knowledge. Use this as a learning opportunity for you and your students and keep trying!

Consult and Expert if You Want to Try 'Hardening Off'

Hardening off refers to slowly adjusting the seedling to being outdoors by leaving it outside for longer and longer periods of time before planting. Consult with an experienced gardener (<http://www.cmg.colostate.edu/ask-cmg.shtml>) if you would like to use this method.

Tips for Gardening with Kids

- Leave an area where they can always dig to find worms and play with soil.
- Plant lots of carrots, bush beans, cherry or grape tomatoes. They love to harvest these!
- Gourds and big pumpkins are fun to watch grow even if they can't be eaten.



Tips for Off-Season Gardening and Maintenance

Clean Up the Garden at the End of the Season

At the end of the growing season all remaining plants should be removed from your garden. Bugs that feed on your plants will lay eggs on the old plants and come back in the spring, so it is best to remove plants to keep this from happening. This is a great time to mix grass clippings, fallen leaves, or compost into the garden bed. These will break down over the winter and fill the soil with nutrients. If the plants you removed are free from disease, you can mix these into the soil as well.

Plan Ahead for Night Frost

In mid-September there are typically several nights when frost occurs. If you plan ahead for these, you can cover your plants with a sheet or light blanket (do not use plastic) and you can continue harvesting most crops for several more weeks. Certain crops can continue to be grown outside and harvested after it begins to frost at night. Root vegetables (i.e., beets, carrots, parsnips, etc.) can survive a few weeks or months longer if covered with a layer of hay to provide warmth. Root veggies will actually get sweeter the longer they stay in the ground! Spinach can be planted in November and harvested in early spring. It does not need to be covered with a sheet or hay.

Try an Indoor Garden

Indoor gardening is also an option for winter if you have the time and supplies for this. Rolling or portable garden beds can be moved indoors for the winter and continue to be planted and harvested. Small container gardens will also work for this. The plants need to be kept in a warm area that is either in direct sunlight or has special lighting, called grow lights.

This information was reviewed for accuracy by horticulturist Sherry Fuller, BS, Plant Curator at Gardens on Spring Creek, in Fort Collins, Colorado.

Tips for Preventing Food Waste

- Harvest at least one to two times per week once crops are full-grown.
- Plan meals or snacks to include produce from the garden during its peak harvest.
- Allow families to bring home excess produce if you grow more than you can use at your program.
- Consider pickling, dehydrating, or freezing excess produce if you have storage space available for these options.
- Dry or freeze herbs in water using ice cube trays.
- Contact Boulder Food Rescue at 720-445-5237 to pick up excess produce and redistribute it to families with low incomes or local homeless shelters.
- Consider composting produce that has gone bad to add nutrients back into your garden soil.



Health and Safety Precautions

Preparing the Garden

- Call your utility company or 811, the national *Call Before You Dig* number, before digging to start your garden to make sure you avoid gas and electrical lines.
- Check soil for lead, especially in urban areas. Also check for additional contaminants, such as chemicals or pesticides. Visit <http://www.soiltestinglab.colostate.edu/> for more information.
- Purchase prepackaged soil. Though it's not required, it limits possible contamination.
- Position gardens above or away from potential sources of contamination, such as garbage or water runoff.
- Use non-toxic, non-leaching materials for garden construction or containers. Avoid pressure-treated wood, used tires, railroad ties and single use plastics. Consider using untreated wood, concrete pavers, bricks or rock.
- Create a barrier around the garden to help deter wildlife and unauthorized individuals, which also limits contamination.

Compost and Fertilizer

- Avoid using pesticides and herbicides.
- Use fertilizers according to the manufacturer's instructions. Also be sure they are locked away from children when not in use. Children are not allowed to handle fertilizers.
- Do not use raw manure.
- Make sure on-site composting only contains plant products. Animal products cannot be used in composting. Make sure gloves are worn at all times when handling compost.
- Remove rotten, damaged, or contaminated (from bird dropping or animal nibbles) produce from the garden regularly.

Gardening with Children

- Consult with your program's nurse before children with allergies work in the garden.
- Keep anyone who is or has been sick out of the garden until 24 hours after symptoms have gone away.
- Make sure children wear closed-toed shoes, long pants, and gloves when working in the garden to prevent cuts and stings.
- Use clean, food grade containers when harvesting produce or transporting water.
- Make sure children wash hands before handling any food for consumption.
- Do not allow children to drink water from the hose.
- Keep children hydrated by providing water bottles, a water jug and cups, or taking water breaks at a water fountain often.
- Make sure children have applied sunscreen before spending time in the sun.

Cooking with Children

- Children may only handle their own ready-to-eat foods, but they may help with preparing foods that will be cooked, such as measuring or stirring ingredients for bread or soups.

Storing Harvested Produce

- The same guidelines that apply to storing other produce apply to produce harvested from your child care's gardens.

Ducks and Chickens

- Ducks, chickens or other poultry are not allowed in childcare settings.



Local Farms

This list is not an endorsement for any listed resources and is not suggested to be a complete listing of all available services.

Farm	Field Trips	Classroom Visits	Gardening Classes	Community Gardens	Community Supported Agriculture (CSA)* Options	Information, seeds, plant resources, other
Growing Gardens 1630 Hawthorn Ave, Boulder 303-443-9952 https://www.growinggardens.org/children-s-peace-garden	●	●	●	●	●	● Seed/plant starts low-income, Summer Camps, After School Club, BVSD Days Off
Cure Organic Farm** 7416 Valmont Road, Boulder http://www.cureorganicfarm.com/index.htm	●	●	●		●	
Ollin Farms** 8627 North 95 th St, Longmont 303-875-8462 Ana (Kena) Guttridge Cordero kena@ollinfarms.com http://www.ollinfarms.com/default.htm	●	●	●		●	● Bilingual

*Community Supported Agriculture (CSA) is a way for consumers to buy local, seasonal food directly from a farmer. A farmer offers a certain number of "shares" to the public. Typically, the share consists of a box of vegetables, but other farm products may be included. Interested consumers purchase a share (aka a "membership" or a "subscription") and in return receive a box (bag, basket) of seasonal produce each week throughout the farming season.

**These farms accept Veggie Bucks at their farm stands.

Farmers' Markets

Farmers' Market	City	Days of Week	Dates	Hours/ Dates	Children's Activities
Boulder County Farmers Market, Boulder 13 th St, Boulder http://www.bcfm.org	Boulder	Wednesdays Saturday	early May – early Oct early Apr – mid Nov	4 pm – 8 pm 8 am – 2 pm	Wednesdays Only
Boulder County Farmers Market, Denver 1701 Wynkoop St., Denver http://www.bcfm.org	Denver	Saturday	early Jun – late Oct	8 am – 2 pm	
Boulder County Farmers Market, Longmont 9595 Nelson Rd, Longmont http://www.bcfm.org	Longmont	Saturday	early Apr – mid Nov	8 am – 1 pm	●
Boulder County Farmers Market, Lafayette 400 E. Simpson St., Lafayette http://www.bcfm.org	Lafayette	Thursday	early Jun – late Sep	4 pm – 8 pm	



Local Produce, Compost, Mulch and Recycling

This list is not an endorsement for any listed resources and is not suggested to be a complete listing of all available services.

Organization/Service	Local Produce	Compost	Mulch	Recycling	Workshops
Eco-Cycle http://www.ecocycle.org/schools				●	● Provide composting and recycling classes for pre-K-12 and guidance for the general public
Boulder County Compost Workshop http://www.bouldercounty.org/env/comp/ost/pages/compostworkshops.aspx					●
Boulder County Recycling Center https://www.bouldercounty.org/environment/recycle/recycling-center/tours/				●	● Provide tours for pre-K-12 and the general public
Boulder Food Rescue http://www.boulderfoodrescue.org	● Priority given to ECEs and non-profits targeting low-income populations				
Longmont Food Rescue http://longmontfoodrescue.org/	● Priority given to ECEs and non-profits targeting low-income populations				
Colorado State University Extension Office Master Gardener Program http://www.cmg.colostate.edu/ask-cmg.shtml					● Provide gardening expertise through site visits and activities with students
Western Disposal 5880 Butte Mill Rd, Boulder Compost and Recycling Services: https://www.westerndisposal.com/ Free mulch: https://user.govoutreach.com/boulder/faq.php?cmd=shell&goparms=cid%3D23428		●	●	●	

Grant Opportunities

The following organizations offer grants periodically. Check back regularly to see what is available.

Opportunity	Website
Farm to Preschool	http://www.farmtopreschool.org/grants.html
Kids Gardening	https://kidsgardening.org/garden-grants/
Farmers Market Promotion Program US Department of Agriculture	http://www.usda.gov/wps/portal/usda/usdahome?navid=GRANTS_LOANS
Farm to School US Department of Agriculture	http://www.fns.usda.gov/farmtoschool/farm-school-grant-program
Slow Food USA	https://www.slowfoodusa.org/resources-and-grants
The Garden Project of Southwest Colorado	http://www.thegardenprojectswcolorado.org/garden_grants



Nutrition Education

This list is not an endorsement for any listed resources and is not suggested to be a complete listing of all available services.

Resource	Ordering Instructions	Website
California Harvest of the Month From California Department of Public Health	Download free lesson plans.	http://harvestofthemonth.cdph.ca.gov/Pages/default.aspx
Farm to Head Start: Harvest of the Month From STEP Head Start and Lycoming College	Download free lesson plans.	http://www.farmtoschool.org/Resources/LYCO_Edition-Harvest-of-the-Month-FINAL.pdf
Grow It, Try It, Like It! From US Department of Agriculture Team Nutrition	Child and Adult Care Food Program (CACFP) participants can order free toolkit. Programs that do not participate in CACFP can download and print the free toolkit.	http://www.fns.usda.gov/tn/grow-it-try-it-it
Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care From US Department of Agriculture Team Nutrition	Child and Adult Care Food Program (CACFP) participants can order free toolkit. Programs that do not participate in CACFP can download and print the free toolkit.	https://www.fns.usda.gov/tn/grow-it-homes
Growing Minds Farm to Preschool From Appalachian Sustainable Agriculture Project	Download free lesson plans.	https://growing-minds.org/farm-to-preschool/
Harvest for Healthy Kids From Portland State University and Mt. Hood Community College Head Start and Early Head Start	Register for free activity kits.	http://www.harvestforhealthykids.org/?page_id=291
Hidden Sugar From Health Beverage Partnership	Download free posters, games and books	http://www.hidden-sugar.org/
Power Panther Preschool From Kansas State Department of Education	Download free implementation manual.	https://www.kansasteamnutrition.org/TN_Menus/TN_Power_Panther_Preschool.htm
Potter the Otter From FIRST 5 Santa Clara County	Download free activities.	https://www.pottertheotter.com/new-page-1
Team Nutrition Graphics Library From US Department of Agriculture Food and Nutrition Service	Child and Adult Care Food Program (CACFP) participants can order free graphics. Programs that do not participate in CACFP can download and print the free graphics.	https://www.fns.usda.gov/tn/graphics-library
Vermont Harvest of the Month From Green Mountain Farm to School, Food Connects and Vital Communities	Download free lesson plans.	http://www.vermontharvestofthemonth.org/

Recipes

This list is not an endorsement for any listed resources and is not suggested to be a complete listing of all available services.

Organization	Website
Boulder Valley School District, Harvest of the Month	https://food.bvsd.org/meals/Pages/Recipes.aspx
Chef Ann Foundation	http://www.chefannfoundation.org/for-parents/home-recipes/
Cooking Matters	https://cookingmatters.org/recipes
What's Cooking: USDA Mixing Bowl	https://whatscooking.fns.usda.gov/

