



Anna Mae Guille Family Child Care Home

Contact Information

CACFP Sponsor	Lehigh Valley Children's Center
Child Care Facility Name	Anna Mae Guille FCCH
Child Care Provider Contact Person Name	Anna Mae Guille
Contact Person E-mail	Crymagnet@aol.com
Contact Person Phone Number	215-338-3114

Description

We are a family day care home located in a small row home in Philadelphia's inner city. Currently there are five children enrolled in the day hours and two children in the evening hours. My living room and dining room serve as the day care area.

Keystones STARS Level 4

Category

Nutrition or Physical Activity Education (through curriculum or other resource) – N1 Fruits and Vegetables; N8 Nutrition Education for Staff, Children, and Parents

Goal

My goal is to promote a positive attitude towards vegetables.

Promising Practice

We began playing games like Nutrition Mystery Lotto and Healthy Helpings. After the children became familiar with the food groups, we separated our dramatic play foods and labeled them by food group.

We visited Awbury Arboretum (<http://www.awbury.org/index.html>), one of the locations where Mr. Brosius from Chipping Hill Micro Farms (<http://www.chippinghillmicrofarms.org/>) offers educational presentations. Mr. Brosius took us on a nature walk, explained how plants grew, showed us his micro farms, allowed us to pick and eat fresh vegetables, and offered us many different raw and cooked vegetables and fruits to sample. We were also able to plant some seeds, label, and water them. The micro farms are exactly what they sound like! The micro farms allow you to grow fresh fruits and vegetables in a small space.

After our experience at the arboretum and seeing Mr. Brosius' presentation and micro farm, we began discussing our own garden and purchasing supplies. We planted seeds using a Rootvue so we could learn about how fruits and vegetables grow. Inside, we planted individual indoor garden boxes and greenhouses. We plan to use the vegetables and fruits for snacks and lunch. For outside, we purchased a small micro farm from Mr. Brosius. This will allow us to grow vegetables and fruits year round in the alley way of our backyard.

Action Steps

- Add games and materials to help children become more familiar with fruits and vegetables.
- Include a variety of fruits and vegetables in the weekly menu.
- Begin "new food" taste testing.

- Visit Awbury Arboretum and participate in Chipping Hill Micro Farms’ presentation to learn more about how fruits and vegetables grow.
- With support from Mr. Brosius, begin growing our own fruits and vegetables using the outdoor micro farm and indoors using personal garden boxes.
- Add the “home grown” fruits and vegetables to the menu.

Materials

Item Purchased	Cost of Item
Watch It Grow Greenhouses	\$49.95
Rootvue Farm	\$32.99
Chipping Hill Micro- Farm	\$325.00 (the rest of the cost was donated by Mr. Brosius)
Awbury Arboretum admission	\$50.00 (\$5.00/child)
Awbury Arboretum transportation	\$150.00
Individual Garden Box materials	\$25.00

Advice

Do it! When the children plant it and chart it, they are more likely to taste it. The materials for our ten individual box gardens cost about \$25, or you could use recycled plastic containers or cups. The children love it.

Evidence of Success

The children began to use words like "protein" and "physical activity." Chris, aged 5, asked, "Can we play basketball at the playground? It’s physical activity." They ask to remove the cover of the Rootvue so they can see the roots and talk about the growth. They are eager to return to the arboretum to see the vegetables they planted.