



Healthy Kids Healthy Preschool

Building Healthier Tomorrows
Today!

AND JUSTICE FOR ALL

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Alexandria, VA 22314; or

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correo:
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Alexandria, VA 22314; o

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Esta institución ofrece igualdad de oportunidades.

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This institution is an equal opportunity provider.

Who We Are



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Agenda

- Healthy Kids Healthy Preschool Overview
 - Preschool wellness policies
 - Healthy Kids Healthy Preschool Challenge
 - Family 5210 Challenge
 - Farm to Preschool
 - New Mexico Grown





Healthy Kids Healthy Preschool Overview

Healthy Kids Healthy Preschool

Our work

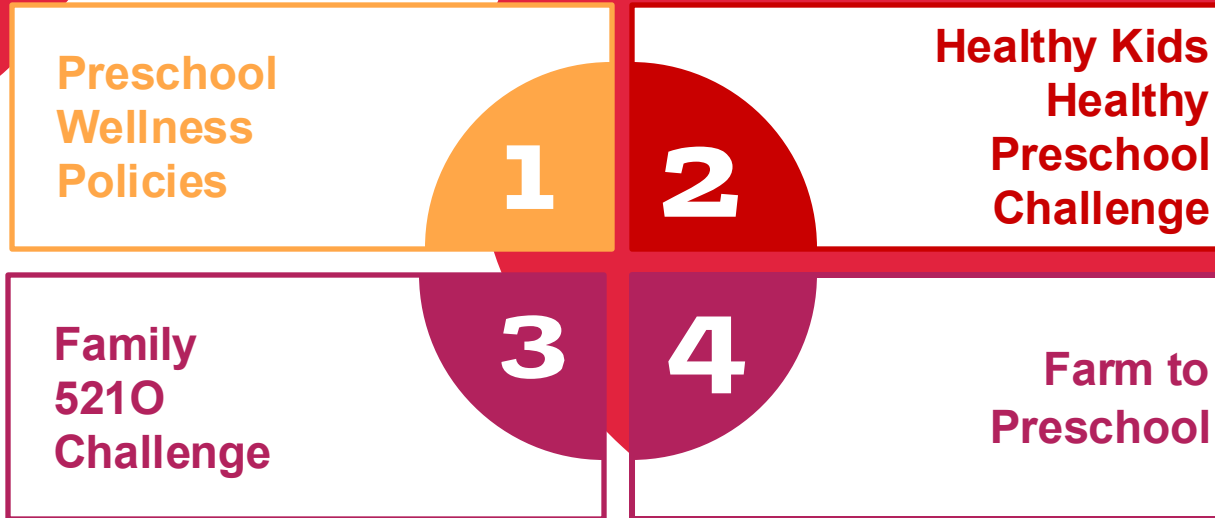
We support preschool providers in New Mexico to make healthy eating and physical activity a part of their daily routine.

Why it matters

Providers and parents directly influence what children eat and drink and how active they are, creating a lasting and effective impact on the health and nutrition of future adults.



Our Strategies





1

Establish a Preschool Wellness Policy

What is a Preschool Wellness Policy?

A written plan incorporated into your existing family and staff handbooks.

Why it's important

Sets clear and consistent standards for creating the best possible environment for the health and well-being of children in your care.





2

Participate in the
Healthy Preschool
Challenge

What is the HKHP Challenge?

- 4-week initiative to increase physical activity to 120 minutes per day and decrease or eliminate screen time!

Why it's important

- Learning new, exciting ways to replace screen time!
- Increasing physical activity
- Gets staff and kiddos actively participating
- Implement a parent education component that supports physical activity and decreased screen time at home





3

Promote the
Family 5210
Challenge

What is the Family 5210 Challenge?

- Your center facilitates a fun-filled 4-week challenge where parents and children work together to:
 - Eat 5 fruits and vegetables every day for one week with Yazzie Bear!
 - Trim screen time to 2 hours or less every day for one week with Carlita Coyote!
 - Get at least 1 hour of physical activity every day for one week with Betty Bobcat!
 - Drink lots of H₂O every day for one week with Hop Rabbit!



Why it's important

- When we engage and support families, these healthy behaviors become more sustainable



4

Farm to Preschool

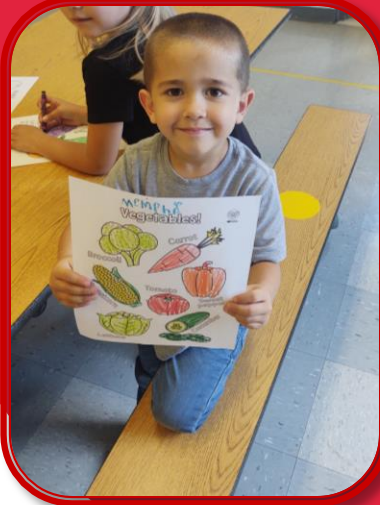
What is Farm to Preschool?



**NM Grown
Foods**



**Edible
Gardens**



**Nutrition
Education**



**Family &
Community
Engagement**

Why Farm to Preschool?

Farm to Preschool programs provide **children 0-5** with the opportunity to:

- try new, healthy and **locally grown foods**
- have **hands-on learning** and fun growing fruits and vegetables
- **learn how food is grown** and gets from farm to plate



**Kids
Win**



**Farmers
Win**



**Communities
Win**

NM Grown Foods

Incorporating NM Grown foods:

- Meals
- Snacks
- Taste tests
- Community events

Farm to Preschool is a best practice:

- Increased fruit and vegetable variety
- Increased whole grains
- Reduced sugar in snacks and beverages





NEW MEXICO GROWN

FOOD FROM THE LAND, NOURISHMENT FOR THE PEOPLE

What is NM Grown?

- A state funded local food purchasing program for public institutions with nutrition programs that serve early childcare education sites, K-12 schools, senior centers, and food banks.
- Provides funding to buy NM Grown fresh fruits, vegetables, minimally processed products, and meat grown by our small family farms and ranchers.



Edible Gardens

Preschool gardens are for outdoor experiential education:

- Production is not the main goal!
- Use produce for taste tests, short lessons, or eating fresh from the garden
- Designed to meet student needs
- Incorporate community culture, languages, and art

Each garden will be as unique as the preschool is supports!

- Raised bed
- In-Ground
- Container/Windowsill



Nutrition Education

Incorporating NM Grown foods:

- Diet, nutrition, and healthy choices
- Plant cycles and resource stewardship
- Cultural lessons and traditional food customs
- Agriculture history and farming heritage

Farm to Preschool is a best practice:

- Storytime with books about food and farming
- Fruit and vegetable tastings
- Exploring food with all senses
- Simple food activities including preparation, cooking, and preserving



Family & Community Engagement

Preschools serve the whole family!

- Provide opportunities for deeper levels of engagement in the preschool setting
- Capitalize on drop-off and pick-up times
- Cultivate an environment that promotes health
- Support parents to play an active role

Activities may include:

- Community feasts
- Family taste tests and cooking classes
- Storytime
- Garden days
- Field trips



How We Support Farm to Preschool

Coordinate with ECECD to support providers to utilize the Approved Supplier Program to identify local farmers and begin purchasing.

Local Foods

Local HKHC coordinators can help identify resources for developing gardens and connect with co-op extension for technical assistance.

Edible Gardens

Provide educational resources (like Chile Plus and Nuevo Thursdays curricula) to align seasonal local purchasing with educational activities.

Nutrition Education

Farm to Preschool Resources

New Mexico Farm to Preschool Local Procurement

A HEALTHY KIDS HEALTHY PRESCHOOL PROGRAM

What is Farm to Preschool?

Farm to Preschool is a set of activities that increase access to fresh, local foods in preschools across New Mexico (NM) and is a best practice for the Child and Adult Care Food Program (CACFP). Using NM Grown to incorporate local foods into meals and snacks increases the variety available to students while introducing healthy eating habits that can last a lifetime.



What is NM Grown?

NM Grown is a local-food purchasing program for public institutions operating nutrition programs serving preschools, K-12 schools, and senior centers across the state. The program incentivizes the purchase of fresh fruits and vegetables grown by our small family farmers and ranchers by providing additional meal reimbursements to nutrition providers operating meal and snack programs, such as CACFP.



Why Purchase NM Grown?

Buying locally supports our farmers and food hubs by providing a stable market for their products - this helps strengthen our local food system and keeps farmers farming! Adding local foods to your program increases food quality, which can help increase participation in your meal program and attract more families. It also aligns with CACFP nutrition requirements.

What Products Can I Buy with NM Grown?

As a participating preschool provider, you can purchase NM Grown fruits, vegetables, grains, and herbs. You may also purchase products that are produced and minimally processed in NM, such as cornmeal. A full list of products eligible for reimbursement can be found on the NM Grown Allowable Purchases document.

New Mexico Farm to Preschool Gardening

A HEALTHY KIDS HEALTHY PRESCHOOL PROGRAM

What is Farm to Preschool?

Farm to Preschool is a set of activities that increase access to fresh, local foods in preschools across New Mexico (NM).

Why Garden with preschoolers?

What better way to encourage our preschoolers to eat more fruits and vegetables than by showing them where they come from? Providing children with the hands-on experience of growing their own carrots, greens, and peppers will give them motivation and excitement to try new things. We know our classrooms and facilities may be small for gardening, but here are a few tips to help you decide what works for you!

Why Does it matter?

Getting to know new foods in early years can shape healthy eating behaviors and introducing children to local fruits and vegetables with hands-on activities helps them learn about, try, and accept new foods.

What Are the benefits?

- Children are eager to try and eat more fruits and vegetables!
- Children eat healthier meals in preschool and at home.
- Families support and engage in Farm to Preschool activities.
- Families and communities know where their food comes from and support local farmers.

Who Can Get Involved?

Anyone on your team can be a champion for gardening! Think beyond the teachers and directors at your site. Your team could include family volunteers, community members, and local farmers or gardeners.

What Are Some Options for Gardening?

Lack of outdoor gardening space? Not sure what to do with the space you do have?

No worries! There are so many fun ways to incorporate gardening and get your preschoolers excited to grow. Some methods like raised beds and waffle gardening require space and are good for outdoors. Containers and vertical gardening conserve space and can be done indoors/outdoors.

In-Ground Gardening

In-ground gardening is exactly what it sounds like - gardening in the ground! This can be an accessible method because more water is available in the earth, meaning less watering. In-ground gardening does require some planning to ensure the soil can support the plants being grown.



New Mexico Farm to Preschool Nutrition Education

A HEALTHY KIDS HEALTHY PRESCHOOL PROGRAM

What is Farm to Preschool?

Farm to Preschool is a set of activities that increase access to fresh, local foods in preschools across New Mexico (NM) and is a best practice for the Child and Adult Care Food Program (CACFP).

What is Nutrition Education?

Nutrition education helps children explore and try new and unfamiliar fruits and vegetables. As a CACFP participant, you are already familiar with nutrition education. This is a chance to feature seasonal produce grown in NM and highlight farmers and community leaders who can share cultural lessons and food traditions.



Why Does it Matter?

Getting to know new foods in early years can shape healthy eating behaviors and introducing children to local fruits and vegetables with hands-on activities helps them learn about, try, and accept new foods.

What Are the Benefits?

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Who Can Get Involved?

Anyone on your team can be a champion for nutrition education! Think beyond the teachers and directors at your site. Your team could include family volunteers, community members, nutrition education, and local farmers or gardeners.



New Mexico Farm to Preschool Family & Community Engagement

A HEALTHY KIDS HEALTHY PRESCHOOL PROGRAM

What is Farm to Preschool?

Farm to Preschool is a set of activities that increase access to fresh, local foods in preschools across New Mexico (NM) and connect children, families, and communities to the farmers who produce them. Farm to Preschool activities help improve health, reduce hunger, and strengthen cultures.

What Are the Benefits?

The early years of a child's life are an opportunity for families to establish healthy eating habits. Farm to Preschool activities like taste tests and cooking and gardening lessons offer daily opportunities to try new, healthy foods.

Preschools serve the whole family, not just the child, and can partner with families to create healthy lifestyles at home!



Family & Community Engagement

Families and communities are very important to the success of your children, program, and Farm to Preschool initiatives! Including families and communities in your efforts help improve children's home environments. By sharing ideas and resources, your program can create opportunities for families to taste local foods, use food to teach children cultural and traditional values, and increase confidence to adopt healthy lifestyles at home.

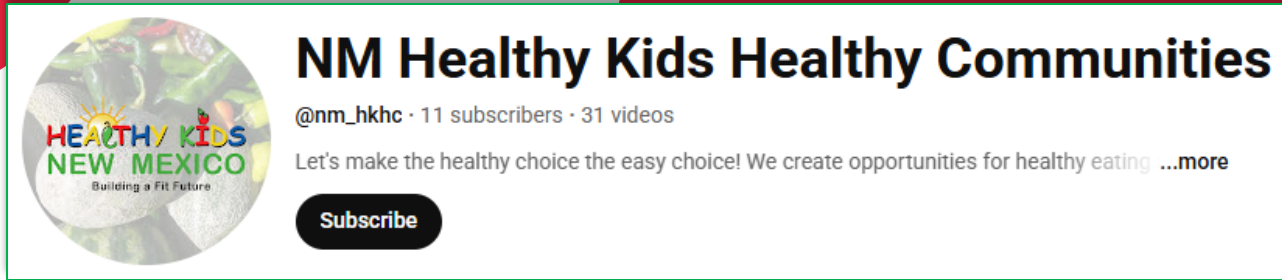


Our Work in Tribal Head Start Programs

- Our goal is to support the development of lifelong healthy habits while honoring and incorporating each community's culture, language, and traditions.
- We work with several Head Start programs in different tribal communities each year.
- Each Head Start follows the same process:
 - Head Start will reach out to our coordinators and can choose which strategies they want to try.
 - Our coordinators will then reach out to schedule introduction trainings.



Check out our YouTube Channel!



https://www.youtube.com/@nm_hkhc

Contact us to learn more!

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