



PHA's Veggies Early & Often Resource List for Early Childhood Educators

July 2022

Resources

PHA's Veggies Early & Often Resource List for Early Childhood Educators was developed in collaboration with coalition partners and outside experts. It offers child care centers easy steps to develop an organizational commitment to 'veggies early & often' during and outside of mealtime.

This guide includes resources for:

- Teachers
- Mealtimes
- Food Purchasing
- Parents & Families

Also included are a list of 50 children's books, curated by PHA, to emphasize the importance of Veggies Early & Often

For Teachers

- [Dr. Yum's Preschool Food Adventure \(Curriculum\)](#)
By Dr. Yum Project
- [Classroom Taste Test Kits from Small Bites Adventure](#)
By Small Bites Adventure
- [Meal Appeal for Kids](#), [Nurturing Healthy Eaters](#), [Sizing Up Safety](#), [Taste Test Success](#), and [Simple Snacks](#)

By Cooking Matters

- **[Farm to ECE Activities ECE Providers are Finding Helpful During Covid-19](#)**

By University of Tennessee Maternal & Child Health Nutrition Leadership Trainee Program, Association of State Public Health Nutritionists, National Farm to School Network

- **[Farm to Preschool Program \(California\)](#)**

By CA Department of Health, maintained by the Urban & Environmental Policy Institute at Occidental College

- **[Farm to Keiki Preschool Program \(Hawaii\)](#)**

By Tiana Kamen in Cooking, Gardening and Nutrition for Children

- **[Farm to Preschool Program \(Missouri\)](#)**

By Missouri Department of Health and Senior Services

- **[Farm to Preschool Lesson Plans \(North Carolina\)](#)**

By Growing Minds, Appalachian Sustainable Agriculture Program

- **[Engage Families in Education and Role Modeling](#)**

By Community Ground Works

- **[Harvest of the Month - Georgia Department of Education's School Nutrition Program](#)**

By Quality Care For Children

- **[Kitchen Activity Cards for Kids 2+ aka The Eatable Alphabet](#)**

By Chop Chop Family

- **[Nebraska Extension Fruit and Vegetable Educational Fact Sheets](#)**

By University of Nebraska Lincoln, Nebraska Extension in Lancaster County

- **[Pint Size Produce aka Easy to Use Early Childhood Activities](#)**

By Renewing the Countryside

- **[School Garden Support Organization Webinars on Garden-based Education](#)**
By The SGSO Network
- **[Together, We Inspire Smart Eating \(WISE\) Preschool to 1st grade Healthy Eating Intervention](#)**
 - WISE also has [Facebook](#), [YouTube](#) and [Pinterest](#) pages for teachers and parents and is easily applied in the classroom or in out-of-school programs.*By University of Arkansas*

For Mealtimes

- **[Mealtimes with Veggies Early & Often](#)**
By Kindercare Education and Learning Care Group to Encourage Veggie-forward Options in Early Childhood Education Settings
- **[Cooking Matters for Child Care Professionals: Basics](#)**
 - [Partner with Cooking Matters](#) to offer [Cooking Matters for Child Care Professionals](#), a professional training program designed to empower professionals to serve healthy meals and create a positive food environment for the children in their care.
By Penn State Better Kid Care
- **[Dietary Guidelines for Americans](#)**
By USDA
- **[Ecological Approach to \(EAT\) Family Style Curriculum](#)**
By Penn State Better Kid Care, 2021
- **[Exploring Food Together Teacher Guide for Early Childhood](#)**
By Cooking Matters
- **[Feeding Infants in the Child and Adult Care Food Program](#)**
 - Scroll down to the bottom for a parent handout titled “For Parents: Varying your Baby’s Veggies.” This is available in English and in Spanish

By USDA-FNS

- [**Grow It, Try It, Like It! Nutrition Education Kit Featuring MyPlate**](#)

By USDA-FNS

- [**Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care**](#)

By USDA-FNS

- [**Healthy Kids, Healthy Future / Nurturing Healthy Eaters within Early Care and Education**](#)

By CDC and accessible via Penn State Better Kid Care

- [**Healthy Recipes for Childhood Nutrition Professionals:**](#)

- [Institute of Childhood Nutrition Recipe Box](#)
- [CACFP Program Recipes](#)
- [USA Pulses in Schools](#)
- [USDA CACFP Multicultural Child Care Recipes](#)
- [Forward Food CACFP- plant based recipes](#)

- [**Mealtimes With Toddlers in the CACFP Operator Booklet and Videos**](#)

By CACFP

- [**Penn State Better Kid Care modules approved for National CACFP professional certification program**](#)

By Penn State Better Kid Care

- [**Serve Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 1-2**](#)

By USDA-FNS

- [**Serve Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 3-5**](#)

By USDA-FNS

- [**Serving Vegetables in the CACFP**](#)

By USDA-FNS



For Food Purchasing

- [**A Roadmap for Farm to Early Care and Education**](#)
By National Farm to School Network
- [**Bringing Local to our Littlest Eaters**](#)
By National Farm to School Network
- [**Farm to Early Childhood Programs: A Step-By-Step Guide**](#)
By Michigan State University Center for Regional Food Systems
- [**Farm to Early Care Sourcing Strategies**](#)
By Georgia Organics
- [**Getting Started with Farm to Early Care and Education**](#)
By National Farm to School Network
- [**Getting Started: Georgia Farm to Early Care and Education Guide**](#)
By Georgia Organics and Bright from the Start: Georgia Department of Early Care and Learning
- [**Guide to Growing Head Start Success with Farm to Early Care and Education**](#)
By National Farm to School Network
- [**Guide to Local Procurement for Child Care Centers**](#)
By National Farm to School Network
- [**Guide to Local Purchasing for Family Child Care Providers**](#)
By National Farm to School Network
- [**Opportunities and challenges for farm to early care and education in settings serving low-income children**](#)
By Journal of Hunger & Environmental Nutrition

- [Purchasing Guide and Decision Tree](#)
By North Carolina Cooperative Extension

For Parents & Families

- [Adventures in Veggieland: Help Your Kids Learn to Love Vegetables](#)
By Melanie Potock
- [Cooking courses, interactive grocery store tours, food skills education videos, recipes, Facebook pages \(in English and Spanish\), kids activities, and food resource finder](#) help parents and caregivers with limited food budgets shop for and cook healthy meals.
By Cooking Matters
- [Dr. Yum's Baby Food Adventure, healthy & fun recipe database and tips.](#)
By Dr. Yum Project
- [Early Sprouts: Cultivating Healthy Food Choices in Young Children](#)
By Deidre McPartlin, Dottie Bauer and Karrie Kalich
- [Feeding Recommendations and Practical Tips to Keep Kids Healthy](#)
By Healthy Eating Research
- [Mealtimes With Toddlers Family Handout](#)
By USDA-FNS
- [Nibbles for Health: Nutrition Newsletters for Parents of Young Children](#)
By USDA-FNS
- [Raising a Healthy, Happy Eater: A Parent's Handbook: A Stage-By-Stage Guide to Setting Your Child on the Path to Adventurous Eating](#)
By Nimali Fernando and Melanie Potock

- [USDA's Searchable Local Food Directory](#)

By USDA-FNS

50 Children's Books to Emphasize the Importance of Veggies Early & Often

1. *Bean Soup / Sopa de Frijoles* by Jorge Argueta and Rafael Yockteng
2. *Bear and Bunny Grow Tomatoes* by Bruce Koscielniak
3. *Bee-bim Bop* by Linda Sue Park
4. *Before We Eat: From Farm to Table* by Pat Brisson
5. *Bibim Bap for Dinner* by Laura E. Williams
6. *The Biggest Pumpkin Ever* by Steven Kroll
7. *Cabbages and Kings* by Elizabeth Seabrook
8. *Carlos and the Squash Plant* by Jan Romero Stevens
9. *Carrots* by Inez Snyder
10. *Celebrate my Hopi Corn* by Anita Poleahla
11. *Community Soup* by Alma Fullerton
12. *Cool as a Cucumber* by Sally Smallwood
13. *Cora Cooks Pancit* by Dorina Lazo Gilmore-Young
14. *Counting in the Garden* by Emily Hruby
15. *Cucumber Soup* by Vickie Krudwig
16. *Delicious! A Pumpkin Soup Story* by Helen Cooper
17. *Dinner From Dirt* by Catherine Duffy and Emily Scott
18. *Do Lions like Lettuce* by Moira Butterfield
19. *Eating the Alphabet* by Lois Ehlert
20. *The Empanadas that Abuela Made / Las empanadas que hacía la abuela* by Diane Bertrand
21. *Errol's Garden* by Gillian Hibbs
22. *Every Color Soup* by Jorey Hurley
23. *Family Picnic* by Gaylia Taylor
24. *First Tomato* by Rosemary Wells

25. *First Garden: The White House Garden and How it Grew* by Robbin Gourley
26. *Grandma Lena's Big Ol' Turnip* by Denia Lewis Hester
27. *Green Green: A Community Gardening Story* by Marie Lamba
28. *Green Is a Chile Pepper: A Book of Colors* by Roseanne Thong
29. *Growing Vegetable Soup* by Lois Ehlert
30. *Guacamole* by Jorge Argueta and Margarita Sada
31. *Harvesting Friends/Cosechando Amigos* by Kathleen Contreras
32. *I Love Greens* by Victoria Boutenko
33. *It all Starts with a Seed* by Emily Bone
34. *I Will Never Not Ever Eat a Tomato* by Lauren Child
35. *Kitchen Dance* by Maurie J. Manning
36. *Lailah's Lunchbox* by Reem Faruqi
37. *Let's Eat ¡A comer!* by Pat Mora
38. *Lola Plants a Garden* by Anna McQuinn
39. *LMNOpeas* by Keith Baker
40. *Little Pea* by Amy Rosenthal
41. *Monsters Don't Eat Broccoli* by Barbara Hicks
42. *Mealtime* by Elizabeth Verdick
43. *Muncha! Muncha! Muncha!* by Candace Fleming
44. *Rah, Rah, Radishes!: A Vegetable Chant* by April Pulley Sayre
45. *Time for Tacos / Vamos a Hacer Tacos* by Carla Golembe
46. *The Ugly Vegetables* by Grace Lin
47. *Vegetables in Underwear* by Jared Chapman
48. *The Wakame Gatherers* by Holly Thompson
49. *Where's the Macaroni?* by Nikki Visioni
50. *You are Not an Otter: The Story of How Kids Become Adventurous Eaters* by Melanie Potock

Contact

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