

Food to Grow On

Child Care Resource is proud to administer Food to Grow On, an educational nutrition and gardening program funded by IBM. This unique opportunity is open to select child care providers who serve children of IBM employees.

The goal of this program is to improve the food literacy of young children with unique, hands-on learning activities, and support to get children growing and learning in their own gardens and kitchens. Each month, a dedicated Food to Grow On educator visits each of the classrooms enrolled in the program, and guides the children through a unique learning opportunity. Additionally, child care providers will receive technical assistance to keep the kids growing and exploring where their food originates.



Each lesson will engage the children in hands-on learning opportunities such as:

- Exploring the life cycle of a seed
- Planting and tending a garden
- Making bread
- The work of worms, and other garden helpers
- and much more!



The benefits of gardening are many, and serve young children by:

- Increasing awareness of the natural world and caring for the environment
- Fostering responsibility and commitment
- Teaching about the life cycle of the plants and critters that live in the garden
- Improving fine and gross motor skills
- Teaching about food production
- Makes eating your veggies more fun!

If you are not enrolled in the Food to Grow On program, you can still benefit from this resource. Every month science kits are distributed to providers who participate in the food program or the toy van. Each kit contains the materials and detailed instructions you need to explore a new topic. Past kits have included:

- Bread is Magic! Exploring bread making
- Growing Crystals
- Bird Supper
- Sprouting Beans

To learn more about this fantastic program call (802) 863-3367, x28.