









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...

- 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





Is Built on Relationships

with childcare sites, families, and farmers



And this takes time.

Promotes Holistic Use

Food Procurement and Food Education

Staff
Training
+
Technical
Assistance

Nutrition
Education
+
Family
Engagement



Food
Procurement
+
Farmer
Connection

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

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

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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 principio a mediados	De mediados a finales		
FRUTA	FRUTAS	FRUTAS	FRUTA	FRUTA
Manzanas	Albaricoques	Moras	Manzanas	Manzanas
Ruibarbo	Moras	Arándanos	Peras asiáticas	Peras asiáticas
Fresas	Arándanos	Duraznos	Bayas de kiwi	
	Cerezas	Ciruelas	Melones	VEGETALES
VEGETALES	Frambuesas	Melones		Coles de Bruselas
Espárragos	Fresas	Frambuesas	VEGETALES	Col
Vegetales asiáticos			Vegetales asiáticos	Zanahorias
Especias	VEGETALES	VEGETALES	Brócoli	Ajo
Lechugas	Acelga	Frijoles/alubias	Coles de Bruselas	Cebollas
Patatas/papas	Colee	Brácoli	Col	Patatas/papas



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



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

- Food is an easy way to connect science, math, social studies



"从农场到餐桌" 计划将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 新鲜食材制作的餐饮和小吃。 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



营养良好的孩子学习效率更高

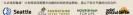
☞ 食物是将科学、数学、社会研究和读写能力融入

享用来自当地农场的新鲜营养食物将有助于您的孩子

の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。

☞ 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











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

