The objective of this study is to understand the helpfulness of using instructional garden videos to promote home gardening and additional needs to support families with children 0-5.

Instructional garden videos were helpful to parents with young children to start home gardening. More video topics on container gardening can be helpful to support low-income families with limited space.

**Program Description**
Farm-to-Preschool Festival is an annual event open to Families with children 0-5 years old to promote healthy living behaviors with educational activities and materials. During pandemic, in-person activities were adapted to online delivery with materials dropped to early childcare facilities. Each child received a material bag with mint plant transplant inside. Other materials include coloring book on gardens, garden themed story book, garden tool kits, mint receipts, vegetable soup receipts, and QR code to garden video instructions in English and Spanish. English and Spanish Garden YouTube links were sent to parents with children’s books, garden tools, plants, and recipes.

**Results**
Participants filled out 35 surveys in Spanish and 20 surveys in English which in total represented 103 children. All participants agreed having a home garden was beneficial to their children and 50% participants had a garden. The top reasons for not having a garden were space and lack of knowledge and skills. 70% percent of participants rated garden videos as very helpful. Most mentioned additional needs were:

- Gardening tips
- More videos or zoom sessions
- Garden materials.

**Conclusions**
Instructional Garden videos were helpful to parents with young children to start home gardening. More video topics on container gardening can be helpful to support low-income families with limited space.