



**MI Farm to ECE Webinar Series:**

# **Introducing New Foods in Farm to Early Care and Education**

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**Julie Alpers**

**Leelanau Children's Center**



**MICHIGAN STATE**  
**UNIVERSITY**

Center for  
Regional Food Systems



# Introducing New Foods

Successful strategies with  
Farm to ECE



# Leelanau Children's Center

- 2 Classrooms up to 24 kids
- 6-10 adults
- MI Farm to School Grantee 3 years
- Hoophouses for Health
- Order direct from six farms  
and Cherry Capital Foods



# How do we do it?

- Introduce separately

Kids want to come to the vegetables on their own terms.



- Connect with where the food came from



- Modeling
- Offer the foods prepared in different ways
- Keep offering them



- Give the foods really cool names

Dino Kale

Power Peppers

Dragon Soup

Rumbledethump



- Get the kids involved in the kitchen
- Field trips to the Farm or farmers market
- School gardens
- Taste is the best selling point





# UPCOMING WEBINARS

[mifarmtoschool.msu.edu](http://mifarmtoschool.msu.edu)

2016-2017

Local Purchasing sub-series

- December 14 – Introduction to Local Procurement
- January 11 – Purchasing from Farmers
- February 1 – Purchasing from Food Hubs
- February 22 – Purchasing from a Broadline Distributor

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- March 8 – Early Childhood Gardens
  - March 29 – Seasonal Menu Planning
  - April 19 – Farm to ECE Taste Tests
  - May 10 – Culturally Relevant Farm to ECE Programs
  - May 31 – Farm to ECE Lesson Plans
  - June 14 – Engaging Parents in Farm to ECE



# THANK YOU

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