

SEATTLE OFFICE OF
SUSTAINABILITY & ENVIRONMENT



Fresh Bucks to Go

Healthy food for kids and families

Seattle recently launched the **Fresh Bucks to Go** program for families enrolled in Seattle's Preschool programs. Fresh Bucks to Go (FBtG) provides free bags of local fruits and vegetables delivered to preschools, so parents can pick up healthy groceries at the same time they pick up their children. This pilot is an opportunity to deliver services holistically, delivering preschool, nutrition, and food security services together.

This action was identified as one of the Mayor's Leadership Actions that support the goals of the [Equity & Environment Initiative](#).

WHY FRESH BUCKS TO GO?

Good nutrition and a supportive early learning environment are both fundamental to giving kids a good start in life. It makes sense to provide these services together.

Seattle's low-income families, many of whom are people of color, struggle to provide healthy, nutritional food for their children.

Seattle's successful Fresh Bucks program has already demonstrated that when you make it easier for people to access healthy, local, and sustainably-grown food, their diet improves.

This program is one step Seattle is taking to make healthy food affordable to people who don't qualify for SNAP or Fresh Bucks, but still struggle to afford healthy food.

Who is participating in Fresh Bucks to Go?

700 families at 32 of Seattle's subsidized preschool providers are receiving bi-weekly fresh fruit and vegetable deliveries through the Fresh Bucks to Go pilot.

Fresh Bucks to Go is a partnership between the Seattle Office of Sustainability and Environment, the Seattle Department of Education and Early Learning, the Seattle Human Services Department, and the non-profit Tilth Alliance.



WHAT PARENTS ARE SAYING

What about nutrition during the school day?

Preschools involved in FBtG can also participate in the Seattle Human Services Department's Farm to Table program, which helps preschools and childcares bring healthy, local food to their meals and improves the nutrition environment in early learning. In addition to bringing more fresh, local produce into meals, Farm to Table enables providers to receive training in nutrition, physical activity, gardening, local food procurement, and recipe development.

"We loved it! My son took a lot of pride in helping us to cook and eat the produce from the last bag. What an awesome program!!!"

"We ate everything and loved it. My daughter was proud that it came from her school (as if she had gone shopping for it herself) and therefore she ate more vegetables that week than she normally would. Thanks!"

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