




WHERE TO START


Start here:
What is F2ECE?
[click here to learn more](#)

blue texts are hyperlinks



assess your needs and capacity

What do you and your youth need most? Where do you want to be? Better nutrition, fresh local foods, more outdoor time, starting a garden, offsite visits...




start small

Choose one core component of F2ECE to begin with: buy local farm foods, garden, or nutrition education. [Free online STARS trainings are available for each.](#)



establish attainable goals

What do you want to accomplish this week, month, or year? Do you have the resources, capacity and assistance you need? If not, who can help?




collaborate

Join the [Farm to ECE Community of Practice listserv](#) and [online forum](#). Attend quarterly meetings to share your successes and challenges with fellow child care providers.



gather feedback

What worked well? Did the youth and staff enjoy it? What did they learn? What are they curious about? What could you improve or remove?




maintain & sustain

Keep the momentum going. Seek out additional [funding](#) and expand your network of collaborators.



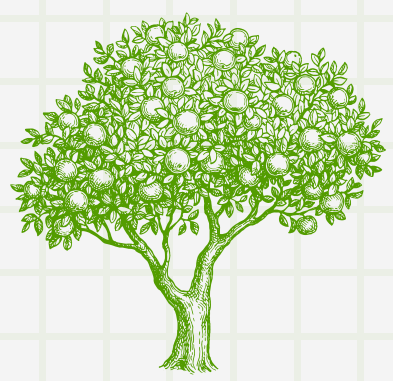
promote

Let everyone know what you are doing. Show off the fresh fruits and veggies you bought locally or grew. [Share your story with the network.](#)



grow

Continue to grow your program and healthy kids.



LET'S GROW TOGETHER

