



About the Program

One of the best ways to develop healthy eating habits that will last for a lifetime is to expose children to fresh fruits and vegetables at an early age. Early Childcare programs across the country have introduced farm and garden activities into their schools. Activities include field trips to local farms, incorporating local produce into menus, planting vegetable gardens, and including fresh produce in lesson plans. However, as with all food products, food safety is an important concern. Young children are at greater risk for foodborne illness so it is essential to minimize this risk.

Food Safety from Farm and Garden to Preschool is an online training program that can be used by educators, foodservice staff, parents and school volunteers. Each Unit includes videos, interactive activities such as sharing boards and the creation of best practices planning tools. The program is designed to:

- Improve the understanding of food safety risks relating to fresh fruits and vegetables.
- Reduce the risks associated with foodborne illness in young children.

The program is divided into five units:

1. Farm to Preschool Benefits
2. Fresh Produce and Foodborne Illness Risks
3. Food Safety Basics for the Classroom and the Kitchen
4. Food Safety and Gardening Activities
5. Food Safety on Field Trips to Farms and Farmers' Markets

The first three units are considered the core units and need to be completed before receiving a certificate of completion. The program will direct you through these units sequentially. Units 4 and 5 are optional and will be available once you finish Units 1 – 3.

To **GET STARTED**, click LOG IN on the Home Page to register. If you have additional questions about the program click on the FAQ link for commonly asked questions. If you can't find the information you need, contact the principal investigators listed below.

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