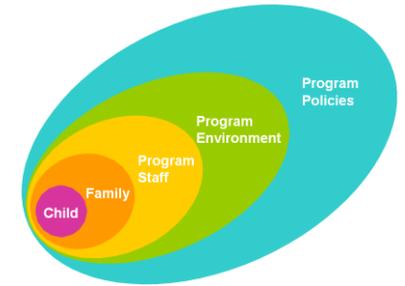


# Action Plan Worksheet

Start Date:

Provider Name:

Goal: Increase the consumption of fruits and vegetables.



Model adapted from: Bronfenbrenner, U. *The Ecology of Human Development*. Cambridge, MA: Harvard University Press, 1979.

| Objectives / Steps   | Provider   | Environment  | Child   | Family   | Program Policies   |
|--|--|--|---|--|--|
| <p>Increase the knowledge and consumption of fruits and vegetables through the development of a garden and activities.</p> | <p>Create a budget to determine the costs needed to build the garden. Identify other resources to support the purchasing of materials.</p> <p>Develop activities that introduce gardening to the children.</p> <p>Use the Farm to Preschool website to learn more about how to garden with children.</p> | <p>Gather the supplies needed to build the garden.</p> <p>Develop a communication board to share the new garden initiative with families.</p> <p>Display documentation of children engaging in gardening activities.</p> | <p>Work with the children to identify an area to create their garden.</p> <p>Create a job chart for the children to take turns caring for and harvesting their fruits and vegetables.</p> <p>Work with the children to create a chart to track the growth of the fruits and vegetables.</p> <p>Have “taste tests” with the children to try the fruits and vegetables grown in their garden.</p> | <p>Ask families to come in and help build the garden and bring in seeds to plant.</p> <p>Take and share photos of the children caring for the garden.</p> <p>Ask families to share recipes that use some of the fruits and vegetables grown in the garden.</p> <p>Host a Harvest Celebration for families to come in and cook with the children using the fruits and vegetables from the garden.</p> | <p>Develop a healthy fundraising policy that includes providing support for the development of a garden.</p> <p>Include a healthy eating policy and rationale to review when enrolling new families.</p> |
| <p>Who is responsible?</p>   | <p>Self</p>  | <p>Self</p>  | <p>Self and Children</p>  | <p>Self , Children and Families</p>  | <p>Self</p>  |
| <p>Date</p>  | <p>April 30<sup>th</sup></p>   | <p>May 15<sup>th</sup></p>   | <p>June 5<sup>th</sup></p>  | <p>August 31<sup>st</sup></p>  | <p>October 1<sup>st</sup></p>  |