

FORWARD CORNER

October is National Farm to School Month!

FORWARD joins the National Farm to School Network to recognize, appreciate and celebrate the connections happening across the country between kids, families, and their community food systems. The network has developed resources and activities for schools, early care, and education settings and in communities. Click [here](#) to visit the Farm to Early Care and Education Local Food Purchasing Resources.

During COVID times, many of us appreciate the short supply chain that one experiences by buying directly from a local farm or a farmer's market. The number of hands touching a product are much less than the typical "grocery store supply chain". Whenever possible, purchase your fall fruits and vegetables locally and encourage your families to do the same. Download 10 Reasons to Eat Locally Grown [here](#).

When teachers integrate farm-to-early care and education (ECE) learning experiences into their classrooms, they are providing children with important opportunities to explore healthy eating, growing, and preparing food, and farming. Check out the Creative Curriculum Guide From Farm to ECE Models [here](#) for information on how to incorporate the following themes into all learning centers: art, dramatic play, blocks, library, cooking, discovery, sand and water, music and movement, technology and outdoors. This resource offers concrete activities like:

- Adding a barn and small plastic animals to the block corner.
- Providing prop boxes (sun hats, gloves, plastic tools, buckets, cornstalks, food models, tiny pumpkins).
- Counting out beans and seeds or make a beans and seeds mosaic (beans, pumpkin, apple seeds).
- Filling library shelf with books about gardening, farming, and cooking.
- Making applesauce.
- Filling the water table with water, sand, plastic gardening tools and green plastics plants/stems.



Sign up for the
Great Lakes Apple Crunch:
www.cias.wisc.edu/applecrunch

Join schools across Minnesota, Wisconsin, Illinois, Indiana, Michigan and Ohio in celebrating National Farm to School Month by crunching into locally and regionally grown apples at NOON on Thursday, October 8, 2020.

Participants of all ages are invited to crunch!



JOIN THE HEALTHY MOVEMENT TODAY BY TAKING ACTION!

Families: Take a trip to a local apple orchard for apple picking (or visit your local farmer's market). Make applesauce from the apples you purchase. Be sure to control your added sugar and enjoy the full flavor of the apples.

Early Childhood Providers: Take time this month to read to children books about farms and harvesting fall crops. A few favorites include *Before We Eat* by Pat Brisson, *Right This Very Minute: A Table-to-Farm Book about Food and Farming* by Lisl H Detlefsen, *Curious George: From Farm To Table* by H.A. Rey, and *Sesame Street: Let's Cook and The Tiny Seed* by Eric Carle.

For information on healthy eating and active living initiatives in DuPage County, check out FORWARD DuPage's website at www.forwarddupage.org. For more early childhood healthy resources for families click [here](#).