



# Gardening

## Gardens offer many benefits for schools and communities:

- ✓ can be used to teach many different school subjects
- ✓ help kids do better in school
- ✓ let children learn to grow their own food
- ✓ teach children about healthy food choices and habits
- ✓ get kids excited about healthy eating
- ✓ help to keep us healthy (both mental and physical)
- ✓ promote team work
- ✓ make more beautiful spaces to live and learn in



## School gardens can be:

- A few or a lot of indoor plants growing in containers with grow lights. You can apply for grants from Agriculture in the Classroom's 'Little Green Thumbs' Program. [www.littlegreenthumbs.org/](http://www.littlegreenthumbs.org/)
- A rented community garden plot near the school
- A raised garden beds on the school grounds
- A full garden on the school grounds
- On vacant land near school grounds



## Where to start?

- Talk to people and get them interested!
- Form a committee involving students, parents, community members and school staff
- Make a plan!
- Contact your local public health nutritionists for help