



Greetings Nutrition Program Providers,

DECAL's Nutrition Services has partnered with Georgia Organics for this year's October Farm to School & Early Care and Education Month **ParSLAY the Day** campaign. **ParSLAY the Day** is a state-wide campaign to get kids eating, growing, and participating in parsley-themed activities.

As this year's **ParSLAY the Day** celebration comes to an end, you can still register your early care program, school, or community and receive access to a free electronic toolkit filled with parsley-themed activities, standards-based lesson plans (for ECE and K-12), fact sheets, recipes, and more at [here](#).



Resources can be used beyond October Farm to School & ECE Month. We encourage schools and early care programs to keep the celebration going! Keep adding fresh herbs to recipes to boost flavor and engage in Farm to School and ECE activities throughout the year. Visit Georgia Organics' [Farm to School Lessons Library](#) for past campaign materials, including early care lessons.

Need additional guidance on implementing Farm to ECE in your program? Check out the [Getting Started: Georgia Farm to Early Care and Education Guide](#).

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## Georgia's Youngest Eaters Are Getting Veggie Ready for October Farm to School Month



# VEGGIE READY



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This Fall, 32 early care classrooms across Georgia are participating in the Veggie Ready program. Thanks to a USDA Farm to School grant, Small Bites Adventure Club partnered with Georgia Department of Early Care and Learning (DECAL) to bring this new program to children across Georgia. Veggie Ready is a 5-month program that empowers educators to lead their 4-5-year-old students through monthly hands-on food education activities.

Each month, teachers receive everything they need to introduce students to a vegetable and a fun, easy recipe. By the end of the program children will be able to make 4 easy veggie snacks, such as Super Power Kale Pesto and Sassy

Slaw. In addition, their teachers will learn the fundamentals of connecting food education to early learning standards such as literacy, math, and social emotional development. Caroline O'Neal, Morgan County Public School teacher states, "The students were very engaged, and all

were interested in trying the Rainbow Wrap recipe! We were able to discuss things like taste, smell, texture as well as what they noticed about the peppers (seeds inside).”

Studies show that children who have early exposure to fruits and vegetables are more likely to try and love them. Jacqueline Collister, a FCCLH owner/director in Lawrenceville, Georgia stated, “Kids loved it. I was shocked at how well they ate the bell peppers. They had peppers later for their parents!”

At the end of the program, students will receive a Veggie Ready certificate, as well as a completed Veggie passport. Every child deserves to have a fun and meaningful introduction to veggies - and early care and education programs are perfect partners as they know and care for their students during this critical and exciting time of development. We are so honored to work with DECAL on this important work, states Erin Croom, CEO of [Small Bites Adventure Club](#).



Pamela Y Robinson Family Childcare,  
Mableton GA



Hahira Head Start, Valdosta GA



Ware County Head Start in Waycross, GA



Leapin4Education in Lithonia, GA

## ***ParSLAY the Day Celebration in Rockmart***

Earlier this month, representatives from DECAL’s Nutrition Services Division, the United States Department of Agriculture (USDA) and Quality Care for Children (QCC) visited Rockmart Early Childhood Development Center, a Head Start in Rockmart, GA. In honor of

the month, toddlers and pre-k students had the opportunity to participate in a homemade herb butter taste test. Following the taste test, students headed out to the garden for worm composting and herb planting. Check out pictures of their activities below and stay tuned for the November CACFP Newsletter for the full story on the visit.

Please continue to share your pictures using [#parslaytheday](#) and [#GAFarmtoECE](#).



*Together, we can help feed Georgia's Children & Adults.*

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Bright from the Start:GA Dept of Early Care & Learning | 2 MLK Jr. Drive | Atlanta, GA 30334  
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