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### COVID-19 Resources

### DHS

[www.dhs.iowa.gov/  
COVID19](http://www.dhs.iowa.gov/COVID19)

### HCCI

[www.idph.iowa.gov/hcci/  
products](http://www.idph.iowa.gov/hcci/products)

### CCR&R

[www.iowaccrr.org/  
providers/links/  
resources2020/](http://www.iowaccrr.org/providers/links/resources2020/)

### CDC

[www.cdc.gov/  
coronavirus/2019-ncov/  
index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)

Call your Child Care Nurse Consultant (CCNC) if you have questions about child health and safety, or any special training needs.

*The Child Care Nurse Consultant Program is funded by:*



[www.earlychildhood.iowa.gov](http://www.earlychildhood.iowa.gov)

## Iowa Farm to ECE

Early childhood is the right time to eat the right foods. The rapid brain development in young children means it is important to have good nutrition. Food preferences are established in the earliest years, and while these can be influenced throughout life, the foundation for preferences is built before a child enters kindergarten. We often see jokes, memes, and stories in which kids (and adults!) just won't eat their veggies. Why is that? Research indicates that they may not have been exposed to these foods in a positive way – and some not at all. The exciting thing is...this doesn't have to be the narrative! The lifelong health and wellbeing of children and their families can be positively impacted by Farm to Early Care and Education (Farm to ECE).



With the shared goal of connecting children to local food, Farm to ECE is an extension of the Farm to School movement, which focuses on birth through pre-school age. Partners from around the state who represent various sectors of education, along with the local food systems, serve on the Iowa Farm to School and Early Care Coalition. The Coalition facilitates the work to create a cohesive message for all ages of Iowa's children. The three main elements of Farm to ECE and Farm to School are installing site gardens for experiential learning, sourcing locally grown food for lunch and snacks, and educating children about food and where it comes from.

Childcare providers who follow Farm to ECE practices and policies, support a healthier generation of children while enriching their own communities and creating a market for local farmers. Activities can and should be adapted to the needs of individual childcare programs. Setting goals and taking action steps to meet those goals will help lead to a successful program.



Photo credit: Iowa Farm to School & Early Care

To begin or expand Farm to ECE activities in your childcare or preschool program, visit the Iowa Farm to School and Early Care website.

[www.iowafarmtoschoolearlycare.org/](http://www.iowafarmtoschoolearlycare.org/)

Grants will be available for building or expanding a site garden, family engagement, and local food procurement. **A informational webinar will be held on March 20th.** To register visit:

[www.iowafarmtoschoolearlycare.org/farm-to-ece-grants](http://www.iowafarmtoschoolearlycare.org/farm-to-ece-grants)