

farm to TABLE



Seattle



FARMSTAND
LOCAL FOODS

NOURISHIAN
FOR LIFE



solid
ground
Building community to end poverty



tilth
ALLIANCE

F2T CoDesign Process

Between 2019 and 2021, we gathered input from community members who participate in the Farm to Table program, including childcare staff, parents and caregivers, local farmers, and agency partners.

Project Partners:

- UW MPH capstone project
- UW MPH Nutrition graduate students
- The Vida Agency

We heard from:

51 childcare directors, teachers, staff, and cooks

17 parents and caregivers

5 local farmers

7 agency partners

4 ECE experts

170 community members

Guiding Questions

We sought to answer two important questions:

- How do community members who participate in and benefit from Farm to Table define a **successful, equitable**, and **culturally responsive** food access program in the early care and out-of-school-time environments?
- What resources and supports are needed to achieve this?

This is what we learned...

A successful program...

- **Provides Access**

to a wide variety of fresh, healthy foods

- **Provides Opportunity**

for children to try new foods

- **Provides Exposure**

to diverse food cultures

And helps to establish lifelong healthy eating habits



A successful program...

Fosters a Connection to Place



A successful program...

Is Built on Relationships

with childcare sites, families, and farmers



And this takes time.

A successful program...

Promotes Holistic Use

Food Procurement **and** Food Education

Staff
Training
+
Technical
Assistance

Nutrition
Education
+
Family
Engagement

Food
Procurement
+
Farmer
Connection



A successful program...

Is Easy to Use!

- Accessible resources in multiple languages
- A program website
- Easy to start and keep using the program

Washington Farm Food by the Season
WHAT YOU'LL SEE IN THE FARM TO TABLE MARKETPLACE

SPRING Mar-May	SUMMER Jun-Aug		FALL Sep-Nov	WINTER Dec-Feb
	Early-Mid	Mid-Late		
FRUIT Apples Rhubarb Strawberries	FRUIT Apricots Blackberries Blueberries Cherries Raspberries Strawberries	FRUIT Blackberries Blueberries Peaches Plums Melons Raspberries	FRUIT Apples Asian Pears Kiwi Berries Melons	FRUIT Apples Asian Pears
VEGGIES Asparagus Asian Greens Herbs Lettuces	VEGGIES Chard	VEGGIES Beans	VEGGIES Broccoli Brussels Sprouts	VEGGIES Brussels Sprouts Cabbage Carrots Garlic Onions

የዋሽንግተን የጣሳ ምግብ በ ወቅቶች ተከፋፍሎ
WHAT YOU'LL SEE IN THE FARM TO TABLE MARKETPLACE

ጳይደ Mar-May	ቦጋ Jun-Aug	መጻው Sep-Nov	ከረምት Dec-Feb
	ጳይደ - ጳይደ	ከረምት - ጳይደ	
ፍሬ ግም ረብረብ እንጆሪ	ፍሬ ላፕሪኮች ብሉብረ ብሉብረ ክክ ቀይ እንጆሪ እንጆሪ	ፍሬ ብሉብረ ብሉብረ ከክ ቀይ እንጆሪ ቀይ እንጆሪ	ፍሬ ግም ፕሮፐር ኪዩ ቢረክ ሐብሐብ
እኩልጃ ሲሮ የለቢ ግራክ ዕፅዋት ሰህ	እኩልጃ ቅይ እንጆሪ እንጆሪ የሰዊዝ ጭሰህ	እኩልጃ ቅይ እንጆሪ እኩልጃ ቅይ እንጆሪ	እኩልጃ የብሩሳል ግምግም ኪርት ካዎ ሽንኩርት ሽንኩርት

Alimentos agrícolas de Washington por temporada
LO QUE VERÁ EN EL MERCADO FARM TO TABLE

PRIMAVERA De marzo a mayo	VERANO De junio a agosto	OTOÑO De septiembre a noviembre	INVIERNO De diciembre a febrero
	De principios a mediados	De mediados a finales	
FRUTA Manzanas Ruibarbo Fresas	FRUTAS Albaricoques Moras Arándanos Duraznos Cerezas Frambuesas Fresas	FRUTAS Moras Arándanos Duraznos Ciruelas Melones Frambuesas	FRUTA Manzanas Peras asiáticas Bayas de kiwi Melones
VEGETALES Espárragos Vegetales asiáticos Especias Lechugas Patatas/papas	VEGETALES Acelga Coles	VEGETALES Frijoles/abobas Brócoli	VEGETALES Coles de Bruselas Coles

farm to TABLE

The Farm to Table program provides fresh local food for the meals and snacks your child enjoys in this childcare or before/after school care program. Along with high-quality food, your child can participate in garden and nutrition activities to help them understand where their food comes from and how it makes their bodies healthy and strong.

Offering fresh nutritious food that comes directly from local farms will help your child:

Become a Strong Learner

- Children learn best when they are well nourished.
- Food is an easy way to connect science, math, social studies, and literacy into daily education.

Build Lifelong Healthy Habits

farm to TABLE

“从农场到餐桌”计划让您的孩子在此项托儿服务或课前/课后照护计划中享用到用当地新鲜食材制作的餐点和小吃。除享用优质食物外，您的孩子还可以参加园艺和营养活动，这有助于他们了解食物的来源以及食物如何让他们变得更健壮。

享用来自当地农场的新鲜营养食物将有助于您的孩子：

成为更优秀的学习者

- 营养良好的孩子学习效率更高。
- 食物是将科学、数学、社会研究和读写能力融入日常教育的简便方法。

建立终生健康饮食习惯

- 在年轻时养成良好的饮食习惯将有助于终生保持健康，也有助于预防糖尿病和心脏病等疾病。

加强社区联系

- 在学校和家中享用家庭式饮食，可以促进社区合作，并加深彼此之间的关系。
- 了解食物的来源将让您的孩子更全面地了解土地和种植食物的农民。

“从农场到餐桌”计划得到西雅图市儿童照料机构的资金支持。感谢以下各方开展的社区合作：

A close-up photograph of a hand holding a bunch of fresh yellow carrots. The carrots are bright yellow and have their green leafy tops still attached. The hand is positioned at the top left, gripping the stems. The background is dark and out of focus, suggesting an outdoor setting like a garden or field. The overall lighting is somewhat dim, giving the image a natural, earthy feel.

**What Do We Need
to Achieve This?**

A Shared Vision for Food Access Programming

- Holistic, relationships-based programming is key
- Clarity and coordination between food access programs at the City
- Additional investment is needed to achieve systems-level impact



Clarity in Food Access Programming

- To eliminate confusion and enable collaboration between F2T and FB2G
- Strategy that aligns F2T with the City's Food Action Plan
- Transparent decision-making for F2T



Holistic Programming

- Depth of programming to achieve impact
- Increase in staffing capacity to reach every site
- Continuity of programming between school/childcare and home



Systems Investment

Food Procurement:

- To support the needs of small-scale and BIPOC farmers
- For market management and purchasing
- To provide customized assistance to sites

Program Administration:

- To build, maintain, and promote the program
- To collaborate with FB2G
- To pursue additional funding

Next Steps...

- Help us invest in a shared vision, holistic programming, and a sustainable system
- We'll follow up with a detailed recap of this information
- Thank you for your time!