

# 4 Square for Childcare

Plant



Grow



Harvest



Prepare



Marie Zimmerman

A hands-on guide to helping children garden and eat good food

**LIVE WRIGHT.**



## **Presenter:**

**Susan DeMars**

**Health Promotion  
Coordinator**

**Wright County Public Health**

**Bachelor of Science**

**Early Childhood Education**

**Birth Through Grade 3**

**Approved Trainer II for the**

**Minnesota Center for**

**Professional Development**

**Approved Trainings:**

**LANA**

**Learning About Nutrition  
Through Activities**

**CEC**

**Coordinated Approach to  
Child Health-Early  
Childhood**

**Supporting Breastfeeding in  
the Childcare Setting**





## Presentation Outline

- Focus Area
- Engaging  
Childcare  
Providers
- Community  
Resources
- Getting the  
Word Out



# WRIGHT COUNTY STATISTICS

- Total Population: 131,311
- Children (0-19): 40,239
- Median Household income: \$76,489
- Poverty Rate: 6%
- Adults age 20+ who are obese: 28.4%



# POPULATION, INCOME AND EDUCATION RATES COMPARISON

## Metro Cities

City	Population	Median Income	Bachelor's Degree +
Rockford	4,367	\$71,458	31.3%
Otsego	14,968	\$72,626	28.9%
Monticello	13,125	\$73,151	28.3%
Delano	5,757	\$78,065	40.3%
St. Michael	16,983	\$94,318	34.3%
Hanover	3,150	\$94,412	44.3%
Albertville	7,262	\$96,896	36.6%

## Rural Cities

City	Population	Median Income	Bachelor's Degree +
Howard Lake	2,046	\$41,500	11.4%
Annandale	3,322	\$46,848	23.3%
Cokato	2,742	\$50,729	18.4%
Maple Lake	2,109	\$52,019	18%
Clearwater	1,775	\$61,538	18.7%
Buffalo	15,911	\$61,884	22.6%
Montrose	3,073	\$62,419	18.1%
Waverly	1,390	\$73,036	22%
<i>Winsted McLeod</i>	<i>2,308</i>	<i>\$55,451</i>	<i>16%</i>
<i>Dassel Meeker</i>	<i>1,460</i>	<i>\$38,566</i>	<i>19.9%</i>

Source: Minnesota Compass



# FREE AND REDUCED LUNCHES

Out of 41 Schools in the Free and Reduced Lunch Program as of May 2015

School	District	Enrollment	# of Students Receiving Free Lunches	# of Students Receiving Reduced Lunches	% of Students Receiving Free & Reduced Lunches
1. Winsted Elementary	Howard Lake Waverly- Winsted	215	63	26	41.39%
2. Parkside Elementary	Buffalo Hanover Montrose	455	129	40	37.14%
3. Montrose Elementary	Buffalo Hanover Montrose	333	89	34	36.93%
4. Cokato Elementary	Dassel Cokato	492	120	57	35.97%
5. Humphrey Elementary	Howard Lake Waverly- Winsted	257	52	30	31.9%
8. Dassel Elementary	Dassel Cokato	344	65	39	30.23%
10. Dassel Cokato Middle	Dassel Cokato	676	125	74	29.43%
13. Howard Lake Middle	Howard Lake Waverly-Winsted	305	55	34	29.18%

# CHILDCARE IN WRIGHT COUNTY

- Approximately 314 Family Childcares serving approximately 3700 children
- 1 Family Childcare receiving Tier 1 Funding-Buffalo Location
- 7 Headstart Centers serving 178 children
- 1 Migrant Headstart serving 116 children
- 10 ECFEs
- 23 Childcare Centers serving approximately 726 children
- 1 Center receiving Tier 1 Funding-Monticello Location
- 33 Family Childcares in the Montrose, Waverly, Howard Lake and Cokato zip code areas
- Only 2 Childcare Centers in the Montrose, Waverly, Howard Lake and Cokato area
- Center in Cokato- Lambs Christian Daycare Preschool only
- Center in Montrose- Little Kid Care-All ages-Licensed for 45 children

Tier 1 –Child and Adult Care Food Program (CACFP)



# **FOCUS AREA: HOWARD LAKE COMMUNITY**

- **Lowest median income -\$41,500**
- **Lowest percentage of higher education- 11.4%**
- **3 schools in the top 13 receiving Free or reduced lunches**
- **No child care centers**
- **Strong commitment to agriculture in the schools and the community**
- **An area of the county where SHIP efforts have not been previously focused**

If interested in the 4 Square Garden Project please complete and return this postcard by Oct. 23<sup>rd</sup>.

Provider Name:

---

Circle day of the week that would work best for you to attend meetings/trainings:

Monday Tuesday Wednesday Thursday

Circle the time that would work best for you to attend meetings/trainings:

5:30-6:30pm 6-7pm 6-7:30pm 7-8pm 7:30-8:30pm

Circle your general knowledge of gardening:

Little to no knowledge some knowledge knowledgeable very knowledgeable

Circle your general knowledge of safe food preparation for garden grown produce:

Little to no knowledge some knowledge knowledgeable very knowledgeable

Circle item/items you or children in your care may be allergic to:

Peas/sugar snap-cucumbers-broccoli-cherry tomatoes-green/yellow beans-zucchini-carrots-spinach-  
lettuce-sunflowers-marigolds

Add additional comments or suggestions:

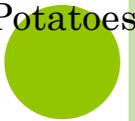




## ENGAGING THE PROVIDERS

Providers identified the following vegetables they would want to plant:

1. Bell Peppers
2. Mini Munch Cuke
3. SunSugar Tomato
4. Mini Bell Peppers
5. Broccoli
6. Eggplant
7. Brussel Sprouts
8. Onions
9. Pole Beans
10. Bush Beans
11. Beets
12. Carrots
13. Lettuce
14. Spinach
15. Radishes
16. Sugar Snap Peas
17. Fingerling Potatoes
18. Zucchini





## ENGAGING THE PROVIDERS

Providers  
Identified the tools  
they would want:

1. Watering cans
2. Hoses
3. Spray nozzles
4. Gardening  
Gloves
5. Gathering  
Baskets
6. Shovels
7. Rakes
8. Clear buckets
9. Tomato Cages
10. Garden Box
11. Soil
12. Fertilizer





## ENGAGING THE PROVIDERS

Each provider received a 4'x4' constructed box, soil, fertilizer, 2 tomato cages and a trellis frame. They were able to choose a total of 16 types of seeds and/or bedding plants.

From the tool list they were able to choose items totaling up to but no more than \$150.



### Participation benefits include:

1. 4 hours of approved training for Wright County relicensing (approved by Rebecca Domjahn)
2. A complete package for a 4 square garden, including a built garden box, seeds, bedding plants, soil, garden and fertilizer, will be provided at no cost to the provider
3. Assistance will be available to plant and maintain the garden, to complete the pre-assessment and post evaluation, and to develop a policy related to fresh vegetable consumption

### Participation requirements include:

1. Attend 4, 1 hour evening meetings/trainings focusing on planting and maintaining a 4 square garden  
**Must attend both trainings to receive the materials and 4 hours of approved training for relicensing**
2. Plant a 4 Square Garden with children in your care
3. Complete a pre assessment and post evaluation
4. Update or develop a policy for your parent handbook that increases the amount of servings of fresh fruits or vegetables offered to children in your care

ENGAGING THE PROVIDERS

**4 Square  
Garden  
Project  
Benefits  
and  
Requirements**



# COMMUNITY PARTNERS

- **To date a value of \$5557.19 has come from Community Partners**
- **Services provided with a cost savings of over \$1000.**
- **Clock Hours for License Renewal**



**COMMUNITY PARTNER**  
**LAURIE JENSEN MASTER GARDENER INTERN**  
**UNIVERSITY OF MINNESOTA**  
**IN KIND MONETARY VALUE: \$682**



# COMMUNITY PARTNER

## LAURIE JENSEN MASTER GARDENER INTERN

### UNIVERSITY OF MINNESOTA



# COMMUNITY PARTNER

## HOWARD LAKE-WAVERLY-WINSTED SCHOOLS

### IN KIND MONETARY VALUE \$1,862



**COMMUNITY PARTNER**  
**HOWARD LAKE-WAVERLY-WINSTED SCHOOLS**  
**IN KIND-MONETARY VALUE: \$735**



COMMUNITY PARTNER  
FRED HOLASEK AND SON  
GREEN HOUSES  
SAVINGS OF \$1000.



**COMMUNITY PARTNER**  
**OTTO TRANSFER**  
**IN KIND MONETARY VALUE: \$300**  
**6.6 TONS OF SOIL**



# COMMUNITY PARTNER

## SOCIAL SERVICES

### 4 CREDIT HOURS FOR PROVIDERS



**COMMUNITY PARTNER**  
**GARDENING WORLD WIDE**  
**PATRICK AND CONNIE LAHR**  
**SQUARE FOOT GARDENING WITH KIDS**



# OTHER COMMUNITY PARTNERS



- Families-Time
- Howard Lake Community Center-\$400
- Volunteers-\$1000
- Childcare Providers-\$200
- Public Health Intern-  
Seasonal Recipes



# SHIP AND COMMUNITY INVESTMENT

## COMMUNITY

Partner	Donation
Howard Lake-Waverly-Winsted Schools	2597.00
Otto Trucking	300.00
Master Gardener Intern	682.00
Miscellaneous	\$1978.19
<b>Total</b>	<b>\$5557.19</b>

## SHIP

Project Item	Cost per Provider	Total Cost
4'x4' box	62.00	920.76
Take Home Planters	10.10	139.70
Supplies for Class	4.47	62.64
Gardening Supplies	165.17	2340.44
Miscellaneous Supplies	14.26	200.16
<b>Total Cost</b>	<b>256.30</b>	<b>3663.70</b>



# INFORMING THE COMMUNITY

- Thank You Cards
- Live Wright News Letter
- County Childcare Newsletter
- State Fact Sheet
- Farm Horizon Publication
- Presentation to the Wright County Board of Commissioners
- Presentation to the Community Leadership Team



# QUESTIONS



# RESOURCES

- Gardening World Wide  
<http://gardeningww.org/about-us.html>
- Fred Holasek and Son Greenhouses  
<http://www.holasekflowerpower.com/>
- Otto Transfer  
<http://www.ottotransfer.com/>
- Wright County Health and Human Services  
[Rebecca.Domjahn@co.wright.mn.us](mailto:Rebecca.Domjahn@co.wright.mn.us)
- Minnesota Department of Agriculture  
<http://www.mda.state.mn.us/>
- University of Minnesota Master Gardener Intern Program: Rod Greder [gred0014@umn.edu](mailto:gred0014@umn.edu)



# RESOURCES CONTINUED

- Minnesota Compass  
<http://www.mncompass.org/>
- Minnesota Department of Education  
<http://education.state.mn.us/mde/index.html>
- Minnesota Department of Human Services  
<http://mn.gov/dhs/>
- *Square Foot Gardening With Kids*  
*Author: Mel Bartholomew*





# CHILD'S PLAY: ENJOYABLE AND EFFECTIVE SHIP CHILD CARE EFFORTS

Brenda Leigh Pohlman, BS, MPH  
Fillmore County Public Health  
July 27, 2016

# COURSE DESCRIPTION

- "Let's gather to play and talk about engaging home, center, and system-based child care partners within the SHIP Child Care Strategy. Fillmore and Wright counties will share successful examples of how working with partners can improve access to healthy futures for our youngest Minnesotans. This session will include information about Child Care Agriculture, Curricula, Health Equity, and PSE."

# PARTNER AND PRIORITY POPULATION IDENTIFICATION WITH A HEALTH EQUITY FOCUS

- ◉ Children from low-income households
- ◉ Children with special needs
- ◉ Children who are members of minority cultural groups
- ◉ Childhood health indicators



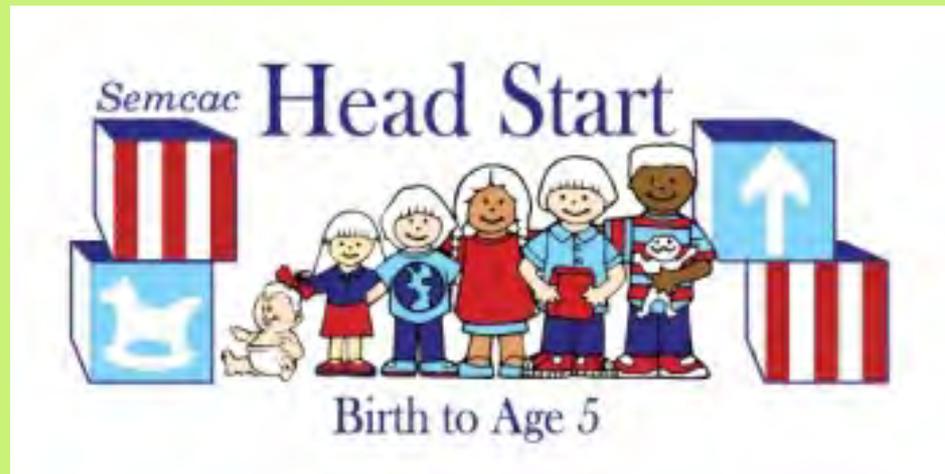
# SEMCAC HEAD START



- ◉ 4 Star Program  
Operated by Semcac  
located in Rushford, MN
- ◉ Ten locations in Dodge,  
Fillmore, Houston,  
Mower, Steele, and  
Winona Counties
- ◉ Serve every priority  
population plus  
pregnant women and  
foster and homeless  
children
- ◉ Offer center and home-  
based programs
- ◉ Provide services to  
many ESL speakers

# SEMCAC DEMOGRAPHICS

- ◉ Serve 278 Children and their families
- ◉ 6% Underweight
- ◉ 56% Healthy Weight
- ◉ 18% Overweight
- ◉ 20% Obese



# SEMCAC HEAD START

- ◉ Work with staff, families, and advisory group to advance work child care strategy.
- ◉ Steps:
  1. Introductory meetings
  2. Assessment: 10 Intakes and 1 Assessment  
Action planning: HE, PA, Breastfeeding Support
  3. PSE change Adoption
  4. Training: LANA and CATCH EC
  5. Coaching: Agency-wide and individual site
  6. Post-assessment

# PSE CHANGES

- Assessment identified need to address caregiver/staff roles, written policies, and policy communications with families.
- Staff required to use Creative Curriculum for Preschool which included daily PA activities/day and two HE/Food activities/month.
- 2015 PSE Change: LANA curricula required
- 2016 PSE Change: CATCH curricula required
- Addressed HE/PA in Head Start handbook.

# LEARNING ABOUT NUTRITION THROUGH ACTIVITIES (LANA)



# LANA



# CATCH EARLY CHILDHOOD



# TIME TO PLAY

- ◎ CATCH Early Childhood  
<http://catchinfo.org/>
- ◎ LANA <http://www.health.state.mn.us/lana>
- ◎ Let's Move Child  
<https://healthykidshealthyfuture.org/>



Brenda Leigh Pohlman, BS, MPH  
Fillmore County Public Health  
902 Houston Street NW, Suite 2  
Preston, MN 55965  
507-765-2636

[bpohlman@co.fillmore.mn.us](mailto:bpohlman@co.fillmore.mn.us)

