

Food & Fitness Parent Engagement Courses:

Family Wellness Classes:

Since 2015, Luther College and FFI have been developing a series of parent education classes to teach parents cooking and gardening techniques that can be built into a busy family lifestyle, while promoting the value of local, fresh, green food on a tight budget. In the last three years, over 600 parents have been reached through these courses at over 15 Head-Start, Early Head Start and Childhood Development Centers throughout the region.

In conjunction with these courses, we have created a Parent Toolkit that can be used by anyone who is interested. You can check out the curriculum and other 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. (Some of which were translated by Luther College Students!)
- Family Engagement through Farm to ECE – Parent Toolkit and Teacher Toolkit.