



**dr.yumproject** eat well. change your world.



# FREE Farm to School & ECE Resources on DoctorYum.org

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**meal•o•matic**



MAKE YOUR OWN recipe!

**Dr. Yum's**  
**Favorite**  
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Research  
backed  
↗

Level up your  
nutrition education  
component & reduce  
food waste with



**Dr. Yum's Food Adventure**



**Level up your Farm to ECE Program's Food Education** with a multidisciplinary cooking and nutrition curriculum created by a pediatrician, pediatric feeding therapist, registered dietitian, and early childhood educators

We are HUGE fans of Farm to ECE programs and LOVE to help schools augment their programs with our innovative curriculum enhancement:

#### **Introducing locally sourced food**

- 24 carefully planned lessons on a diverse range of foods, including recipes. Teachers like to say Dr. Yum is the easy button with beautiful and thoughtfully prepared materials.

#### **Increasing acceptance of fruits and veggies**

- Multidisciplinary, multisensory approach including an understanding and inclusion of hesitant eaters and children with special needs

#### **Promoting food acceptance:**

- Teacher training with feeding tips for year-round picky eater strategies. This unique and research-backed approach is integrated into all teacher/child food interactions.

#### **Promoting Healthy Habits:**

- 2-3 year program with repetition of superpowers of food and healthy habits

#### **Hands-on learning:**

- Cooking activities meet curriculum standards and cover broad areas of development

#### **Family Engagement:**

- Monthly recipes and feedback sheets, manual for parents to understand picky eaters, mealtime strategies, and nutrition ecosystem on our website, [doctoryum.org](http://doctoryum.org)

#### **Enriched Learning:**

- Opportunities for social, emotional, and experiential learning in the classroom are highlighted in every lesson

#### **Supporting your local economy and sustainable food systems**

- Suggested extension activities introduce kids to foods grown and prepared locally

#### **Directors love Dr. Yum's Preschool Food Adventure because:**

- We teach teachers the same concepts and techniques we teach pediatricians
- We work in partnership with schools to secure grants
- The program NOT a subscription model. The modest one-time cost supports our non-profit.

**For more information email  
[Jessica@DoctorYum.org](mailto:Jessica@DoctorYum.org) or scan here**

