

Early Education Nutrition and Garden-Based Resources
Occidental College's Farm to Preschool Program -APHA Handout November 2010

Harvest of the Month Nutrition Curriculum

(a California-based program that can be modified to any state's produce)

- <http://www.harvestofthemonth.com/>
- http://publichealth.lacounty.gov/nut/LACOLLAB_Files/documents/HOTM/HOTM%20Resources.htm

Harvest of the Month: Preschool

- <http://www.mercednutrition.org/>
- <http://healthycalifornia.ocde.us>

Farm to Preschool Curriculum (Occidental College)

- <http://ourcommunityourkids.org/domains--committees/early-childhood.aspx>

Teacher/Provider Resources

California Healthy Kids Resource Center *(lending library for CA-based programs)*

- <http://www.californiahealthykids.org>

USDA's Nibbles for Health

- <http://teamnutation.usda.gov/Resources/nibbles.html>

USDA Team Nutrition

- <http://www.mypyramidforkids.gov/>

We Can!

- <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

Parent Resources

Fruits & Veggies More Matters (CDC)

- <http://www.fruitsandveggiesmatter.gov/>

National Center for Health Education: Physical Activity Tips for Parents

- <http://www.nche.org/ParentBrochurePhysicalActivity.pdf>

UC Davis Cooperative Extension: The Lunch Box Series for Preschoolers

- <http://www.uwex.edu/ces/wnep/teach/lunchbox.cfm>

USDA MyPyramid for Preschoolers

- <http://www.mypyramid.gov/preschoolers/>

We Can! Families Finding the Balance Parent Handbook

- http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/parent_hb_en.pdf

School Garden Resources

California School Garden Network *(useful resource for any state)*

- <http://www.csgn.org/>

CA Dept of Education – Safety in the Garden *(list of poisonous plants and soil concerns)*

- <http://www.cde.ca.gov/LS/nu/he/gardensafety.asp>

School Garden Wizard *(designed for k-12 but has a useful Keep It Growing guide)*

- <http://www.schoolgardenwizard.org/>

University of California Cooperative Extension (UCCE)- Los Angeles

- [How-to manual for school gardens](http://celosangeles.ucdavis.edu/garden/articles/pdf/how-to_manual.pdf) *(designed for K-12 but useful for preK):*
http://celosangeles.ucdavis.edu/garden/articles/pdf/how-to_manual.pdf

Grants: National Gardening Network

- <http://www.kidsgardening.org>
- **Heinz Intergenerational Garden Award, Youth Garden Grant, Healthy Sprouts Awards**

Community Resources for School Gardens

Free Gardening tools and supplies

- Check your local plant nurseries, Lowes, Home Depot or OSH for donations

Seeds

- Check your local 99 Cents stores (or similar) for inexpensive seeds
- Local nurseries for expired seeds

Look for: free mulch at local city sites; subsidized compost bins and workshops through your county; and free technical assistance and other services through your county's Cooperative Extension.

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