Garden in Every School®

Education and Obesity Prevention

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**Learning objectives:**

- Learn the latest survey data and research on garden trends from the National Gardening Association.

- Understand the vital role Landscape Architects play in the development of gardens, outdoor environments and momentum for a Garden In Every School®.

- Learn how gardening programs and garden play yards will help boost kids’ interest in school learning and improve attitudes about eating healthful foods and caring for the environment.

- Learn how gardening is a catalyst for environmental stewardship and obesity prevention; includes highlights of 2014 Brooklyn NY Public Schools project with Carson Daly and TODAY show.
Latest survey data and analysis

- Trends in the United States’ garden industry
- Latest Research on Consumer Gardening Practices
- Latest on Gardening Product Sales
- What these trends mean to landscape architects

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Relevance to the profession of landscape architecture

a. Landscape Architects design and create the spaces and opportunities for children to learn, grow, and explore traditional school subjects like math, reading, social studies, and the natural and scientific world; exchanging the traditional classroom setting for hands-on experiential learning.

b. Your work as Landscape Architects impacts key behaviors in children that can lead to improved attitudes toward exercise, healthy food choices, conservation, hunger awareness, cultural differences, tolerance, self confidence and self respect.

c. Landscape Architects and their efforts to develop and design gardens are at the center of the relationship between community, children and parents, encouraging livable communities, and the development of children’s outdoor environments.

d. Landscape Architects have an impact on local community in the development of Community Gardens. Highlight on community trends, improved food security, increased social interaction, increased pride, resident organization etc….
Background and role of KidsGardening.org

- History of the organization
- Mission: to empower every generation to lead healthier lives, build stronger communities, and encourage environmental stewardship through educational garden programs.
- General statistics
- Resources available
  - Grants and awards
  - Field-tested curriculum and activities
  - Hub for the school gardening community

Kidsgardening.org is a 501(c)3 Non-profit leader in plant–based education, with a vision to make available free educational plant-based materials, grants, and resources that speak to young minds, educators, youth and community organizations and the general gardening public in five core areas: education, health and wellness, environmental stewardship, community development, and home gardening.

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Why kids gardening: the benefits

- Encourages a healthy lifestyle and obesity prevention
- Fosters environmental stewardship
- Develops real-world skills
- Academic achievement
- Community investment

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Research Supporting Positive Outcomes in Children from Garden-Based Education

- Increase fruit and vegetable consumption
- Moderate intensity physical activity
- Increase knowledge about food systems
- Increase nutrition knowledge
- Increase preference for vegetables
- Increase willingness to try vegetables
- Improve science achievement
- Increase life skills-working with groups & self-understanding
- Increase self-efficacy for gardening
- Increase asking for fruits and vegetables to made available at home
- More positive environmental attitudes
- Develop skills and increase empowerment
How Gardening is a catalyst for environmental stewardship, academic achievement, and obesity prevention:

<table>
<thead>
<tr>
<th>Art &amp; Music</th>
<th>Health</th>
<th>Language Arts</th>
<th>Math</th>
<th>Physical Education</th>
<th>Science</th>
<th>Social Studies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drama or puppets</td>
<td>Food Security</td>
<td>Written Expression</td>
<td>Estimating and measuring</td>
<td>Walking</td>
<td>Science Skills</td>
<td>Discussing the Environment</td>
</tr>
<tr>
<td>Pen &amp; Ink, rubbings, charcoal</td>
<td>Feeding Others</td>
<td>Non-fiction</td>
<td>Weight measurements</td>
<td>Lifting</td>
<td>Observing</td>
<td>Cultural Exchange</td>
</tr>
<tr>
<td>Artistic Arrangements for gifts</td>
<td>Teaching the Value of local food Sources</td>
<td>Fiction</td>
<td>Volume</td>
<td>Carrying</td>
<td>Recording</td>
<td>Developing a positive self-image through success experiences</td>
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<tr>
<td>Illustrating expressive writing</td>
<td>Nutrition Education</td>
<td>Expressive Language (speech)</td>
<td>The Plot</td>
<td>Digging</td>
<td>Measuring</td>
<td>Support multiple intelligences teaching</td>
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<tr>
<td>Vegetable printing</td>
<td>Making healthy choices about food and Diet</td>
<td>Listening</td>
<td>Time</td>
<td>Planting</td>
<td>Concluding</td>
<td>Learning about agricultural economy</td>
</tr>
<tr>
<td>Vegetable dyes</td>
<td>Importance of exercise</td>
<td>Reading</td>
<td>Plant Growth</td>
<td>Raking</td>
<td>Comparing</td>
<td>Developing insight into global conservation matters</td>
</tr>
<tr>
<td>Natural art drawings or collage</td>
<td>Breathing fresh air</td>
<td>Handwriting</td>
<td>Recording</td>
<td>Breathing fresh air</td>
<td>Testing</td>
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<tr>
<td>Painting, sketching</td>
<td>How to use tools safely</td>
<td></td>
<td>Logging</td>
<td>Dexterity and Balance</td>
<td>Predicting</td>
<td></td>
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<tr>
<td>Singing</td>
<td></td>
<td></td>
<td>Graphing</td>
<td></td>
<td>Related Activities</td>
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<tr>
<td>Drama</td>
<td></td>
<td></td>
<td>Charting</td>
<td></td>
<td>Tools</td>
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<tr>
<td>Instrumental music (rhythms of gardening)</td>
<td></td>
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<td>Geometry</td>
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<td>Seeds</td>
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<td>Area</td>
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<td>Soils</td>
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</table>

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**How the Garden in Every School® Initiative Works**

**Benefits**
- Synergy: members of the community are brought together to establish a garden.
- Altruism: produce from the garden can be shared, increasing local food access.
- Beautification: green space is created, enhancing the environment.

**SCHOOLS**
Work directly with schools to establish an educational garden by connecting curricula, providing program guidance, and selecting materials.

**Benefits**
- Encourages a healthy lifestyle
- Creates nutrition and food system awareness
- Develops real-world skills
- Improves academic achievement
- Increases community investment
- Fosters environmental stewardship

**Sponsors, Foundations, & Corporations**
KidsGardening.org designs custom grant programs complete with materials and curriculum to meet client’s social mission objectives.

**Funding Distribution**
- 60% = Curricula & Materials Award
- 10% = Cash Stipend Award
- 10% = Local Partner Organizations
- 10% = Marketing & Promotion
- 10% = Administration

**Community Involvement**
Connects with communities to develop appropriate and accessible garden programs.

**KIDSGARDENING.ORG & Local Partner Organizations**
Partners with local organizations across the country to ensure the garden’s sustainability by providing ongoing training, support, and educator resources.

**Notes:**

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To learn more contact:
Jennifer Tedeschi, Executive Director
jennt@garden.org
800-538-7476 ext 112
Highlights from TODAY show and the importance of establishing a Garden in Every School®

- Life changing
- Community improving
- Investment in the future

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How Landscape Architects can help

- Share benefits and resources with schools and communities
- Include gardens in all school development projects
- Form connections and opportunities for discussion about gardens among invested partners
- Help connect sponsor opportunities

Landscape Architects are at the center of the relationship between community, children and parents, encouraging livable communities, creating outdoor environments and a national momentum for “A Garden in Every School”. Gardening is a catalyst for environmental stewardship, education, and obesity prevention. Landscape Architects play an important role in the advocacy and development of school garden play yards.

Discussion / Q&A
The School Garden

CURRICULUM & CLASSROOM MATERIALS
Created by educators, our renowned curricula and activities encourage year-round garden learning that can be incorporated into existing lesson plans.

RAISED BEDS & CONTAINERS
By taking into account size and location, we can make any space, whether it be concrete, grass, or fencing into a garden.

TOOLS & ACCESSORIES
From shovels and rakes to plant markers and gloves, each garden program is provided with all of the necessary equipment to get their program started.

WATERING & CLEAN-UP
Water cans, rain barrels, and utility sinks to give plants a drink and allow for hands to be cleaned right at the garden site.

FURNITURE & PERSONALIZATION
Convertible desks and benches provide a place for students to participate in lessons, record observations, and discuss their findings. Pathways and signs help to personalize the space.

COMPOSTING
Turn waste into garden gold to feed plants while teaching students a lesson in the natural cycle of life.

GROW LIGHTS & SEED STARTING
Schools are provided with supplies to start seeds indoors and outside allowing lessons to take place year-round.

OBSERVATION TOOLS
Measure rainfall, record plant growth and see which pollinators are visiting while documenting the findings to help determine next best garden steps.