Research shows Farm and School initiatives improve children’s health and nutrition. Most of these programs start in K-12 school districts, but we can reach children earlier with Farm to Early Care and Education.

Farm to Early Care and Education activities have been shown to:

**Increase**
- Fruit and vegetable consumption, some of which may increase vitamin A, C, and E intake
- Healthy food consumption at home
- Willingness to try new foods
- Motor skills
- Life skills, social skills, and self-esteem
- Physical activity

**Decrease**
- Diet-related diseases among children
- Screen time
- Consumption of unhealthy foods and sodas

**Strategies that Work**

- Parent education and engagement
- Meal planning and preparation
- Curriculum where kids touch and taste food
- Gardening with children
- Fruit and vegetable boxes

**Agriculture and Georgia’s Economy**

Farm to ECE can have a significant positive impact on the state’s economy.

- Agriculture is the #1 industry in Georgia.
- That’s approximately $73.3 BILLION contributed to the state’s economy.

In 2017, there were 392,400 agriculture jobs in Georgia.

That’s 1 in 7 Georgians.

In 2017, farms covered 9.95 million acres in Georgia.

That’s 25% of all the land in Georgia.

Sources: [https://tinyurl.com/FTECE2019](https://tinyurl.com/FTECE2019)