

# Farm to CACFP Fall Newsletter

## WHAT'S GROWING?

Apples, pears, beets, broccoli, spinach, pumpkin, sweet potatoes, butternut squash, acorn squash, cabbage, and peppers



## FARM TO CACFP WEEK: OCT. 18-22



Join us in recognizing National Farm to School Month with a whole week dedicated to celebrating the CACFP! We invite you to get creative in planning events at your center or home and incorporate local food items into your menu during the week. [Register here for the free digital toolkit](#), full of menu ideas, promotional materials, activities, book suggestions, and more!

## FROM THE FIELD



No outdoor growing space? No problem! Stafford Schools Early Childhood's North Star Early Childhood Education Center received a grant through Stafford Education Foundation to grow their food inside the classroom. The four year-old students checked on their lettuce every day, and then harvested it for a Salad Party. [Click here to watch a short video](#) of the process!

## WHAT IS FARM TO CACFP?

Are you incorporating nutrition or food education into your curriculum at your center or home? Do you talk about specific fruits or vegetables when they are in season, or even add them to your menu? Then you're conducting Farm to CACFP activities!

Farm to CACFP is a Virginia Department of Health initiative aimed at increasing gardening, nutrition education, and Virginia-grown food purchases among child and adult care facilities throughout the Commonwealth. Looking for free resources? Visit us at [viriniacacfp.com/farmtocacfp](http://viriniacacfp.com/farmtocacfp)!



GARDENING



FOOD & NUTRITION EDUCATION



LOCAL PROCUREMENT

[VirginiaCACFP.com/farmtoCACFP](http://VirginiaCACFP.com/farmtoCACFP)

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## WHAT'S HAPPENING?

### Crunch Heard 'Round the Commonwealth: October 5

Join the Department of Education and make noise for Virginia agriculture by biting into a Virginia-grown apple!



On October 5th, schools, centers, homes, and organizations around the Commonwealth will bite into an apple on the same day. [Click here to register](#) for VDOE's digital toolkit, full of activity ideas, promotional materials, and tips for finding Virginia-grown apples.

### Virginia Farm to School Conference: October 5 & 6

This year's programming is full of sessions that are applicable to child and adult care centers. Don't miss this free, virtual two day event! [Register for day 1 here](#) and [register for day 2 here](#).

## CRUNCH! SNAP! SMUSH!

This season, we're taking a page out of the [Dr. Yum](#) playbook and using all of our senses to explore our food. What sounds do you hear when you bite into an apple? Do you smell a mystery ingredient in your oatmeal? Is it cinnamon? Talking about food in engaging ways can make it more approachable!

