



“Innovative Turn-key Tools for ECE Teachers”

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smallbites.club

INTRODUCTION



- Farm to School enthusiast
- Social entrepreneur
- Mom to Thomas (8) and Henry (7)
- *New! *Homeschool teacher



Problem:
9 out of 10 kids don't
eat enough veggies.



REALITY: It's hard to get kids to eat their vegetables.





But we have the secret



Small Bites Adventure Club

Helping children discover, love and eat their fruits and vegetables





Small Bites Adventure Club Team



TASTE TEST BOX: WHAT'S INSIDE

- ❑ Ingredients with local produce
- ❑ Step-by-step instructions
- ❑ Taste Test Survey
- ❑ Recipes for parents
- ❑ Standards connections
- ❑ “I tried it” Stickers



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Taste Test Box

"Tomatoes really mark the beginning of summer. There's an incredible variety of tomatoes - all different shapes, sizes, colors and taste!"

Look Inside!

Refrigerate the contents of your box until you're ready to conduct your taste test. Use within 5 days!

Chunky Salsa Fresca

The tomatoes in today's box come from Chris Edwards of Mayflor Farms in Stockbridge, Georgia.

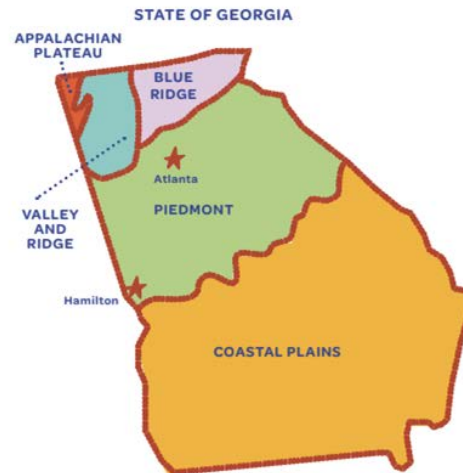
Meet the Farmer

FARM NAME

Mayflor Farms

LOCATION OF FARM

Stockbridge, Georgia



Farmers are amazing!

Mayflor Farms is a certified naturally grown farm in Stockbridge, Georgia. They grow beautiful organic food, that is both healthy and delicious. They offer a CSA - community supported agriculture. This means that a family pays the farmer before a growing season, and then each week they receive a big box of fruits and veggies from the harvest. They grow lots of tomatoes: Yellow German Johnson, Sungold, Black Plum, and Gilbertie. Look them up and see how beautiful they are!

Prepare to Cook

Wash



Wash and dry your hands.
Keep your hands clean!
Rinse and dry vegetables.



Be sure to lather
the backs of your
hands, between your
fingers and under
your nails.

Gather

Review the ingredient list. Before beginning the recipe, confirm with school nurse, parents and students that there are no food allergies.

Tools you will need



Children's
scissors



Blender



Nylon knife



Spoon



Cutting mat

ingredients we sent you



1 Sweet
pepper



2 Green
onions



1/2 cup
Cilantro
leaves



1 Lime



1 pint Salad
tomatoes



1/2 tsp.
Smoked
paprika



1/2 tsp. Onion
powder



1/2 tsp. Garlic
powder



1/2 tsp.
Ground cumin



1/2 tsp.
Kosher
salt



Tortilla chips

Let's Cook! Chunky Salsa Fresca

"Fresca" means "fresh" in Spanish, and all of the flavor enhancing ingredients in this popular dip are SUPER fresh from the farm! Salsa and chips is a popular snack in Mexico — so popular that it has spread around the world! Give it a try!

Prep



Using the claw & saw cut, remove and discard pepper stem. Slice pepper lengthwise. Tear away and discard seeds and membrane. Cut pepper crosswise into large pieces.



Using children's scissors, cut green onions into large pieces. Discard roots.



Pick cilantro leaves from stems. Discard stems.



Roll and press lime to make it easier to squeeze. Using the bridge cut, cut lime in half. Squeeze lime juice into a blender.

Mix

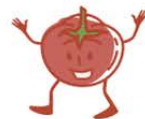


Add tomatoes to blender. Pulse several times.



Add sweet pepper, green onion, cilantro, paprika, onion powder, garlic powder, cumin and salt. Pulse until ingredients are combined and salsa is still slightly chunky.

HANG THIS UP!



"YOU TOUCH IT, YOU TAKE IT" Only touch the food that you will be eating!

REMEMBER!

"SINGLE DIPS ONLY" Only an untouched part of a vegetable can be dipped into a bowl that is being shared. Once the vegetable is bitten, it cannot be dipped again.

turn the page to taste



Hey, kids! You can do this part!



Serve



Top each chip with a little salsa. Distribute 1 chip to each student.

Chunky Salsa Fresca

TODAY'S DATE

TOTAL #
OF STUDENTS:

1. Did you try the new food today?

2. Did you like the new food today?

YES!

YES!

NO

NO



VOTES CAN BE RECORDED WITH NUMBERS OR TALLIES.



Thanks Teachers!

By participating in this activity you gave your students the opportunity to taste something NEW. Also, by cooking with kids, you've reinforced all of these standards in a hands-on, real-world way!

Standard PDM2:

The child will participate in activities related to nutrition. Explain that bodies need many different nutrients to grow, and a great way to get these nutrients is through the food they eat!

Standard PDM6:

The child will demonstrate fine motor skills. Encourage children to pluck the herb leaves from the stem one by one during the cooking activity.

Standard CD-MA1:

The child will organize, represent, and build knowledge of number and quantity. During the taste test, children can count the number of children who 1) tried the food and 2) liked the food.

Standard CD-MA2:

The child will manipulate, compare, describe relationships, and solve problems using number and quantity. Using the results of the taste test, children can create bar and circle graphs and share the results with school administration.

Standard: CD-SC3:

The child will demonstrate knowledge related to living things and their environments. Observe the produce in the box, and discuss where it comes from and how it grows.

Standard PDM6:

The child will demonstrate fine motor skills. Encourage children to pluck the herb leaves from the stem one by one during the cooking activity.



Recipe
Developed by

**Chef
Asata
Reid**

Share your Taste Test Box Adventure!

@smallbitesclub
#smallbitesadventure
#tastetestbox

OUR FARMERS



Craig Tucker



Nuri Icgoren



Jody Kaufman



Annual Subscription



Each kit = 25 student

\$500/10 months

\$2/per student

Snap Ed, 21st Century & CACFP

TRACTION

2,000+ students

2,500 kits sold

215 schools & clubs

50,000+ Bites of fruits
& veggies



OUR CLIENTS



“WE LOVE our Taste Test Box kits! Everything comes ready to go. Without the Taste Test Box, we would not be able to deliver nutrition education at this level.”

Wande Okonuren-Meadows

Owner, Little Ones Learning Center



Next Steps: Education Technology Development



- Virtual reality farm tours
- Interactive data collection
- SmartBoard and existing app connections (e.g. ClassDojo)

Research Questions

- How does the Taste Test Box improve efficacy of educators to teach nutrition education?
- How can technology (interviews with farmers, video of farms) mixed with a hands-on cooking kit impact preferences and consumption of fruits and vegetables?
- How many "doses" of hands-on cooking, taste testing, learning about farmers, etc makes an impact on preference and consumption
- How does a child's in-class experience impact family engagement and knowledge about healthy foods?



Covid-19: what we offer now?

- Live cooking
- YouTube: Storytime, Chef, farmers
- Leverage feeding sites for a simplified at-home resource(soon!)



Storytime: "The Giant Carrot"
by Jan Peck

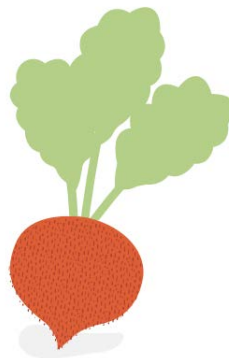
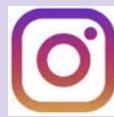
Questions and Conversation topics

- Best practices in offering turn-key ECE nutrition education at home?
- What do we know about at-home nutrition education resources? How is the ECE community responding?

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1. **\$14 billion:** [Economic Costs of Obesity](#), National League of Cities
2. **9 in 10 children didn't eat their vegetables:** [Progress on Children Eating More Fruit, Not Vegetables](#), CDC Vital Signs 2014
3. **Taste test research :** [What Works for Health: Policy and Programs](#)
4. **Taste Testing:** [Preschool aged children](#)
5. **Food preference:** [Preschool children's food preferences and consumption patterns](#)
6. **Experiential cooking** and veggie consumption