

Rooted in Wellness: Farm to ECE Series in Guilford County



What is it?

Rooted in Wellness is a 3-part training on Farm to ECE topics for early childcare teachers and center directors, taught in collaboration between Guilford Partnership for Children, Greensboro Children's Museum, and N.C. Cooperative Extension Guilford County. Each week focused on a different theme: Gardening with young children, cooking with young children, and the impact of outdoor learning environments on lifelong health. The agenda of each session was designed to support networking between participants, provide direct education, and end with an engaging hands-on activity demonstrating what participants could bring back to their centers.

Content:

February 12: Gardening

March 12: Cooking & Nutrition

March 19: Outdoor Learning Environments

Agenda:

6:30-7:30: Dinner & Conversation

7:00-7:30: Content (powerpoint)

7:30-8:15: Hands-on activities

8:15-8:30: Wrap-up (evaluation & raffle)

Why is this important?

The research about the correlation between early childhood, physical activity, outdoor play, and childcare centers forms a strong foundation for Farm to ECE initiatives. In Guilford County, we recognize that support for outdoor play and increased fruits and vegetable consumption at childcare centers start with providing training for early childcare educators.





**ROOTED IN WELLNESS:
 GARDENING WITH YOUNG
 CHILDREN SERIES**

Join us for a fresh new version of Rooted in Wellness! We will cover topics such as garden design specific to Early Childhood programs, Nutrition, Farm to ECE, Children's Yoga and Vermicomposting. Plan to attend all three highly engaging & interactive sessions.

Where: Guilford County Cooperative Extension office. Located at 3309 Burlington RD, Greensboro, NC 27405
 Space is limited, register early. A light dinner will be provided.
 Questions: contact Trish Nelson at Trician@guilfordchildren.org

Session #1 January 29, 2019, 6:30 pm-8:30 pm
 Session #2 February 12, 2019, 6:30 pm-8:30 pm
 Session #3 February 26, 2019, 6:30 pm-8:30 pm

Why: Healthy starts are very important! Early Childhood Educators have an opportunity to help children know where their food comes from and have fun learning in the process all while developing healthy habits through concrete experiences.

Register on-line at: <http://www.guilfordchildren.org/event/rooted-wellness-gardening-young-children-series/2019-01-29/>

Sponsored by the Guiding Healthy Behaviors in Early Childhood Team and our partners with Guilford County Cooperative Extension and Greensboro Children's Museum. Please note this event is free and open to all Child Care programs located within Guilford County. Two hours of DCDEE clock hour credit will be awarded for your participation.

Because of Rooted in Wellness in 2019:

- **17 teachers and directors at 12 different childcare centers** in Guilford County received 6 hours of training each about how to implement a cooking and gardening program with their children.
- **15 participants** said they knew more about varieties and timing for growing fruits and vegetables, garden maintenance tasks, and vermicomposting.
- **10 participants** plan to grow fruit and vegetables at their childcare center
- **13 participants** plan to increase the scheduled garden time at their childcare center,
- **6 participants** plan to start composting at their childcare center, and
- **6 participants** plan to implement an outdoor learning environment at their center

The best part?

- **Hands-on activities!** One teacher wrote, "It gave me some great ideas for my classes."
- **A network of childcare centers that engage in gardening.** While this series was ongoing, a local garden center reached out to donate white oak saplings, and through this network, 2 childcare centers were able to plant trees in their outdoor learning environments. One of these centers had lost a white oak tree during the tornado that went through Greensboro in April 2018, and this donation was able to replace it.



Planning Process:

- *August:* Guilford Partnership for Children contacted collaborators
- *Sept - January:* Monthly planning sessions, resources shared in Google Drive
- *December/January:* Flyer and Registration went live
- *February - March:* Rooted in Wellness series classes (3 total)