**Farm to ECE Resources for At-Home Activities**

*A list of resources for families and for providers to share with their communities*

**Gardening:**

- Garden Ideas for Kids, Parents, and Teachers *(from Kidsgardening.org)*
- Starting a Garden at Home with Young Children *(from Kidsgardening.org)*
- Early Introductions to Sensory Gardens: Infants and Toddlers *(from Growing Minds)*
- Early Learning Gardening Guide *(from the North Okanagan Early Childhood Development Coalition and the Community Nutrition Program of Interior Health)*
- Tips for Gardening with Children *(from eartheasy)*
- Got Dirt? *(available in English and Spanish from Department of Health Services)*
- Grow Seedlings in an Egg Carton *(from PBSkids.org)*
- Plants from Kitchen Scraps: Fun for All Ages *(from Missouri Botanical Garden)*
- Sunflower Garden for Young Children - Connections to WMELS *(from Rooted)*
- Herb Container Garden for Young Children - Connections to WMELS *(from Rooted)*

**Cooking:**

- Making Your Own Local Baby Food *(from Rooted)*
- Resources from CookingwithKids.org
- Family Resources on nutrition, recipes, and active living *(from UW-Extension’s FoodWise program)*
- Quarantine Cooking *(from Allrecipes.com)*

**Outdoor Activities:**

- Tree Exploration *(from Rooted)*
- 10 Ideas to Get You and Your Child Exploring Outdoors *(from NAEC)*
- Engaging Toddlers in Nature Play *(from NAEC)*
- Six Outdoor Play Activities for Kids of All Abilities *(from Unlimited Play)*
- 6 Educational Outdoor Family Activities to Try During the Pandemic *(from Act out)*

**Resources on Multiple Topics:**

- Gardening and Cooking Songs, Books, and Tips for Families *(from Rooted)*
- FoodCorps Resources to Support Remote Education
- COVID-19 Resources for Farm to School and ECE *(from NFSN)*
- Resources for Learning at Home *(from Captain Planet)*
Books and Songs:

- Multicultural Collection of Farm to ECE Books (from Pennsylvania’s Ready Set Grow)
- Books read out loud:
  - Bea’s Bees (by Katherine Pryor, illustrated by Ellie Peterson, & published by Schiffer Publishing, ages 5+)
  - Sylvia’s Spinach (by Katherine Pryor, illustrated by Anna Raff, & published by Readers to Eaters, ages 4+)
  - Zora’s Zucchini (by Katherine Pryor, illustrated by Anna Raff, & published by Readers to Eaters, ages 4+)
  - Lola Plants a Garden (by Anna Mcquinn, illustrated by Rosalind Beardshaw, & published by Charlesbridge Publishing, ages 2+)
  - Let’s Eat! ¡A comer! (by Pat Mora, illustrated by Maribel Suarez, & published by HarperCollins Espanol, ages 4+)
  - Eating the Alphabet (by Lois Ehlert & published by HMH Books for Young Readers, ages 0+)
  - Growing Vegetable Soup (by Lois Ehlert & published by HMH Books for Young Readers, ages 0+)
- Food and Garden Songs:
  - “Dirt Made My Lunch” (by the Banana Slug String Band in English)
  - “The Fruit Chant” (by Lonnie Dai Zovi in Spanish)
  - “Come Vegetales” (by Casi Creativo in Spanish)
  - “Giizis Binoojiyag” (The Sun Children, sung by Margaret Noodin - see more songs at ojibwe.net)
  - “Old McDonald Had a Farm” (in Hmong)
  - “Old McDonald Had a Farm” (in American Sign Language)

Free Curriculum:

- Got Veggies ECE (from Rooted)
- From Seed to Plate: Farm to Preschool Program (from Occidental College)
- Learning to Explore Nature (from Master Gardener Association of San Diego County)
- Harvest for Healthy Kids
- “Grow It, Try It, Like It!” for Family Child Care (by USDA)

Questions? Comments? Get in touch!

Contact our Farm to ECE team at wifarmtoece@rootedwi.org. Visit our website at rootedwi.org for more Farm to ECE resources.

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