



HEALTH AND WELLNESS
POWERED SCHOOLS

PLANTING POSSIBILITIES





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DEAR PARTNER,

We are committed to working with you to support the health and wellness of your community and site. As part of our partnership we support you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus.

These campaign toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your site attendees. Hang and post these materials throughout your site to raise awareness for the topics shared.

This quarter (April-June) we have prepared a toolkit for students in after school programs to help build a community garden. Eating healthy is a must but sometimes it is hard to find the time and energy to do so. Having a community garden will help children cultivate and also bring back fruits and vegetables to their homes. Through hands-on gardening, children will be able to learn where their meals come from and understand and develop healthy habits early on.

Gardening encourages physical activity and fosters a sense of community as well. It helps reduce stress and goes a long way into promoting overall wellness. With every seed planted, children will plant healthy habits and grow not only the plants but a sense of community with each other.

Best,

Nutrition Education Team
Community Food Bank of New Jersey



SETTING UP A GARDEN

Find a Perfect Spot

- Look for sunny, accessible spots
 - Most plants need at least 6 hours of sunlight per day
 - A place with good drainage
- Decide on the size of the garden
- Find a place with easy water access



Communication

- Talk to teachers, parents, and administrators to gather support!
- Organize a small group to take charge of the initiative
- Ask parents or people in the community if they can lend their expertise



Set Up a Schedule

- Organize by class year and create a rotating schedule for watering the plants
- Involve students in all aspects from planting to harvesting!



SETTING UP A GARDEN AT FIRST WILL TAKE A LOT OF PATIENCE AND HARD WORK BUT IT IS WORK THAT WILL HELP CHILDREN ESTABLISH COMMUNITY AS WELL AS ENCOURAGE THEM TO SPEND MORE TIME OUTDOORS. BELOW ARE A FEW STRATEGIES IN CREATING A GARDEN.

Donations

- Ask local landscaping companies and gardening centers for soil
- Check if municipal waste service offers free compost
- Request donated lumber or pallets from hardware stores and local contractors



Grants

- Apply for grants from programs like:
 - Whole Kids Foundation Garden Grant
 - KidsGardening.org Youth Garden Grant
 - Local environmental groups



Fundraisers

- Host a fundraiser with PTA groups
 - Possible Ideas Include:
 - Bake sale
 - Plant sale
 - Garden auction



Recycling

- Use recycled materials to use for garden beds
 - Examples include
 - Bins
 - Bathtubs
 - Drawers



THERE ARE A LOT OF FUN, ENGAGING ACTIVITIES TO HELP STUDENTS LEARN MORE ABOUT THE WORLD AROUND THEM AS WELL AS HELPING THEM DEVELOP WITH THEIR PEERS. A GARDEN SHOULD ENGAGE STUDENTS AND HELP THEM MAKE HEALTHY CHOICES!

Compost

- Encourage students to bring food scraps from lunch
- Teach them how to compost so that they can learn:
 - How to reduce waste
 - Science behind composting



Decorations

- Make decorations for the garden with recycled materials
- Provide a valuable lesson on how to repurpose used items
- Give them a way to be creative
- Make each garden bed have a unique theme



Classes

- Use the garden to help students learn about concepts such as:
 - Composting
 - Plant life cycle
 - Pollinators
 - Ecosystem



Family Garden Day

- Engage parents to work with students to take care of the garden
 - Hand out fun, tasty, nutritional recipes that use the fruits and vegetables from the garden such as pizza or smoothies



