



# Iowa Farm to ECE Train the Trainer Session

**iaaeyc**

Iowa Association for the  
Education of Young Children

**VIRTUAL**

October 8, 2021, 9:00 am - noon

Limited space. Must be qualified trainer.

[Click here to register.](#) Zoom link will be emailed following registration.

Farm to early care and education (Farm to ECE) is a collection of strategies for connecting young children to healthy food and opportunities for physical activity. This is an extension of the farm to school movement, focusing on the specific learning styles, needs, and environments that young children learn and grow in. Farm to early care and education has been shown to flourish in a variety of early learning environments with three core elements: Food education, gardening, and local food procurement.

Upon completion of this 3-hour train the trainer session, qualified trainers will be certified and prepared to lead the Iowa Farm to ECE three-part training series:

## Iowa Farm to ECE Training Series

### **Module 1: F2SEC: Get it Started, Keep it Growing**

School gardens, local food sourcing, and food and agriculture education are three core elements that connect kids to the foods they eat. Farm to early care and education (farm to ECE) offers an abundance of opportunities that enhance quality educational experiences for children in all ECE settings while also benefiting their families, communities, and farmers. Engage in activities and discussion around the core elements of farm to ECE and how to make it work in your ECE program.

### **Module 2: Little Hands in the Garden and Engaging Families**

Time to dig in! The experiential learning that takes place in gardens is boundless. Discover options for installing a garden at your ECE site and how to involve children in the rich learning opportunities a site garden offers. Whether through your site garden or other engaging farm to ECE activities, bridge connections with home using a transformational family engagement approach.

### **Module 3: Purchasing Local Food**

When you understand the benefits and positive health outcomes of serving children nutrient-dense, locally sourced food, you're ready to start buying. Whether buying direct from a farmer or accessing products through a food hub or other market option, discover the best ways for your ECE program to connect with local food growers.

