

# FARM TO PRESCHOOL





*A special thanks to...*

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NEW  
YORK  
STATE

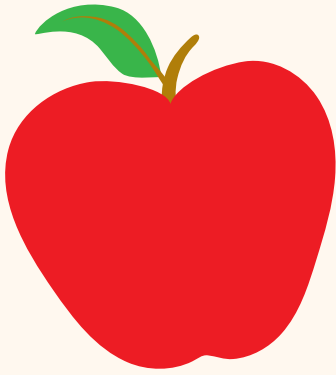
Council on Children  
and Families



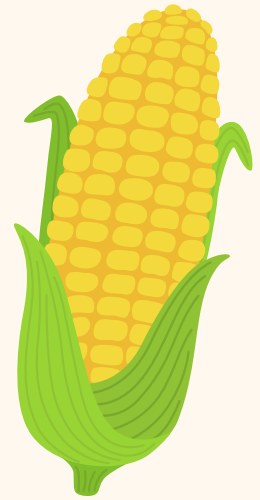
In New York there are many farms where they grow our food.



Healthy fruits and vegetables are important for children's growing bodies. They are full of vitamins and minerals and other good stuff (like fiber) that help children grow up healthy and strong.



Apples



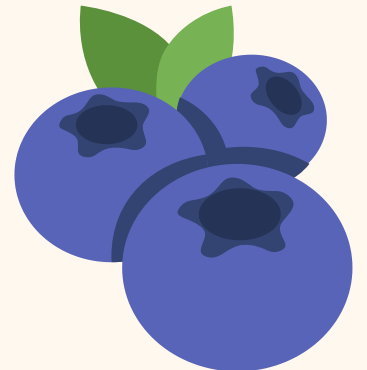
Corn



Broccoli



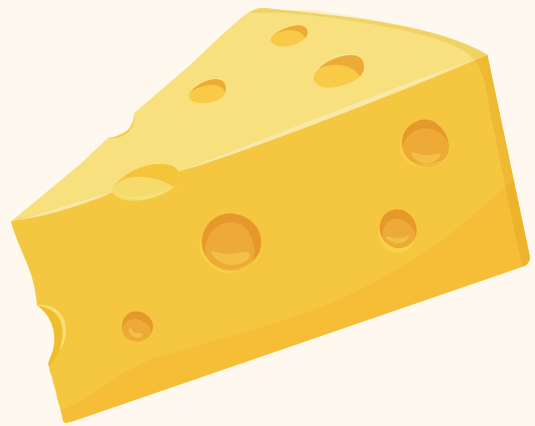
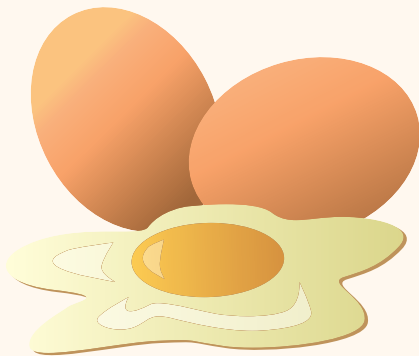
Pumpkins



Blueberries

Farms in New York grow many things.

Learn about all the fruits and vegetables grown in New York on the resource page.



New York State produces other yummy and healthy foods like yogurt, milk, eggs and cheese!



What veggies and fruits do YOU like?



Near my home, we buy our fruits and  
veggies from\_\_\_\_\_farm.  
The farmer's name is\_\_\_\_\_.
















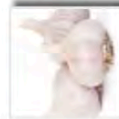

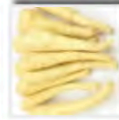


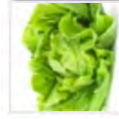




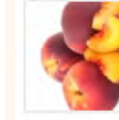
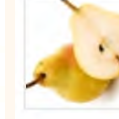




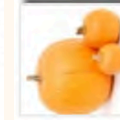






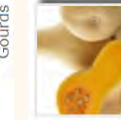








“Locally grown food” is good for you and the environment! The less miles fresh food travels the better!

# RESOURCE PAGE:

Cornell Cooperative Extension Eastern New York Crops:  
<https://enych.cce.cornell.edu/crops.php>



This page lists 40+ NYS local crops  
 along with photos and fun facts about  
 each fruit or vegetable.



Scan this QR code to go to the electronic  
 version of this scripted story and visit the  
 NYS Council on Children and Families  
 website for more Early Childhood resources!  
[https://www.ccf.ny.gov/our-work/early-childhood/  
 Head-Start-Collaboration-Project](https://www.ccf.ny.gov/our-work/early-childhood/Head-Start-Collaboration-Project)