



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
- **Discussion: Intersections with PPD**
 - PPD Priorities & Workplan
 - Content
 - Recognition

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**

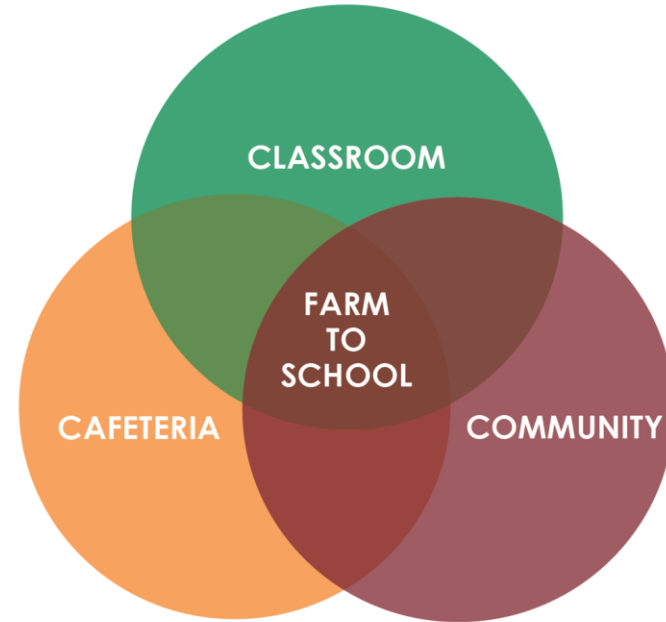
Cafeteria

- **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 Coalition



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

North Star Goal

Farm to Early Childhood strategies are fully integrated into early childhood systems and programs as foundational approaches supporting high-quality early childhood education. Nutrition access, security, and sovereignty are considered fundamental building blocks of healthy development and are universally supported components accessible to Vermont's early childhood programs.



[Health
cacy Alliance](#)

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The CDC's Spectrum of Opportunities Framework



FTEC Coalition Areas of Focus

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

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



Discussion: Intersections with the Professional Preparation & Development Committee

- PPD Work plan/priorities
 - Advanced Levels
 - Cross-Sector Collaboration
 - Equity
- Content
 - Curriculum & Learning Environment
 - Health Safety Nutrition
 - Family & Community Partnerships
- Recognition
 - Compensation
 - Credentials, Certificates
 - SPARQS, STARS, Licensing Regs.
 - Instructors, Coaches/Mentors
 - Business Practices (FCF)



Questions/ Connections

Cynthia Greene
Farm to Early Childhood Partnership Coordinator
cgreene@shelburnefarms.org