

Healthy Sprouts farm to preschool program, Lawrence, KS

Healthy Sprouts was conceived in 2010 when Douglas County Child Development Association recognized an opportunity to address the community's needs for improved health, a stronger local food system and increased community self-reliance and food security. The program began in January of 2011 and was designed to incorporate diverse community stakeholder input. Healthy Sprouts has created a framework for long-term solutions, taking an innovative and multi-faceted approach to respond comprehensively to issues around local food and community health. The program reaches children in their formative years, in child care settings. It includes the following components: learning gardens in child care settings, Community Supported Agriculture for families and child care centers, the *Root for Food* age-appropriate food based curriculum, family engagement, training for child care providers and the development of wellness policies. These activities work holistically to prevent chronic diet-related disease in children and are aligned with those of the growing national Farm to Preschool movement. By building networks between diverse sectors of the local food system, increasing the accessibility of healthy local food for all income levels, providing comprehensive food education and creating a culture of health, Healthy Sprouts meets the needs of Douglas County, Kansas. Learn more at facebook.com/healthysprouts or dccda.org/food-education.shtml