How to Buy, Prepare, & Serve Local Foods

How early care & education sites can use local foods in their meals, snacks, & taste-tests

ECE sites can improve the nutrition of their children and cultivate lifelong healthy eating habits with local foods. Here’s how to get started buying, preparing, and serving local fruits, vegetables, dairy, eggs, grains, and meat at meals and snacks.

Kick start menu planning

- **Start small.** Purchase items that can be used whole or are easily cut, such as apples, berries, peas, and cucumbers.
- **Swap it.** Substitute one local ingredient in an existing child-approved menu item or snack.
- **Dig in.** Involve children in every stage of the process. They can select veggies on a farmers’ market visit or pick produce from the garden. Then they can use child-friendly utensils like wavy choppers to prepare the produce for a snack!
- **Explore.** Use the Wisconsin Food Seasonality Chart to discover the wide range of local food items available! Wisconsin beef, chicken, eggs, yogurt, and milk are available year-round. Local spinach, sweet potatoes, squash, and kale are available even in the winter!
- **Learn.** Hone your culinary skills and practice seasonal Wisconsin recipes with the Chop! Chop! video series and resource guide. This video training series even counts for Professional Development CEUs.

Identify your team and resources

- Connect with local farmers and food service staff to make a plan and put it into action. Schools doing farm to school and parents can also help you get started.
- Make a list of existing kitchen equipment (knives, food processors) and resources (eager parents, garden) that will help you reach your goals.

A farmstand is the perfect place to practice color vocabulary with kids... while also grabbing fresh veggies for snack time.
Find sources of local food

- Determine what ‘local’ means to you. Local for your site may be your town, county, state, or beyond.
- Consider purchasing a “share” of produce from a local Community Supported Agriculture (CSA) farm and have fresh local produce delivered regularly throughout the local growing season.
- Explore local purchasing options that work best for your site size:

<table>
<thead>
<tr>
<th>Family child care homes and small group centers</th>
<th>Large group centers and 4K programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purchase from a farmers’ market or farmstand » <a href="#">WI Farm Fresh Atlas</a></td>
<td>Purchase from a farmers’ market or farmstand » <a href="#">WI Farm Fresh Atlas</a></td>
</tr>
<tr>
<td>Purchase directly from a farmer » <a href="#">WI Farm Fresh Atlas</a></td>
<td>Purchase directly from a farmer » <a href="#">WI Farm Fresh Atlas</a></td>
</tr>
<tr>
<td>Purchase a weekly produce box via a CSA Share » <a href="#">CSA Farm Map</a></td>
<td>Find out if your distributor offers local products</td>
</tr>
<tr>
<td>Ask your caterer for local options and/or include language about preferring local food in your contract</td>
<td></td>
</tr>
</tbody>
</table>

Local products are on the menu, now what?

- Share photos of where food comes from or who grows it with students.
- Give foods cool names like ‘dinosaur kale chips’.
- **Eat with your children at meal and snack time!**
  - It can take 10-20 tastes for a little one to try a food and like it! Offer an item repeatedly, or in a different way if children don’t like it the first time.
  - Enhance literacy. Try new food-related vocabulary at meal time: tart, spicy, juicy, and sweet!
  - Extend the excitement about local food into other parts of the day. Look at tomato seeds under magnifying glasses and read books about pumpkins!
  - Explore cooking with children by making fresh jam from local concord grapes or raspberries.
  - Engage families in taste-tests when they pick up their children and post pictures of children trying new local foods on the front bulletin board.

Questions? Comments? Get in touch!

Contact our Farm to ECE team at wifarmtoece@rootedwi.org. Visit our website at [rootedwi.org](http://rootedwi.org) for more Farm to ECE resources.

*Thanks to Rebecca Breda, Abbe Braun, Vanessa Herald, Alyn Turner McCarty, and Brittany Zerbe for their review of this piece.*

*This project is funded by the W.K. Kellogg Foundation of Battle Creek, Michigan.*