



# Anna Mae Guille Family Child Care Home

## Contact Information

<b>CACFP Sponsor</b>	Lehigh Valley Children's Center
<b>Child Care Facility Name</b>	Anna Mae Guille FCCH
<b>Child Care Provider Contact Person Name</b>	Anna Mae Guille
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## Description

We are a family day care home located in a small row home in the inner city. Currently there are 5 children enrolled in the day hours and 2 children in the evening hours. My living room and dining room serve as the day care area.

## Keystone STARS Level 4A

### Category

Nutrition and/or Physical Activity Education (through curriculum or other resource) – N1 Fruits and Vegetables

### Goal

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>) and Mr. Howard Brosius at Chipping Hill Micro Farms (<http://www.chippinghillmicrofarms.org/>). 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.

After our experiences at the arboretum and microfarm, we began discussing our own garden and purchasing supplies. We planted a Rootvue garden and started to track the growth. We also planted individual box gardens and plan to use the vegetables for snacks and lunch. We also purchased a micro garden from Mr. Brosius. This will allow us to grow 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 Chipping Hill Micro Farm to learn more about how fruits and vegetables grow.
- With support from Mr. Brosius, begin growing our own fruits and vegetables indoors using personal green houses and outdoors using the micro farm.
- Add the “home grown” fruits and vegetables to the menu.

### Materials

<b>Item Purchased</b>	<b>Cost of Item</b>
Watch It Grow Greenhouses	\$49.95
Rootvue Farm	\$32.99
Chipping Hill Micro Farm Visit and Garden Box	\$400.00

### Advice

Do it! When the children plant it and chart, it they are more likely to taste it. Our materials for our (10) individual box gardens cost about \$25, or you could use recycles 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 even pick and eat vegetables right from the garden and are eager to return to the arboretum to see the vegetables they planted.

