



How can you contribute
to
Your child's community
or school garden ?



References:

<http://home.costhelper.com/soil.html>

http://www.bigcitygardens.com/wp-content/uploads/2013/06/what_is_for_dinner_tonight_from_my_garden.jpg

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Building a Healthier
Community one Seed
at a Time



Benefits of Starting a Garden

Students will:

1. Learn the importance of unprocessed & homegrown foods
2. form connections between other topics and the garden,
3. making these topics easier for them to understand
4. expand their food preference horizons

ALSO...

Children are much more likely to taste a vegetable they have grown.

There's no time or resources for nutrition in most school districts!

luckily anyone can garden at any time, make it a fun family event!

You want kids involved from the start!!!

We know why, but what about the how?

Steps to a garden :

What's your vision?

Container vs. more permanent



Cost of supplies

Soil:

- If you can haul it yourself, dirt may be available for free from construction or excavation companies
- One cubic yard of topsoil usually around \$50 (\$50 for a 5x5 garden)

Tools/Containers:

- Estimation of about \$30 for a basic set of tools

Seeds:

- \$5-\$10 per packet of seeds

Find a spot!

-This can include a spot in, around, or near the school

Build your garden!

-Start planting with the students. Maybe assign group of students to be in charge of a specific plant.

Maintain the garden!

-This teaches students responsibility

