



MINNESOTA

Farm to Early Care

Purchasing Local Food

Purchasing local food is one component of farm to early care!



Where can I find local food?

There are lots of ways to find local food: here in Minnesota, check out the [Minnesota Grown directory](#) for local farms and local farmers markets

- There are many farms, farm stands and farmers markets throughout the state that are a great way to purchase local foods and connect with a local grower!
- Don't forget your grocery store — many local products find their way to grocery store shelves, too.
- Once you get started, you could even consider a Community Supported Agriculture (CSA) box for your early care — explore the box together, maybe try some new veggies and support a local farmer!



Tips for incorporating local foods at your early care:

- **Start small:** apples from the local orchard, your local grocery store might stock local corn in high season.
- **Make it an event:** look up the farmer, find who they are, where they farm, etc. — tell the story of where the food comes from!
- **Buy in season:** this can often be more affordable — tomatoes in high summer at the farmers market can be a great deal!
- **Get creative:** local protein, eggs and grains are all great year-round options for local purchases. Buy local whipping cream and make butter together! Make pancakes with local whole grain pancake mix — so many options!

