

# Farm to Early Care and Education in North Carolina: Opportunities and Challenges

Farm to Early Care and Education (F2ECE), also known as Farm to Preschool (F2P), incorporates local foods through meals, snacks, taste tests, lessons, farmer visits, cooking, growing food, and/or community and parent involvement.

## SURVEY RESPONSES RECEIVED FROM:

**656** ECE PROVIDERS **IN** **83** COUNTIES



## 77% HAVE PARTICIPATED IN F2ECE ACTIVITIES



**69%** taught lessons on how food grows & where it comes from



**64%** served local foods in meals, snacks, or taste tests



**57%** gardened or grew edible fruits, herbs, and/or vegetables at their site

## RESOURCES NEEDED FOR F2ECE ACTIVITIES



**73%** gardening information



**71%** educational activities & lesson plans



**60%** meal preparation & recipe ideas



**55%** guides to purchase local foods



**50%** food safety with F2ECE



**47%** parent engagement assistance



**40%**

reported limited gardening space



**48%**

reported lack of funding



**32%**

reported limited farmers' markets

## What would help you the most to expand your F2ECE program?

“Funding to help with purchasing items that are needed for the lessons that are planned.”

“Training on how to plant a fresh garden and keep it safe and healthy.”

“Awareness of and personal relationships with local farmers and community garden mentors. Mentor TA visits!”

## BENEFITS OF PARTICIPATING IN F2ECE ACTIVITIES



**95%** Teaches children about growing food



**92%** Improves children's health and nutrition



**85%** Accommodates different styles of learning