Planting the Seeds of Healthy Eating Through School Gardens

April 27, 2011
4-5pm
Format of Today’s Webinar...

- Introduction: School gardens as an effective strategy to support student wellness
- “Homegrown” projects from around the state of Montana
- Connecting the School Garden to the Cafeteria
- Connecting the School Garden to the Classroom
School Gardens and Healthy Children
What do we know?

Madison Farm to Fork, Ennis, MT
So what have we learned so far about garden-based learning?

• Increase in fruit and veggie consumption

• Increase in willingness to try fruits and veggies among younger children

• Garden experience PLUS nutrition education is key

Additional Benefits of Garden-Based Learning

- Positive social and interpersonal skills
- Science achievement
- Opportunity for parent involvement – community building
- Environmental awareness and stewardship

Madison Farm to Fork, Ennis, MT

Reference: Blair, D. J Env Ed, 2009 Vol. 40, No. 2
Homegrown Story
A Community Non-Profit Spearheads School Garden Projects in Missoula
Jason Mandala
Community Education Director
Garden City Harvest
Missoula, Montana
IF YOU DID NOT PLANT IT, DON'T PICK IT!
RESPECT
Homegrown Story
An Edible Schoolyard Comes to Life at Irving Elementary School in Bozeman
Heather Musselman
Parent Volunteer and Irving Garden Project Coordinator
Irving Elementary School
Bozeman, Montana
Irving Garden Project
For more information or to volunteer!
Call Heather - 587-8309
Hawthorne School Garden Project, Bozeman, Montana
Homegrown Story

BOB- The Bozone Ozone Bus

Garden-based education on wheels
Greg Owens

Executive Director
Bozeman Youth Initiative

greg@bozeman-youth.org
Youth leading youth...
Homegrown Story
A School Garden Takes Shape in Somers
…and is connected to the school cafeteria.
Robin Vogler
School Nutrition Director
Somers, Montana
Homegrown Story
Montana FoodCorp

...Americorps service helps schools and communities with Farm to School endeavors, including school gardens
Montana FoodCorp 2011

- Summer FoodCorp Sites
  - Potomac, Sheridan, Somers, and Victor

- Full Year FoodCorp Sites
  - Ennis, Red Lodge, Boulder, Dillon, Glendive, Ronan and Rosebud
Interested in Hosting a Montana FoodCorp Member in the Future?

1) Sign up for MT Food and Ag listserv, where info will be posted about how to apply for next year when the time comes (probably in December).
   http://www.growmontana.ncat.org/

2) Contact Crissie McMullan with any specific questions, concerns, ideas.
   crissiemi@ncat.org
National FoodCorp

http://www.food-corps.org/
Connecting the School Garden to the Cafeteria

Food Safety is key
Fundamental Food Safety Practices for School Gardens

- Clean soil
- Clean water
- Clean hands
- Clean surfaces

Content Adapted from Washington State Dept of Ag Farm to School and National Farm to School Network

http://www.wafarmtoschool.org/Page/7/school-garden--food-cafeteria-lunch
http://farmtoschool.org

Madison Farm to Fork, Ennis, MT
- first graders planting
School Garden Food Safety Resources

• USDA School Garden Q&A Memo

• Fresh, Healthy and Safe Food (from National Farm to School Network)
  http://www.farmtoschool.org/files/publications_188.pdf

• Sample Checklists from Denver Public Schools and Portland Public Schools - Guidance for Using Garden Produce in the Cafeteria
  http://www.wafarmtoschool.org/Page/7/school-garden--food-cafeteria-lunch
Connecting School Gardens to the Classroom

Curriculum Resources
Nancy’s Garden

A New Curriculum Resource for Garden-Based Education from Montana’s First Lady
Montana First Lady Nancy Schweitzer
Where are Nancy’s Garden Kits Going?
Washington’s New “Farm to School Toolkit”

From the Washington State Department of Agriculture...

http://www.wafarmtoschool.org/

• Section on School Gardens:
  – Activities and Education
  – Food Safety in the Garden
  – Successes in Washington
  – Grants and Funding
A New Curriculum Resource

University of Missouri Extension

A Nutrition and Gardening Program for
4th and 5th Grade Students

Resources…

• Montana OPI/Team Nutrition Website: http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/
  – Click on Farm to School link
  – Click on School Gardens tab for resources

• National Farm to School Network http://farmtoschool.org

• Learning By Nature… http://learningbynature.org/
Montana Farmers Union Awards Four Grants for Hoophouses!

• Announced April 21, 2011:
• Four $15,000 Grants to Montana communities/schools
  – Salvation Army, Billings – Growing Communities Program
  – Cascade Public Schools
  – Lame Deer Morning Stars FFA Alumni
  – Jordan Public School System
QUESTIONS?

Madison Farm to Fork, Ennis, Montana
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Farm to School Coordinator
mstein@montana.edu
(406) 994-5640

http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/