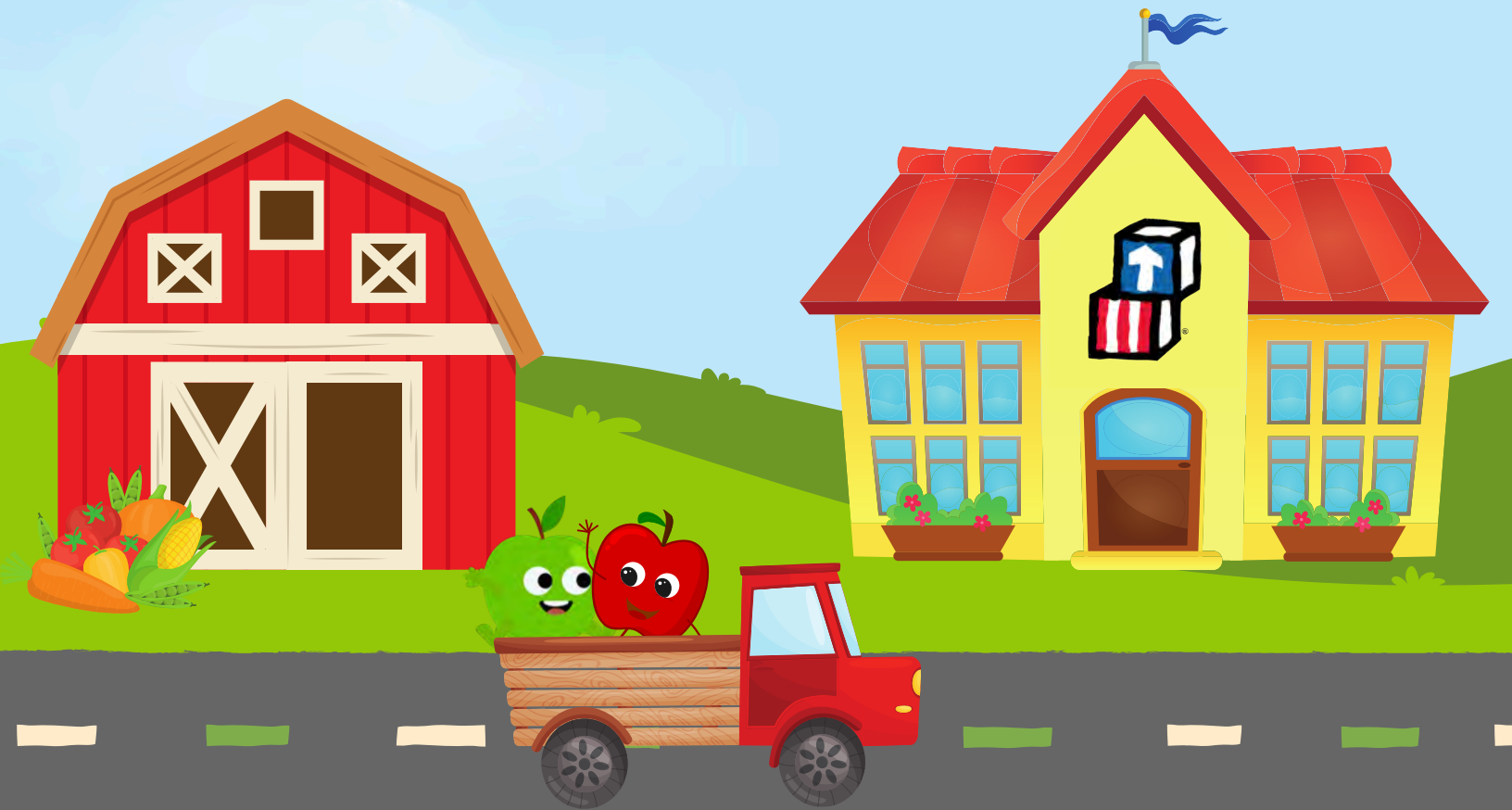


FARM TO HEAD START



A special thanks to...

Kevin Davidson
Patty Persell
Maia Snyder
Amanda Briell



NEW
YORK
STATE

Council on Children
and Families

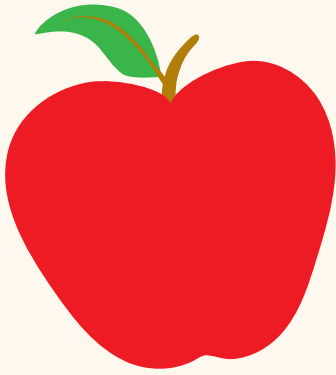




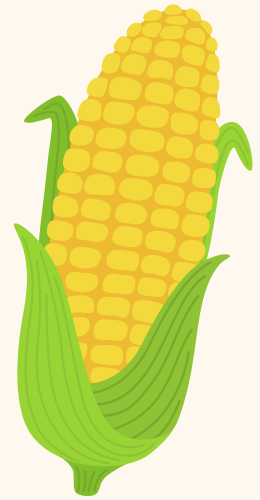
In New York there are many farms where they grow our food.



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



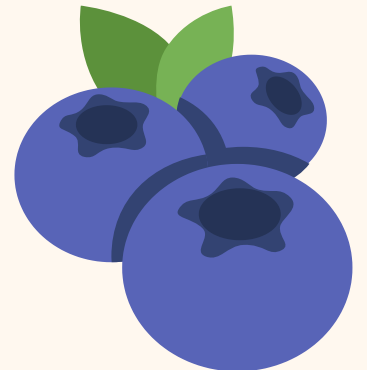
Corn



Broccoli



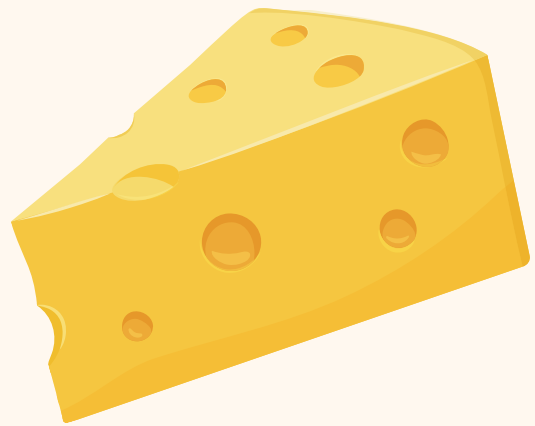
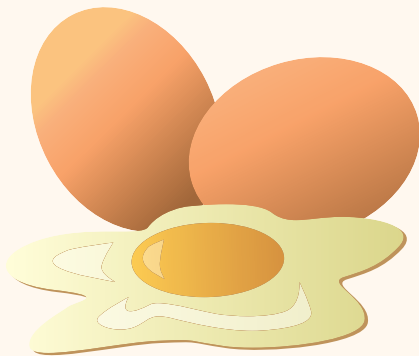
Pumpkins



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?


















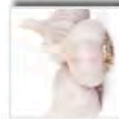

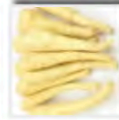


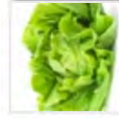




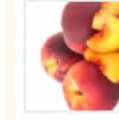
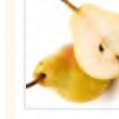




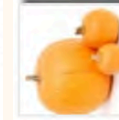






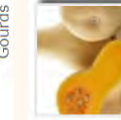




Near my home, we buy our fruits and
veggies from_____farm.
The farmer's name is_____.



“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)