

Educational Toolkit

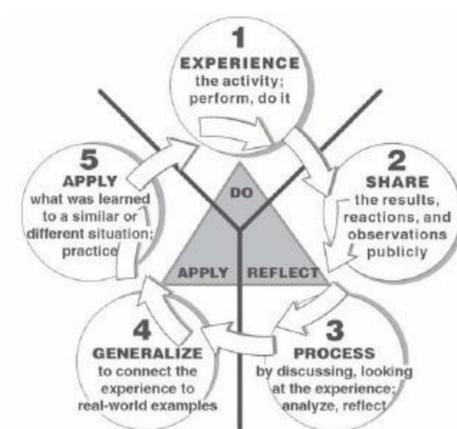
A “Healthy Gardens, Healthy Youth” Educational Toolkit contains hands-on, fun lessons and learning activities to use in the classroom and garden. Designed for students in grades 2 and 4 during the pilot project’s first year, and grades 3 and 5/6 during the second year, participating students will be gardening for two years. The Educational Toolkit provides a road map for successful school gardens and learning experiences.

Extension specialists in Nutrition, Youth Development and Horticulture from Cornell, Iowa State and Washington State Universities’ Cooperative Extension Service reviewed 17 curricula, numerous garden implementation resources and other materials from across the nation to select appropriate resources to support this project.



Inclusion criteria

- Experiential learning
- Age-appropriate gardening, nutrition and food content and skills
- Research-based content and standards alignment
- Science, Technology, Engineering and Math or STEM areas focus
- Enrich classroom instruction
- Support the school garden



Toolkit components

- Lesson plans, snack suggestions/recipes
- Webinars
- School Garden Implementation and Beyond Guide, covering
 - Starting, planning , planting and maintaining the garden through the school year
 - Gardening during the summer
 - Engaging volunteers
 - Building community capacity
 - Sustaining and growing a school garden program
- School food services resources
- Food safety in the garden resources



The Toolkit is available online for Extension Educators and teachers from current pilot intervention schools. The project website provides the Toolkit’s lessons to use during the course of the school year, resource materials such as healthy snacks, and multiple orientation and training webinars that include demonstration videos.

If you have any questions for the Content & Delivery Team, please contact HealthyGardensHealthyYouth@gmail.com.

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**“Healthy Gardens, Healthy Youth”
People’s Garden School Pilot Project**



The Extension Partnership including:
 Washington State University Extension
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 and Outreach
 University of Arkansas Extension