



Dear Families,




As part of our program's effort to provide quality care and education for young children, we are incorporating farm to early care and education into our menus and activities.

Farm to Early Care and Education encourages young children to take part in **gardening and farming activities** in early care and education (ECE) settings. Farm to ECE also provides opportunities for **purchasing fresh, locally grown foods** from local farmers, which in turn supports the community.



Farm to ECE activities encourage children to participate in growing fruits and vegetables, which will expose them to new foods and will keep them active. Because of these activities, you may notice that your child is more willing to try new foods. **Asking them more about their activities might be a fun way to connect these lessons at home.**



Alabama Healthy Kids, Healthy Future and the Alabama Farm to ECE program provide professional development and support to early childhood educators, ensuring that we receive the latest updates, resources, and information on Farm to ECE activities.



We are eager to share this wonderful opportunity with you and your family and look forward to being a part of strengthening children's knowledge and attitudes toward food and health.

We would appreciate your involvement in these activities, especially if you have any expertise in gardening or farming! Please feel free to reach out if you have any questions or concerns.

Sincerely,

