

School Gardens

A Tool for Achieving
School Wellness Goals



Rhode Island Healthy Schools Coalition

Schools have a powerful influence
in the lives of children.



Schools are places of teaching and learning.



Schools can help children establish
lifelong healthy habits and behaviors.

“No one is going to die an early death from forgetting to do geography homework. This generation of children, however, is projected to have shorter life expectancies than their parents, primarily because of diet-related diseases. In other words, they will die young because they eat too much unhealthy food.”

~ *Chef Jamie Oliver,*
Food Truth Coalition



The Beauty of the School Garden

Experiential learning activities work best for making connections between diet and personal wellness.



Kids are more likely to eat and enjoy vegetables they have planted and harvested themselves. And vegetables are always tastier straight from the garden!

The Power of the School Wellness Policy

REQUIRED for all schools that receive federal lunch and/or breakfast dollars.

MUST INCLUDE GOALS FOR:

- 1) Nutrition education***
- 2) Wellness promotion***
- 3) Physical activity***

And its implementation must be monitored and communicated to the school community.

Rhode Island law requires each school district to establish a Wellness Committee

South Kingstown High School



Forest Avenue Elementary, Middletown



Hope High School, Providence



BF Norton Elementary, Cumberland



A 2014 Cornell study of 12 New York elementary schools studied the effects of a school garden on children's physical activity and found that:

- Children at schools with gardens report a reduction in usual sedentary behaviors.
- School gardens lead to increased moderate physical activity during the school day.
- Children move more and sit less during outdoor garden lessons versus indoor classroom lessons.

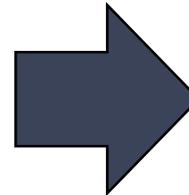


Helping schools cultivate learning environments that teach and encourage lifelong healthy habits

THE UNIVERSITY OF RHODE ISLAND
web.uri.edu/SnapEd



Rhode Island Healthy Schools Coalition



Rhode Island



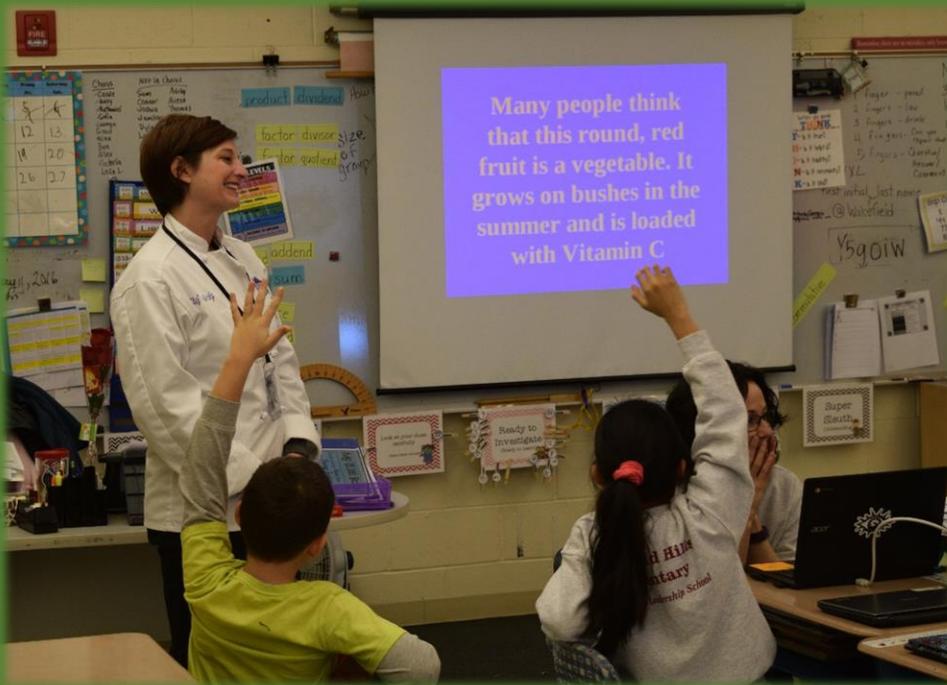
District Wellness Committees

THE UNIVERSITY OF RHODE ISLAND
COOPERATIVE EXTENSION



A SAMPLE LESSON

From our partner Farm Fresh RI's Farm-to-School Program



Rhode Island Healthy Schools Coalition

RIHSC can help nurture gardens in our schools!

Research

Resources

Funding

Connections

Communication

Register for eNews, join us on social media and reach out to us for technical assistance:

rihsc.org