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Northeast Iowa Food & Fitness Early Childhood created a parent engagement model with a focus of Partners. All of this has been possible with WK Kellogg Funds.

Parent Transformational Engagement:

We have offered numerous classes since 2015 in every county we serve with numerous parents:

- Grocery Store Tours in the communities parents live
- Family Fun Cooking Nights
- Gardening 101 –planning and planting seeds
- Early Head Start Play Groups with Families
- Tips for eating healthy on budget
- Reading Nutrition Labels

Food & Fitness Classes

2015 – 2016 School Year - total 1,116 parents.

342 - Parents from 15 Head Start classrooms, Early Head Start Parents, NICC Child Development Center Parents and Rainbowland Daycare & Preschool. This was through specific parent engagement events that were planned like cooking nights, grocery store tours, gardening 101, etc.

Through monthly Farm to Preschool celebrations, 764 contacts were made with parents or other adults who are active in children's lives. These parents directly participate in making the food in the classrooms with their children for the celebration.

2016 – 2017 School Year - total 1,180 parents.

211 - Parents from 15 Head Start classrooms and Early Head Start Parents, This was through specific parent engagement events that were planned like cooking nights, grocery store tours, gardening 101, etc.

Through monthly Farm to Preschool celebrations and EHS Home Visitors, **969** contacts were made with parents or other adults who are active in children's lives. These parents directly participate in making the food in the classrooms with their children for the celebration.

Note we added Early Childhood numbers because of success in the homes.

2017 – 2018 School Year – total 920 parents

40 - Parents from 15 Head Start classrooms and Early Head Start Parents, This was through specific parent engagement events that were planned like cooking nights, grocery store tours, gardening 101, etc.

NOTE: We changed to a different focus of hiring community members to lead 2 specific pilot areas in Cresco and Waukon vs. the FFI Early Childhood Coordinator doing the parent engagement events because of the Coordinator working more hours with at the state level with F2ECE pilots and coalition building capacity.

Through monthly Farm to Preschool celebrations and EHS Home Visitors, **880** contacts were made with parents or other adults who are active in children's lives. These parents directly participate in making the food in the classrooms with their children for the celebration.

2018 – 2019 School Year – 349 and counting

For the first 3 months of this schools year

Farm to Preschool celebrations and EHS Home Visitors, contacts were made with **293** parents or other adults who are active in children's lives. These parents directly participate in making the food in the 16 classrooms with their children for the celebration. Planned events like cooking nights, grocery store tours, gardening 101, etc. with our 4 Associates specific pilot areas in Cresco, Waukon, Postvill HS, West Union HS and Oelwein HS.

Rachel (9) – Jessica (3) – Hallie (3) – Vicki (13) = **28**

We have created a Parent Toolkit that can be used by anyone who is interested. You can check out our curriculum and other Early Childhood resources that were all made possible by WKKF funding. Majority has been created since 2015 but all with WK Kellogg funding.

Directions to access Northeast Iowa's F2ECE '*Together We Grow Healthy Kids*' Curriculum and other F2ECE resources:

- Go to our website – <http://www.iowafoodandfitness.org/>
- On home page hover over the Healthy Kids tab - click on Early Childhood in the drop down box.
- Click on [FFI Farm to Preschool Curriculum](#) - there are 2 pages of online resources - the '*Together We Grow Healthy Kids*' Curriculum is last on the second page. Feel free to explore both pages for supportive F2ECE resources.
- Spanish translation of '*Together We Grow Healthy Kids*' Curriculum.
- Family Engagement through Farm to ECE – Parent Toolkit and Teacher Toolkit.