

# Farm to School School Garden Training Series

Mobilizing teachers, parents, and  
community members to create  
sustainable school garden programs  
and Farm to School projects

CHILDHOOD OBESITY IS A BIG PROBLEM ON THE CENTRAL COAST. Nearly half of our children are at risk, and many are at risk for diet related diseases like diabetes and heart disease. School gardens and Farm to School programs teach kids about growing and eating fresh local fruits and veggies, and that healthy eating is important and fun!

Need more support for your school garden program? Want to bring more local fruit and vegetables in school cafeterias? Come to our FREE trainings! Register at: [www.lifelab.org/cde](http://www.lifelab.org/cde)



Register for FREE workshops at  
[www.lifelab.org/cde](http://www.lifelab.org/cde)



## What we are doing to help

- **FREE Workshops**-details on back
- **Networking opportunities**
- **Online resources** [www.lifelab.org/cde](http://www.lifelab.org/cde)

**Life Lab Science Program** has been supporting science & garden-based education through publications, professional development, and innovative programs since 1979.

**Community Alliance with Family Farmers (CAFF)** has been nurturing Farm to School programs on the Central Coast since 2001, reaching thousands of kids with farm fresh education.



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

# FREE WORKSHOPS

For Parents, Community Members, and Educators

REGISTER AT: [www.lifelab.org/cde](http://www.lifelab.org/cde)

## Farm to School 101: Fresh local produce in cafeterias & farm fresh education

Monday, May 18<sup>th</sup> 4:30-7:00pm Hollister

Monday, September 7<sup>th</sup> 11:00am-1:00pm Monterey

We will be walking participants through the steps of farm to school programs, who to get on your team and where to start. Working with school food service to create a farm to school purchasing program that incorporates more fresh produce in the school lunchroom will be modeled. Activities, lessons and resources that link nutrition, food, and farming education to the classroom & school garden will be highlighted.

## Planning the Six Plant Part Harvest: Creating & Sustaining Your School Garden

Saturday, August 29<sup>th</sup> 10:30-3:00pm Santa Cruz

Saturday, February 27<sup>th</sup> 10:30-3:00pm Hollister

This workshop will provide essential tips and best practices for teachers that want to conduct garden-based nutrition education projects. Participants will learn how to:

- \* Identify easy-to-grow fruits and vegetables that students can harvest and eat within the school year
- \* Learn lessons and tips for consuming garden grown goodness with students

## Food, Farming, Gardening & Nutrition Education for Youth

Check [www.lifelab.org/cde](http://www.lifelab.org/cde) for date Ag Academy, Watsonville High

This workshop will serve educators who teach food, farming, nutrition and community building to youth. We will share best practices, lessons, and form a network of youth and youth educators working on nutrition education and farming initiatives. A facilitated breakout will focus on incorporating more nutrition education into youth programs.

## Teaching in the Garden

Wednesday, September 2<sup>nd</sup> 3:30-6:00pm Salinas

Come gain more outdoor classroom management skills, and learn how to teach engaging garden based nutrition education lessons. Using the garden as an outdoor classroom, activities and lessons emphasizing nutrition, science and language arts will be shared. Tips for keeping children engaged and active in an outdoor setting will be emphasized.

## Alternative Healthy Fundraisers – Garden Crafts

Wednesday, October 14<sup>th</sup> 3:00-6:00pm Salinas

A plethora of healthy food related fundraising ideas will be shared such as FarmRaisers, Fruit Sales, seed sales and garden crafts. Participants will be creating and discussing fundraising projects that students can create from the fall garden. Crafts will include activities that get children active in the garden to collect craft materials.

## Garden Nutrition Educators: Best Practices Share

Wednesday, October 28<sup>th</sup> 3:30-6:00pm Salinas

Thursday, October 29<sup>th</sup> 3:30-6:00pm Santa Cruz

Educators share skills, knowledge, and effective lessons and activities for promoting healthy eating with their student and their families. A myriad of free nutrition education resources will be shared, including Network for a Healthy California's Harvest of the Month and California Healthy Kids Resource Center materials.

## Santa Cruz Area School Garden Open House

Saturday September 12<sup>th</sup> [www.lifelab.org/openhouse](http://www.lifelab.org/openhouse)



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.