

# Growing Healthy Children

Garden-Based Nutrition Interventions that Support the Health of Wisconsin's Youth



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# Call to action!

I am thrilled to introduce this toolkit for garden-based nutrition activities. What a great way to blend Wisconsin's strong tradition of farming and gardening into the lives of our youth. Along with "Got Dirt?" and "Got Veggies?" I hope this toolkit inspires us to incorporate garden-based activities into our daily lives.

As a pediatrician specializing in childhood obesity, I am confronted every day with the challenge of helping children keep their bodies strong and healthy. Consistent eating of vegetables and fruits has been shown to decrease obesity, heart disease and some cancers. Garden-based nutrition activities are wonderful ways to engage children (and adults) in actively taking control of their own health. The First Lady's "Let's Move" campaign highlights the importance of gardening and garden-based activities. Healthy eating habits need to start young, and be reinforced through peers, mentors, teachers, and parents.

The garden-based nutrition activity cards included in this toolkit provide practical resources for schools and communities which can be used as a point of education, provide opportunities for physical activity, acquire a useful skill, and be lots of fun! Garden-based nutrition activities are an effective way to increase knowledge of fruits and vegetables, as well as reinforce teachers' and students' exposure to fresh produce as part of the academic curriculum. Taste tests, cafeteria menu education, and food demonstrations can nurture a love for fresh fruits and vegetables.

This collaborative effort has been the hard work of many partners. Just as in the tilling, planting, weeding and harvesting of an actual garden, a group effort brings the best results.

Happy growing, and "Let's Move"! —Aaron Carrel, M.D., Medical Director,  
University of Wisconsin Pediatric Fitness Clinic



Aaron Carrel



## Obesity is a problem

Childhood obesity in the United States has increased dramatically over the past 30 years, and Wisconsin data mirrors that trend. Approximately 29% of Wisconsin children ages two to four participating in the WIC program are currently overweight or obese.<sup>1</sup> **A 2012-2013 study of Wisconsin students found that one out of three third grade students were considered overweight or obese.<sup>2</sup> Wisconsin high school students reported information classifying 25% of them as overweight or obese via the Youth Risk Behavioral Survey.<sup>3</sup>** According to a report in the New England Journal of Medicine, if obesity continues at this rate, our current generation could be the first to live shorter lives than their parents.<sup>4</sup>



**Poor nutrition and lack of physical activity are central causes** of childhood obesity. Families facing economic hardship may have difficulty accessing the healthy food and opportunities for physical activity that will protect against obesity.<sup>5</sup> The Wisconsin Food Security Project reports that during 2008-2010, over 10% of Wisconsin households were food insecure, or lacked assured access to sufficient food for a healthy and active life. This is a 40% higher rate of food insecurity than one decade ago.<sup>6</sup>

**Issues of access, knowledge, and preference** all play a role in contributing to the amount of produce an individual eats. Whatever the cause, consumption of fruits and vegetables both nationally and in Wisconsin is far below the recommended daily amounts.<sup>7</sup> According to the Youth Risk Behavioral Survey, only 7% of Wisconsin high school students reported eating the recommended daily servings of vegetables.<sup>3</sup> A diet rich in fruits and vegetables may protect against some cancers and reduce the risk of chronic diseases, like heart disease and Type 2 diabetes,<sup>7</sup> making increased produce consumption a priority for many. ■

## Garden-based nutrition activities can be a solution

Addressing obesity is complex, but not impossible. With students spending the majority of their time away from home, many schools and early care and education programs in Wisconsin are choosing to make the health of children a priority. Early care and education (ECE) programs refer to all group and family child care centers, after-school programs, preschool programs, 3K and 4K programs, Head Start centers and emergency shelters serving young children. In school cafeterias or at the ECE table, kids may try a taste of less familiar vegetables like kohlrabi or beets; nutrition lessons may demonstrate different preparations of kale; or children might spend time in a youth garden planting, caring for, and harvesting tomatoes. Garden-based nutrition activities such as taste tests, classroom lessons, and gardening help students develop a preference for fruits and vegetables and practice food preparation skills, which may impact students' food choices and behaviors well into adulthood.

The first-ever United States Department of Agriculture Farm to School Census illustrates Wisconsin's efforts to fill students' plates with fruits and vegetables. Almost 60% of Wisconsin school districts reported participating in another garden-based nutrition activity — Farm to School. An additional 27%

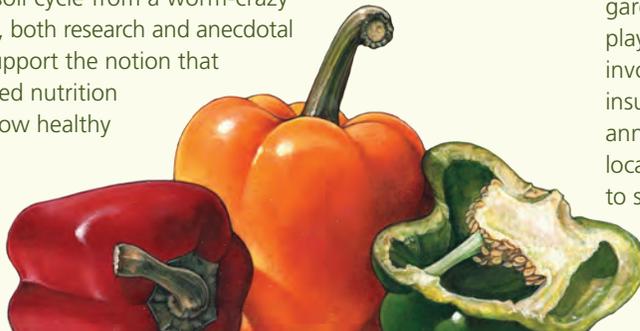


of Wisconsin respondents indicated similar activities were occurring in the pre-kindergarten setting. Farm to School and Farm to Preschool programs include activities from one or more of the following categories: sourcing local food for the cafeteria, teaching nutrition education lessons, caring for a school garden or other related student engagement activities. In the 2011-2012 school year alone, Wisconsin districts invested over nine million dollars in their local communities by purchasing local food for school meals. Students also learned how food is grown in over 100 school gardens statewide.<sup>8</sup> These school districts know that garden-based nutrition activities — in the cafeteria, classroom, garden, or elsewhere — are supporting the overall health of students. ■



## Benefits of garden-based nutrition activities

Research shows garden-based nutrition activities support the health of Wisconsin youth.<sup>9</sup> Children who participate in garden programming know more about nutritious foods and behaviors,<sup>10-12</sup> and report eating more fruits and vegetables than their non-gardening counterparts.<sup>12-14</sup> They also perform better in the classroom, especially in the area of science.<sup>15-16</sup> A new national report by the Centers for Disease Control and Prevention found a connection between consumption of healthy food and classroom performance — adequate consumption of fruits and vegetables was associated with higher grades among students.<sup>17</sup> The myriad of benefits for students participating in garden-based interventions comes as no surprise to the adults fortunate enough to witness these moments. Whether it is a high school senior asking for more fresh carrots in the cafeteria or hearing about the soil cycle from a worm-crazy preschooler, both research and anecdotal evidence support the notion that garden-based nutrition activities grow healthy children.



## Making it happen

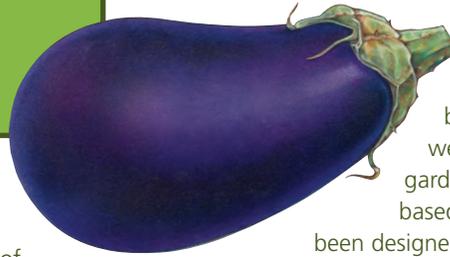
The evidence for implementing garden-based nutrition activities is compelling, but where should a school or ECE program start? School districts have changing resources, high expectations for instructional time, and diverse student needs to address. ECE programs have children at varying developmental stages and specific licensing and certification requirements to meet. Additionally, Wisconsin's peak growing season often coincides with summer break. Fortunately, garden-based nutrition activities are as varied as schools and ECE sites themselves. Planning seasonal planting for times when students are available, developing relationships with summer school or other summer programs, and facilitating families "adopting" a garden during the summer months are common models to address garden maintenance needs. Sites lacking green space for a traditional youth garden can still impact children's access to fruits and vegetables. Container gardens, grow carts, or microfarms make mobile gardens that can travel from classroom to classroom, or around the playground. Finally, some garden-based nutrition activities do not even involve a garden. For any schools or ECE sites with limited space, insufficient capacity, or other barriers preventing a youth garden, an annual trip to the farmers' market, a standing relationship with a local farmer or chef, or targeted nutrition education may be the key to supporting the health of their youth. ■



## Using the garden-based nutrition activity cards

This document gives schools and ECE programs a place to start when implementing or enhancing a garden-based nutrition activity. At its heart is a catalog of garden-based nutrition activities listed by setting. While the cafeteria is often the first setting that comes to mind when we imagine youth eating fruits and vegetables, a school or ECE site's classrooms, yard, building, and surrounding community play equally important roles in influencing youths' eating behaviors. As an example, many schools and ECE programs across Wisconsin can attest to the power of having children try a new fruit or vegetable through a taste test. This same taste test is an impactful nutrition intervention whether it occurs in the cafeteria, garden, classroom, hallway, or local grocery store! With that in mind, the activities that follow are listed according to their most prominent setting; however, recognize that this is only an organizing feature, not a strict guideline.

Garden-based nutrition activities are designed to acknowledge and celebrate the vast number of ways schools and ECE programs can support youth in learning about, trying, and liking delicious fruits and vegetables. One school may choose the school cafeteria as the setting most capable of impacting student health, while another might focus on partnering with a local farmer to teach nutrition



lessons. Even within one site, needs and interests may diverge. A single classroom might dive into seed starting or a whole building might commit to reviewing their wellness policy to include language supporting garden-based nutrition activities. The garden-based nutrition activity cards that follow have been designed to be easily shared with the stakeholders most attuned to each particular setting. Deliver the cafeteria card to your school nutrition staff or post the garden card in a hallway bulletin board for parents to view.





Because the initial decision to implement or expand activities often involves consideration of the available resources, each activity offers a loose indication of intervention cost and complexity. Again, these codes are merely guides as the same activity might look very different, and require different resources, at two different sites. For example, the tools, time, and materials required for one site's raised bed garden might differ significantly from another site's three-acre production farm. Activities that are particularly well-suited for ECE programs are also indicated.

Finally, please recognize that the garden-based nutrition activity cards are by no means comprehensive. The activities included here were based on the recommendation of public health, garden, and nutrition experts in Wisconsin at the time of development. Garden-based nutrition activities, like any health intervention, come and go over time as new research becomes available. Be inspired by the activities here, but do not shy away from others. Use national and state resources like, What Works for Health or Team Nutrition at the Department of Public Instruction, as well as the local expertise in your community to choose strategies that will best support the health of your youth. ■



## Garden-Based Nutrition Activity Cards

These garden-based nutrition activity cards are designed to support a healthy school or ECE site. To use, consider the setting in which an activity might be most effective: garden, classroom, cafeteria, whole site, or community-wide. Also consider the funding available (\$-\$\$\$) and level of complexity (Simple, Intermediate, or Complex) you are ready to undertake. Activities marked with an (ECE) are particularly well suited to ECE programs. Review the cards for activities that best fit your site. The suggested resources are available to help implement the activities selected.

	garden	\$	Little or no cost
	cafeteria	\$\$	Some financial support or sponsorship
	classroom	\$\$\$	Significant financial support or sponsorship
	whole site	*	Evidence-based according to What Works for Health
	community-wide	S	Simple to complete, templates available, easy to implement
		I	Intermediate to complete, may require some planning or coordination
		C	Complex to complete, requires significant planning or coordination
		ECE	Activities well suited for early care and education programs

# GARDEN SUCCESS STORY



## Dream Big, Start Small Turtle Lake School District



The school garden at Turtle Lake started out small, with room to grow. The 36-by-36-foot plot — which contains a central courtyard for seating as well as corn, tomatoes, herbs, and flowers — was designed by the school's Environmental Science class to expand outwards in concentric squares, each expansion adding a new layer. The garden, which celebrated its first growing season in the spring of 2013, is already a great success at the PreK-12 school.

In the coming years, the school hopes to expand the garden, and involve students even more in its planning and upkeep. Soil testing, life cycle studies, and of course planting are all future goals. Students are already highly involved with the garden. In addition to helping with design, classes visit often to tend and observe the plants as well as read, paint, and practice lifestyle fitness.

"If I could give advice to anyone," said science teacher, Doug Kahl, "I'd say start small and try to include as many people as you can — that has really made it much easier and more fun. This was definitely a collaborative effort between many different people. One person can't do it all." Kahl's other garden wisdom for making garden goals come true is to work little by little. "We are expanding our garden next year, not a lot, but a little bit," Kahl said. "Start small. Don't make it so big. Anyone who's ever weeded a garden knows that."



### GARDEN ACTIVITIES





## GARDEN ACTIVITIES

### Youth Garden \* \$\$\$ C ECE

Plant, tend, and harvest from the youth garden. Remember, garden options are diverse. Choose the style(s) that best fit your school or ECE site: in-ground, microfarm, container, hoop house, greenhouse, or a combination.

**Got Dirt? garden toolkit** [www.dhs.wisconsin.gov/publications/P4/p40112.pdf](http://www.dhs.wisconsin.gov/publications/P4/p40112.pdf)

**Cultivating Childhood Wellness through Gardening webinar** [www.dhs.wisconsin.gov/physical-activity/foodsystem/gardening/index.htm](http://www.dhs.wisconsin.gov/physical-activity/foodsystem/gardening/index.htm)

**Wisconsin School Garden Initiative (WSGI)**  
[www.wischoolgardens.org](http://www.wischoolgardens.org)

**What's Right for Young Children-Childcare Gardens**  
<http://ne.dpi.wi.gov/files/ne/pdf/ne-garden-bk.pdf>

**Wisconsin School Garden Initiative-Early Childhood Newsletter**  
<http://us7.campaign-archive1.com/?u=de183d3fbb459b209137418c7&id=c9b6cc713e>

### Garden-based curriculum \$ S ECE

Students love opportunities to learn about plants whether it occurs in the garden, classroom, or somewhere else.

**Got Veggies? nutrition education curriculum**  
[www.dhs.wisconsin.gov/publications/P0/P00228.pdf](http://www.dhs.wisconsin.gov/publications/P0/P00228.pdf)

**Dig In! nutrition education**  
[www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground](http://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground)

**The Great Garden Detective Adventure curriculum**  
[www.fns.usda.gov/tn/great-garden-detective](http://www.fns.usda.gov/tn/great-garden-detective)

**Grow It, Try It, Like It!** [www.fns.usda.gov/sites/default/files/growit\\_book1.pdf](http://www.fns.usda.gov/sites/default/files/growit_book1.pdf)

### Garden events \$\$ I

Invite others to share in the fun through work days, harvest parties, or other events hosted in the garden!

**WSGI Harvest Festival Newsletter**  
<http://us7.campaign-archive2.com/?u=de183d3fbb459b209137418c7&id=21599e4992>

### Preparing garden produce \$ I ECE

Enjoy the fruits of your labor by incorporating garden produce into school or center meals, snacks, or taste tests. Ensure that food safety measures are in place and incorporate those practices into student lessons.

**WSGI Garden to Cafeteria Brief**  
[www.communitygroundworks.org/sites/default/files/Garden%20to%20Cafeteria%20Final\\_1.pdf](http://www.communitygroundworks.org/sites/default/files/Garden%20to%20Cafeteria%20Final_1.pdf)

**WSGI Childcare to Table Brief**  
[www.communitygroundworks.org/sites/default/files/Child%20Care%20to%20Table%20Final.pdf](http://www.communitygroundworks.org/sites/default/files/Child%20Care%20to%20Table%20Final.pdf)

### Seed activities \$ S

Plant seeds in the classroom, then transplant them to the garden or give them to students to take home. In fall, collect seeds from plants.

**Seed Activities for Kids**  
[www.fantasticfunandlearning.com/35-seed-activities-for-young-kids.html](http://www.fantasticfunandlearning.com/35-seed-activities-for-young-kids.html)

**Seed Collection Lesson** [www.brighthubeducation.com/elementry-school-activities/126624-getting-children-to-grow-seeds-in-the-classroom](http://www.brighthubeducation.com/elementry-school-activities/126624-getting-children-to-grow-seeds-in-the-classroom)



## Having a Taste

Northland Pines School District



Jasmyn Schmidt, the AmeriCorps Farm to School Nutrition Coordinator at Northland Pines School District, doesn't worry too much when students pass on the local product taste test in the school cafeteria.

"It is especially fun when a child looks at the offering, says 'No thanks,' then once seated at their lunch table with friends who are eating it, they change their minds," Schmidt says. With peer pressure on their side, the Northland Pines cafeteria serves up monthly taste tests of local products like cranberry relish or raw zucchini that may be new to students.

Students, now familiar with the tastings, are increasingly willing to try the featured product. "The kids are more willing to try something strange than they were at the beginning of last year," Schmidt reports. How does she gauge their interest? The chorus of "What are we tasting today?!" that rings through the lunchroom.



CAFETERIA ACTIVITIES





## CAFETERIA ACTIVITIES

### Harvest of the Month Program \$-\$\$ I

Feature a different fruit or vegetable each month. Highlight the selected item on the school menu, in cafeteria signage, and with informational letters for parents.

#### Harvest of the Month

<http://harvestofthemonth.com>

#### La Crosse Farm 2 School

[www.getactivelacrosse.org/eat-healthy/farm2school](http://www.getactivelacrosse.org/eat-healthy/farm2school)

#### Live 54218 Farm to School

[www.live54218.org/healthy-eating/farm-to-school](http://www.live54218.org/healthy-eating/farm-to-school)

#### Wood County Farm to School

[http://getactive.co.wood.wi.us/Portals/0/Users/HoM\\_Overview2014%20-%20final%20after%20year%204.pdf](http://getactive.co.wood.wi.us/Portals/0/Users/HoM_Overview2014%20-%20final%20after%20year%204.pdf)

### Salad bars \$\$ I

Salad bars are a great way to highlight fresh fruits and vegetables.

#### Let's Move Salad Bars to Schools

[www.saladbars2schools.org](http://www.saladbars2schools.org)

### Wisconsin Fresh Fruit and Vegetable Program (FFVP) \$ I

Find out if your school is eligible to participate in this great program that provides elementary school students with a variety of free fruits and vegetables! Also, schools are permitted to purchase fruits and vegetables from their school garden through the FFVP, provided the funds accrue back to the food service account.

#### FFVP details and contact

[http://fns.dpi.wi.gov/fns\\_ffvp](http://fns.dpi.wi.gov/fns_ffvp)

#### FFVP handbook

[www.fns.usda.gov/sites/default/files/handbook.pdf](http://www.fns.usda.gov/sites/default/files/handbook.pdf)

### Cafeteria marketing \$ S

Highlight fresh fruits and vegetables on the lunch line and in cafeteria signage.

**Guide to Marketing Healthy Choices in the Cafeteria** [www.kchealthykids.org/Resource\\_/ResourceArticle/33/File/MarketingHealthyFoods.pdf](http://www.kchealthykids.org/Resource_/ResourceArticle/33/File/MarketingHealthyFoods.pdf)

**USDA posters** [www.fns.usda.gov/dig-posters](http://www.fns.usda.gov/dig-posters)

**Team Nutrition posters** <http://healthymeals.nal.usda.gov/resource-library/bulletin-board-resources/fruits-and-vegetables-bulletin-board-resources>

### Information sent home \$ S

Incorporate healthy recipes or food source and storage tips into a school menu, newsletter, or other information sent home to families.

**MyPlate resources** [www.choosemyplate.gov/healthy-eating-tips/ten-tips.html](http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html)

**Eat Well and Keep Moving sample newsletter content** [www.eatwellandkeepmoving.org/parentinformation.cfm](http://www.eatwellandkeepmoving.org/parentinformation.cfm)

**Sample wellness newsletter** <http://btaoregon.org/wp-content/uploads/2010/09/Wellness-Newsletter-Fall-2010.pdf>



## Growing Young Gardeners

Children's Learning Center, YMCA of the Northwoods



Marjorie Nieman, teacher at Children's Learning Center (CLC) in Rhinelander, knows first-hand the power of carrot. One fall evening, her grandson was unwilling to eat the carrots she had cooked for dinner until being told they were the same carrots he watched growing in the summer garden. Together, grandmother and grandson visited the garage where the carrots were being stored and poof — he ate all the carrots off his dinner plate.

With this lesson in mind, Nieman reports that spinach dip and raw spinach are disappearing from the plates at CLC. Even winter is no obstacle. "We started a variety of seeds indoors, under a grow light, in a 2 ft X 4 ft raised bed table. I am actually amazed that we have already harvested spinach and lettuce, and we have tiny cucumbers, peas and beans on our plants," says Nieman. Keeping it *growing* CLC!



CLASSROOM ACTIVITIES





## CLASSROOM ACTIVITIES

### Taste tests \* \$-\$\$ S

Classrooms, ECE sites, or entire schools can offer fresh fruit and vegetable samples to students.

#### What Works for Health – Taste Tests

<http://whatworksforhealth.wisc.edu/program.php?t1=21&t2=12&t3=114&id=274>

### Chef in the Classroom \$ S

These lessons build students' confidence and excitement in the kitchen and teach them valuable skills about cooking fresh, healthy meals using local ingredients.

**Chef in the Classroom** [www.reapfoodgroup.org/farm-to-school/chef-in-the-classroom](http://www.reapfoodgroup.org/farm-to-school/chef-in-the-classroom)

### Food prep training for students \$ S

Teach students how to safely prepare fresh fruits and vegetables for eating.

#### Food preparation lessons

[www.fao.org/docrep/012/i1118e/i1118E08.htm](http://www.fao.org/docrep/012/i1118e/i1118E08.htm)

**Partner with your local UW-Extension or culinary arts program** [www.uwex.edu](http://www.uwex.edu)

### Nutrition education resources \$ S

Need coloring pages, songs, jokes, lesson plans, or other educational resources? This is one of the best sites out there!

#### Nutrition education resources from WI DPI

[http://fns.dpi.wi.gov/fns\\_ffvpnged](http://fns.dpi.wi.gov/fns_ffvpnged)

### Partnerships \$ S-I

Find other organizations in your community interested in gardens or nutrition education. Partnering can improve your program and expand their reach. Win-win!

**Hunger Task Force** [www.hungertaskforce.org](http://www.hungertaskforce.org)

**UW-Extension** [www.uwex.edu/about/location-maps.html#maps?location=2](http://www.uwex.edu/about/location-maps.html#maps?location=2)

**REAP Food Group** [www.reapfoodgroup.org](http://www.reapfoodgroup.org)

### Farmer chat or food supplier demonstration \$ S

Invite a local farmer or a food service representative to come speak to your classroom. Visitors can share the importance of local food, discuss the process of getting food from the ground onto the table, or do a demonstration with unique fruits or vegetables.

#### National Agriculture in the Classroom

[www.agclassroom.org](http://www.agclassroom.org)

### Incorporate fresh fruits and vegetables into other classroom subjects \$ I

Fruit and vegetable artwork. Nutrition education in physical education class. Nutrition education can occur through any subject!

#### Art class ideas

[www.artforsmallhands.com/2013/06/printing-fruit-vegetable-prints-with.html](http://www.artforsmallhands.com/2013/06/printing-fruit-vegetable-prints-with.html)

**Fuel Up to Play 60** <http://school.fueluptoplay60.com/documents/NASPE-101-Tips-TeachingNutrition.pdf>



## Making it Last Hurley School District



Tucked behind the school, beyond the football field, Hurley has a school garden. While its implementation and care is supported by programs of UW-Extension Iron County, the garden is most definitely the school's. Extension Agent, Joy Schelble, recounts a football coach seeing her and some students crouched in the garden caring for the summer crop. "He asked if it could be used for classes. I yelled back across the football field, 'Of course! It's your garden!' He looked thrilled!"



Because of a small, but important addition to the school's wellness policy, the school garden will continue to be available to Hurley students. A wellness policy is a document that outlines a school's goals related to health and wellness. It provides information about school meals, physical education requirements, and other activities that impact the school's nutrition and physical activity environment. Schools use their wellness policy as a way to sustain programs and activities that support student health. For Hurley, that means the school garden. Says Schelble, "We immediately added school garden language to our school wellness policy." And for good reason. Time in school gardens correlates with increased preferences for fruit and vegetables. Maybe the Hurley football team will soon be spotted having a pre-practice snack in the school garden.

W H O L E   S I T E   A C T I V I T I E S





## WHOLE SITE ACTIVITIES

### Wellness Policy \$ I-C ECE

Incorporate school garden language into your school or ECE center wellness policy.

#### WSGI School Wellness Policy Brief

[www.communitygroundworks.org/sites/default/files/Garden%20Language%20in%20SWP.pdf](http://www.communitygroundworks.org/sites/default/files/Garden%20Language%20in%20SWP.pdf)

**Healthy Bites** [http://fns.dpi.wi.gov/sites/default/files/imce/fns/pdf/healthy\\_bites.pdf](http://fns.dpi.wi.gov/sites/default/files/imce/fns/pdf/healthy_bites.pdf)

### Farm to School \* \$\$-\$\$\$ I-C ECE

Farm to school or farm to preschool activities include cafeterias sourcing local products, teachers providing nutrition education, and students spending time in gardens.

#### National Farm to School Networks

[www.farmentoschool.org](http://www.farmentoschool.org)  
[www.farmtopreschool.org](http://www.farmtopreschool.org)

#### Institute for Agriculture and Trade Policy —

**Farm to Childcare** [www.iatp.org/files/2012\\_06\\_19\\_F2CCFeasibility\\_f\\_0.pdf](http://www.iatp.org/files/2012_06_19_F2CCFeasibility_f_0.pdf)

### Healthy vending machines \* \$\$ I

Coordinate with your school's vending machine distributor to offer fresh or dried fruits and vegetables.

#### What Works for Health – Healthy Vending

<http://whatworksforhealth.wisc.edu/program.php?t1=21&t2=12&t3=114&id=277>

### Local food fundraiser \$-\$ I-C

Highlight local products and make them available for purchase. Funds raised could support the school or organization doing the selling.

**Central Rivers Farmshed** [www.farmshed.org/our-work/farmshed-and-the-schools](http://www.farmshed.org/our-work/farmshed-and-the-schools)

#### REAP Food Group

[www.reapfoodgroup.org/farm-to-school/fundraiser](http://www.reapfoodgroup.org/farm-to-school/fundraiser)

### Off-site visits \$\$ I ECE

Take a field trip to a community garden, local farm, or area farmers' market. Use a farm fresh atlas to find possible sites.

#### Wisconsin Farm Fresh Atlases

[www.farmfreshatlas.org](http://www.farmfreshatlas.org)

### Small “bites” mini lessons \$ S

Schools can integrate small “bites” of nutrition education throughout the day. Introduce fun facts about the morning snack or cafeteria offering during announcements or collect podcasts teachers can use when serving a fruit or vegetable snack in the classroom.

**WI FVVP** [http://fns.dpi.wi.gov/fns\\_ffvp](http://fns.dpi.wi.gov/fns_ffvp)

### Invite a celebrity to visit your school! \$-\$\$\$ S-I

The world's only rock & roll nutrition show Jump with Jill uses music and dance to celebrate healthy habits by transforming nutrition education into a live concert. Alice in Dairyland speaks on a wide-range of agriculture related subjects to clubs and organizations interested in learning more about Wisconsin agriculture.

**Jump with Jill** [www.jumpwithjill.com](http://www.jumpwithjill.com)

#### Alice in Dairyland

[http://datcp.wi.gov/Business/Alice\\_in\\_Dairyland/Invite\\_Alice/index.aspx](http://datcp.wi.gov/Business/Alice_in_Dairyland/Invite_Alice/index.aspx)

# COMMUNITY SUCCESS STORY



## Feeding a Community Horicon High School



The Horicon High School Garden has it all: 1.5 acres full of sweet corn, squash, beans, peas, carrots, onions, radishes, peppers, tomatoes, potatoes, herbs, kale, lettuce, spinach, cauliflower, broccoli, kohlrabi, garlic, pumpkins and strawberries. This farm-sized garden is the ambitious project of students in the school's FFA and agriculture programs. Students choose the seeds, care for transplants in the school greenhouse, and participate in hands-on lessons covering topics such as companion planting and pest management. In the fall, garden produce is used in school lunches.

But what is perhaps the most impressive is what happens in summer when the bountiful produce is at its peak: Horicon High School students head to the farmers' market. More than just visitors, students are active sellers in the market making their juicy tomatoes and crisp beans available to the wider community.

"They told me they just sit at home watching T.V. anyway, and that they might as well be doing something," said Alice Doudna, agriculture teacher and FFA advisor. In addition to developing the students' entrepreneurial skills, all profits made from the market are used to purchase garden seeds and supplies for subsequent years. Sounds like a wise community investment!



COMMUNITY ACTIVITIES





## COMMUNITY ACTIVITIES

### Community gardens \* \$\$ C ECE

Community gardens are areas of land collectively owned by a group of people. Each model looks different to best meet the needs of the community.

#### What Works for Health – Community gardens

<http://whatworksforhealth.wisc.edu/program.php?t1=21&t2=12&t3=114&id=290>

#### Kids Gardening

[www.kidsgardening.org/node/5243](http://www.kidsgardening.org/node/5243)

### Community policy \$ C

Communities around Wisconsin are developing land-use laws to support the building of school and community gardens, as well as other elements of urban agriculture.

#### Urban Agriculture in Practice: Riverview

<http://fyi.uwex.edu/cfsi/files/2012/10/Urban-Agriculture-in-Practice-Riverview-Gardens.pdf>

### Youth Farmers' Markets \$\$-\$\$\$ I-C

Youth Farmers' Markets are as different as the youth that support them. Some may be a single-vendor market on or near school property. Others are a youth-run stand at a community farmers' market.

#### Youth Farmers' Market Handbook

[http://dug.org/storage/public-documents/YFM\\_Handbook\\_digital\\_copy.pdf](http://dug.org/storage/public-documents/YFM_Handbook_digital_copy.pdf)

### AmeriCorps programs \$\$\$ C

The Wisconsin Department of Agriculture, Trade, and Consumer Protection partners with the federal AmeriCorps program to implement an AmeriCorps Farm to School program, which works to decrease childhood obesity by promoting healthy eating habits for students and increasing access to local foods for schools.

#### Farm to School AmeriCorps

[http://datcp.wi.gov/Business/Buy\\_Local\\_Buy\\_Wisconsin/Farm\\_to\\_School\\_Program/?AspxAutoDetectCookieSupport=1](http://datcp.wi.gov/Business/Buy_Local_Buy_Wisconsin/Farm_to_School_Program/?AspxAutoDetectCookieSupport=1)

### School wellness event, friendship feast or family night \$\$ I

Host a school wellness event during lunch, homeroom, or after school. A friendship feast in November could share the message that food, like people, may look different, but make great combinations. Have a family night featuring healthy crock pot meals the whole family will enjoy.

#### Wellness event checklist

[www.healthyschoolsms.org/family\\_community/documents/PlanningaSuccessfulFamilyNight.pdf](http://www.healthyschoolsms.org/family_community/documents/PlanningaSuccessfulFamilyNight.pdf)

#### Mullen-Hall Friendship Feast & School Garden

<http://mullen-hallschoolgarden.blogspot.com/2012/11/first-grade-friendship-feast.html>

#### Bellingham Promise School Garden Feast

<https://happyvalley.bellinghamschools.org/news/2014-10/table-set-school-garden-harvest-feast-oct-16>

#### Some healthy crock pot recipes

[www.uwhealth.org/nutrition-diet/crock-pot-pork-chops/12664](http://www.uwhealth.org/nutrition-diet/crock-pot-pork-chops/12664)

#### Crock pot tips

[www.cowley.ksu.edu/doc42126.ashx](http://www.cowley.ksu.edu/doc42126.ashx)

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