



The Seattle Farm to Preschool Program provides fresh local food for the meals and snacks your child enjoys at this preschool. Along with high-quality food, your child can participate in nutrition and garden activities that help them understand where their food comes from and how it makes their bodies healthy and strong.



Offering fresh nutritious food that comes directly from local farms will help your child:

Become a Strong Learner

- Children learn best when they are well nourished.
- Food is an easy way to connect science, math, social studies, and literacy into daily education.

Build Lifelong Healthy Habits

- Developing good eating habits at a young age supports lifelong health and can help prevent illnesses like diabetes and heart disease.

Connect With Their Community

- Eating family-style meals, at school and at home, encourages cooperation and can deepen our relationships with each other.
- Knowing where food comes from will connect your child to the land and the farmers who grow their food.