

# How Can Local Food & Other Community Groups Support Farm to Preschool?

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Farm to Preschool is a rapidly growing movement, actually a part of the overall Farm to School movement. As a local food group or supporting group, you can play a critical role in helping bring healthy local food, connections with family farmers and ranchers, and garden and other edible education to our youngest children.

## A range of things you can do:

- Be ready to help preschool providers—both centers and homes—find local farmers and ranchers who can provide healthy local products for snacks and meals, and who can visit preschools or host field trips for preschools or parents.
- Look for opportunities to highlight Farm to Preschool projects and successes in your media outreach.
- Invite preschool staff and supporters to your local food meetings, producers meet-and-greets, and events.
- Include preschools in your CSA and Farmers Market promotion, and distribution and food hub development. Preschools range from very small to modest in size and are often open in the summer, making them suitable for a wider range of producers than K-12 schools.
- If you already support K-12 Farm to School, add preschools. These youngest children need the best food, are perfectly suited to experiential garden education, and have parents who are often much more involved than with older students.
- Take a leadership role in starting Farm to Preschool in your community—we can help.

## How HCFS can help:

- We can answer your questions about Farm to Preschool.
- We may be able to do trainings for:
  - Your staff on how to assist or start Farm to Preschools programs.
  - Local preschool food staff, directors, teachers, and garden coordinators.
  - Other community and preschool support groups.
- We have many resources available for your use and adaptation as needed—see below.

## HCFS Farm to Preschool web resources:

- Best to start with our Farm to Preschool: [Getting Started](#) page
- [Finding Local Food](#)
- [Gardens and Curriculum](#)
- [Southwest Colorado Farm to Preschool Project](#), including materials that you can use or adapt as needed.
- Our regional vision—[The Promise of Farm to Preschool in SW Colorado](#)
- Native community Farm to School: [Four Corners Farm to School](#) [Native American Gardens](#)
- Our [Farm to Preschool eNewsletter](#)

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