



FARM to Early Care and Education

Boulder County Public Health

June 2023



Strawberries and Kale

Strawberries and kale are June's fruits and veggies of the month. Kale may be en vogue now, but people have been growing this super food for more than

than 2,000 years. Kale is packed with antioxidants (substances that can prevent or slow cell damage) and some research suggests that regularly eating kale and other vegetables in the cabbage family (collard greens, Brussels sprouts, etc.) helps lower the risk of certain cancers. Like kale, strawberries are popular amongst Americans. On average, each American eats 3.4 pounds of fresh strawberries each year plus another 1.8 pounds frozen. Strawberries are not only sweet, they're also good for you too. One cup of strawberries contains more than 100% of the recommended daily amount of Vitamin C and contains only 55 calories.

Free Trees for Child Care



[The PLAY Boulder Foundation Tree Trust](#) provides resources to protect and expand the urban tree canopy in the City of Boulder and beyond. If you want to

make a positive impact on the local environment and help keep the planet cool for future generations, contact Mike Reichert (mike@playboulder.org) to discuss planting a FREE tree at your child care program.

PARENTSCORNER™

Boulder County Women, Infants, and Children program ([WIC](#)) provides free healthy foods and nutrition support to income eligible pregnant and post-partum women, infants and children up to age 5. WIC can also connect families to other Boulder County resources, and you may be eligible to get free food at the Farmer's Market too! Apply [here](#). For more information, call 303-413-7520 or email boulderwic@bouldercounty.org.



Free Trainings, Classes, and Field Trips

Trainings for Staff

Free Health and Nutrition Trainings for your program

Child Health Promotion offers a variety of trainings related to healthy eating, active living (HEAL) and other child health and safety topics for your staff at your child care program. Receive training credits and points for Colorado Shines. Contact Kyla Pearlman at kpearlman@bouldercounty.org for more information.

FREE Farm Fresh Produce for Child Care Staff

Sunflower Farm in Longmont is offering a limited number of FREE farm shares to child care providers based in the Longmont area. For questions and to nominate yourself or a staff member to receive a free farm share, email Kyla Pearlman at kpearlman@bouldercounty.org.



Classes and Field Trips for Children

Field Trip to Ollin Farms

Come for a tour and learn about nutrition on the farm, what grows in Colorado, and plant life cycles. Register [here](#).

Milk and Honey Farm's Farm Tour & Explore

Participants will spend their time exploring the fields, greenhouse, and all the fruits and veggies that grow there. Register [here](#).

Growing Gardens' Nutrition Education Lessons

Will be on hiatus for the summer and resume in late August/early September. Stay tuned for new classes and field trips this fall.

Eco-Cycle's Health Eating Classes & Worm Composting Workshops

These are filled for the 2023 program year! If you missed them, we hope you have the chance to register in 2024.

