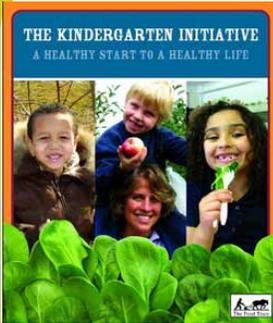


# The Kindergarten Initiative

The Food Trust, Philadelphia, PA



## The Kindergarten Initiative is

an experiential farm to school program that educates young children and their families about healthy eating and the importance of fruits and

vegetables by connecting them to how and where food grows.

### Primary program components:

- Integrating standards-based nutrition and agriculture education into the school curriculum
- Serving locally grown, healthy snacks to kindergarten students on a weekly basis
- Taking seasonal field trips to local farms
- Conducting growing activities at school
- Partnering with parents/caregivers to support the program

The Kindergarten Initiative curriculum can be adapted to meet educational standards in your state.

## Kindergarten Initiative Successes

- Students' knowledge of fruits and vegetables and where they grow increased
- Students consumed more servings of fruits per day
- Parents changed the way that they shopped, cooked and talked to their children about food
- Local farmers gained access to new markets
- PA state legislature passed the *Healthy Farms and Healthy Schools Act* providing state funds to support program implementation in local schools

## The Food Trust is pleased to share:

- Curriculum alignment plan and framework
- Resources on snacks, farm trips and gardening activities
- Ideas for partnering with parents and the community
- Keys for successful program implementation

To download the KI intervention template and materials, visit [www.center-trt.org](http://www.center-trt.org)



The Center of Excellence for Training and Research Translation (Center TRT) is devoted to bridging the gap between research and public health practice with an emphasis on nutrition, physical activity, and the prevention and control of cardiovascular disease and obesity.

To advance the skills of public health practitioners, the Center TRT provides in-person and web-based trainings. To promote evidence-informed practice, the Center TRT identifies, translates and disseminates interventions, including the one featured above. To download the translated intervention and accompanying materials, visit the Center TRT website at [www.center-trt.org](http://www.center-trt.org)

The Center TRT is based in the Center for Health Promotion and Disease Prevention at the University of North Carolina at Chapel Hill and is funded by CDC Cooperative Agreement Number 1-U48-DP001944-01.