

Making the Case for *School Gardens*











CLASSIC OXYMORONS



U.S. FOOD CONSUMPTION AS A % OF CALORIES

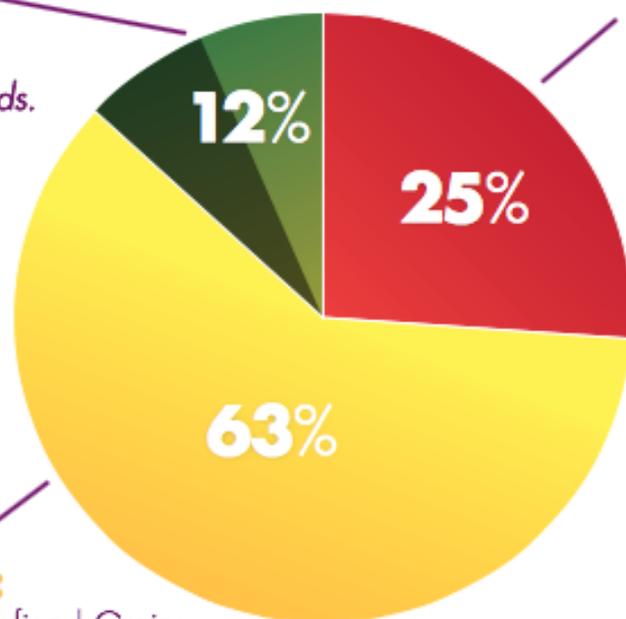
PLANT FOOD:

Vegetables, Fruits, Legumes,
Nuts & Seeds, Whole Grains
Fiber is only found in plant foods.

NOTE: Up to half of this category may be processed, for example almonds in candy bars, apples in apple pies or spinach in frozen spinach soufflé, and of course these would not be healthy choices. The focus should be on whole unprocessed vegetables, fruits, legumes, nuts and seeds and whole grains.

PROCESSED FOOD:

Added Fats & Oils, Sugars, Refined Grains



ANIMAL FOOD:

Meat, Dairy, Eggs, Fish, Seafood
Cholesterol is only found in animal foods. Animal foods are the **PRIMARY** source of saturated fat.

GUIDE TO HEALTHY EATING:

Much easier to understand than the USDA Food Pyramid, with no food industry influence.

Eat **LESS** from the animal and processed food groups and **MORE** whole foods from the plant food group.

In general, food from the animal and processed food group contribute to disease, while **WHOLE** foods from the plant group contribute to good health.

Source: USDA Economic Research Service, 2009; www.ers.usda.gov/publications/EIB333; www.ers.usda.gov/Data/FoodConsumption/FoodGuideIndex.htm#calories

New York Coalition for Healthy School Food * www.healthyschoolfood.org

Special thanks to Joel Fuhrman, MD, author of *Disease Proof Your Child: Feeding Kids Right* * Graphics by MichelleBando.com

© 2009, New York Coalition for Healthy School Food



Centers for Disease Control and Prevention

CDC 24/7: Saving Lives, Protecting People™

Kids consume too much sugar, mostly from processed foods

ScienceDaily®

Processed food diet in early childhood may lower subsequent IQ

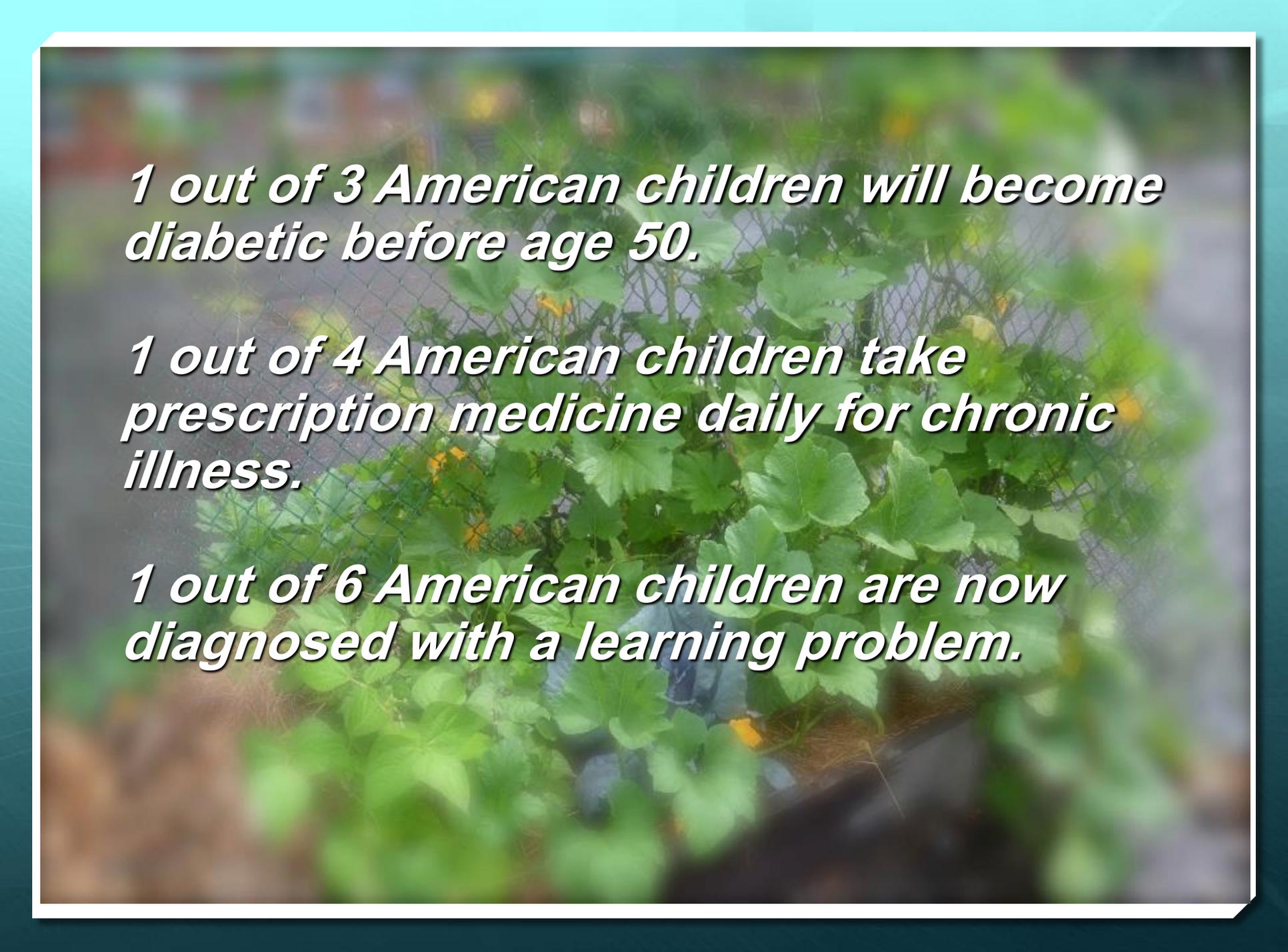


Processed Foods May Contribute to the Development of Type 2 Diabetes



AMERICAN PSYCHOLOGICAL ASSOCIATION

The impact of food advertising on childhood obesity



1 out of 3 American children will become diabetic before age 50.

1 out of 4 American children take prescription medicine daily for chronic illness.

1 out of 6 American children are now diagnosed with a learning problem.

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According to Whole Kids' Foundation & Food Corps:

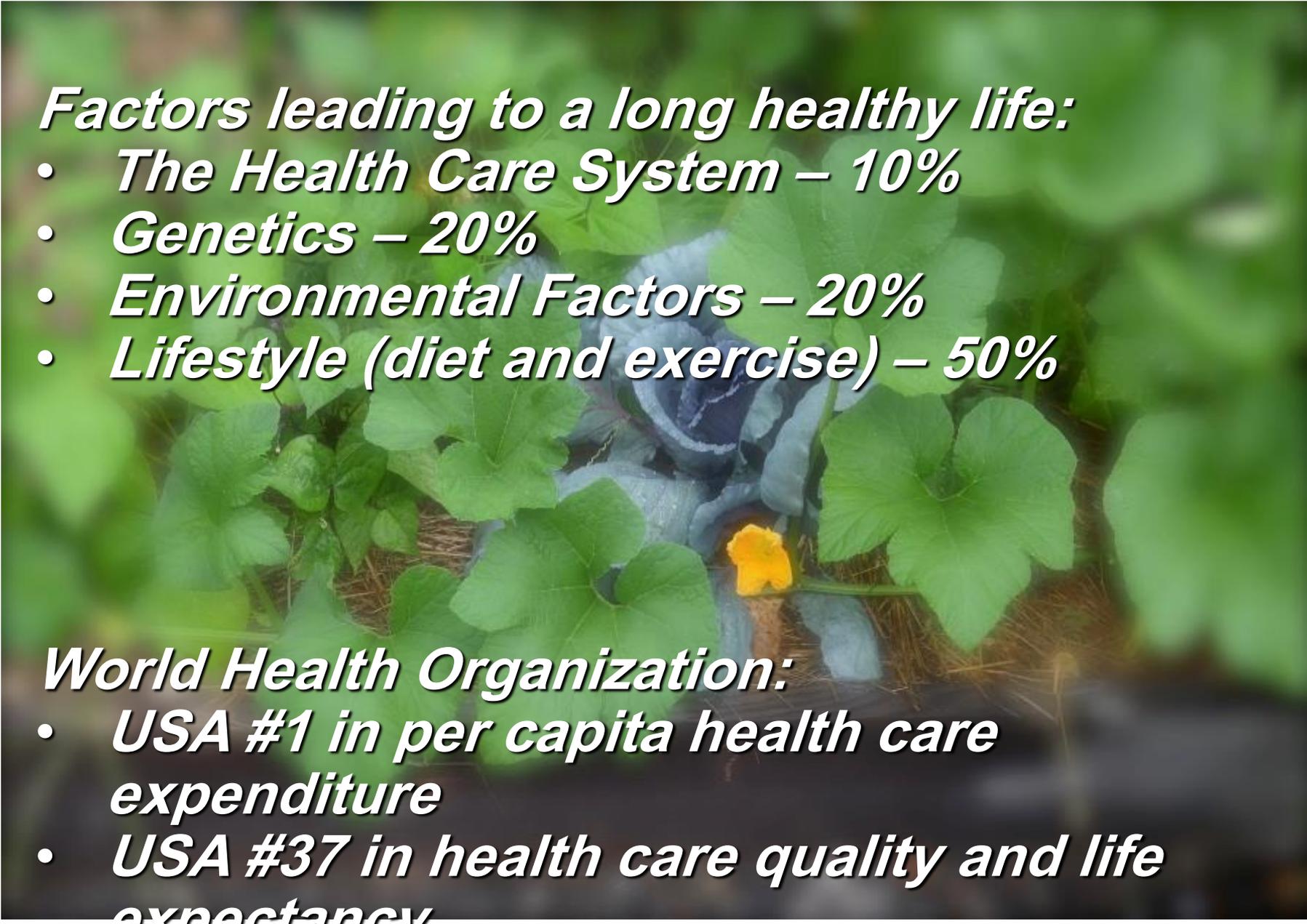
Children in US Schools today are in need:

- In the last 30 years, the percentage of American children who are overweight or obese has tripled
- 1 in 3 children born in the year 2000 are on track to develop Type II diabetes (1 in 2 if they are a child of color)
- 23% of all American children face food insecurity
- Only 2% of children eat enough fresh fruit and vegetables
- The typical elementary students receives just 3.4 hours of nutrition education each year.

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Factors leading to a long healthy life:

- ***The Health Care System – 10%***
- ***Genetics – 20%***
- ***Environmental Factors – 20%***
- ***Lifestyle (diet and exercise) – 50%***

World Health Organization:

- ***USA #1 in per capita health care expenditure***
- ***USA #37 in health care quality and life expectancy***

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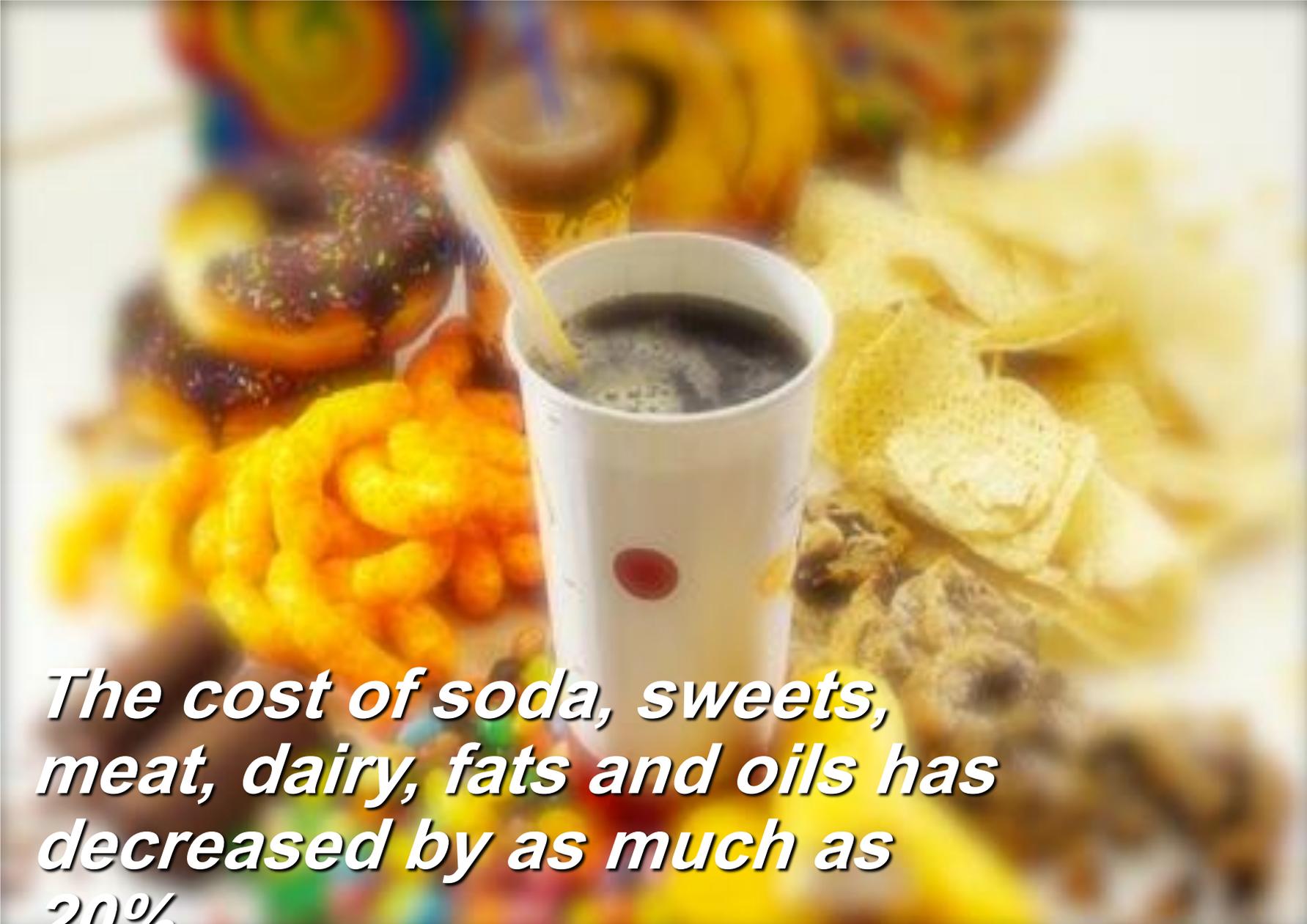
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The cost of fresh fruit and vegetables has risen 40% in the past 20 years.



A white disposable cup filled with a dark, carbonated beverage, likely soda, with a clear straw. The cup is surrounded by an assortment of snacks, including golden-brown potato chips, a chocolate-glazed donut, and other fried items. The background is blurred, showing more of the same food items.

***The cost of soda, sweets,
meat, dairy, fats and oils has
decreased by as much as
20%***

NEW YORK TIMES: A High Price for Healthy Food
By TARA PARKER-POPE published DECEMBER 5, 2007

Foods with 'energy density' (meaning they pack the most calories per gram):

candy, pastries,
baked good & snacks



Higher-calorie, energy-
dense foods cost
\$1.76 per 1,000 calories

Foods with 'low-energy' but nutritious foods:

vegetables, fruit,
broth based soups



Lower calorie, nutritious foods
cost
\$18.16 per 1,000 calories







School gardens bring students together to learn about healthy food, by growing it

Benefits of School Gardens:

- Children who grow their own food are more likely to eat fruits and vegetables and to be more knowledgeable about nutrition.

- Children who eat fruits and vegetables are more likely to carry this healthy habit into adulthood, as well, which can stave off diet-related disease over their lifetimes.





Research supporting the Benefits of Schools Gardens:

Significantly increase Science Achievement Scores.

- Klemmer, C. D., T. M. Waliczek, and J. M. Zajicek. 2005. Growing minds: The effect of a school gardening program on the science achievement of elementary students. *HortTechnology* 15(3):448-452.
- Smith, L. L., and C. E. Motsenbocker. 2005. Impact of hands-on science through school gardening in Louisiana public elementary schools. *HortTechnology* 15(3):439-443.

Improve Social Skills and Behavior.

- DeMarco, L., P. D. Relf, and A. McDaniel. 1999. Integrating gardening into the elementary school curriculum. *HortTechnology* 9(2):276-281.

Improve Nutrition Knowledge and Vegetable Preferences.

- Morris, J.L and Zidenberg-Cherr, S. 2002. Garden-based nutrition curriculum improves fourth-grade school children's knowledge of nutrition and preferences for some vegetables. *Journal of the American Dietetic Association* 102(1): 91-93.

Increase Fruit and Vegetable Consumption in Adolescents.

- McAleese, J.D., and L.L. Rankin. 2007. Garden-Based Nutrition Education Affects Fruit and Vegetable Consumption in Sixth-Grade Adolescents. *Journal of the American Dietetic Association*. 107 (4): 662-665.

Have a positive impact on Student Achievement and Behavior.

- Blair, D. (2009). The child in the garden: an evaluative review of the benefits of school gardening. *Journal of Environmental Education* 40(2), 15-38.

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How the School Garden Movement Got Started

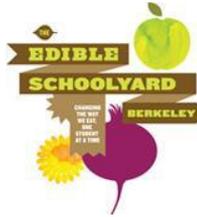


THE EDIBLE
SCHOOLYARD
PROJECT

FOUNDER

Alice Waters has championed local, organic farms for over four decades. After helping to change the American food landscape, Alice introduced her ideas into the public schools with the Edible Schoolyard, a program that involves students in all aspects of growing, cooking, and sharing food at the table.





The Edible Schoolyard Berkeley, California



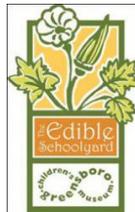
The Edible Schoolyard at FirstLine Charter Schools, New Orleans, Louisiana



The Edible Schoolyard at Hunters Point Willie Mays
Boys & Girls Club, San Francisco, California



The Edible Schoolyard at Larchmont Charter School, Los Angeles, California



The Edible Schoolyard at the Greensboro Children's
Museum, Greensboro, North Carolina



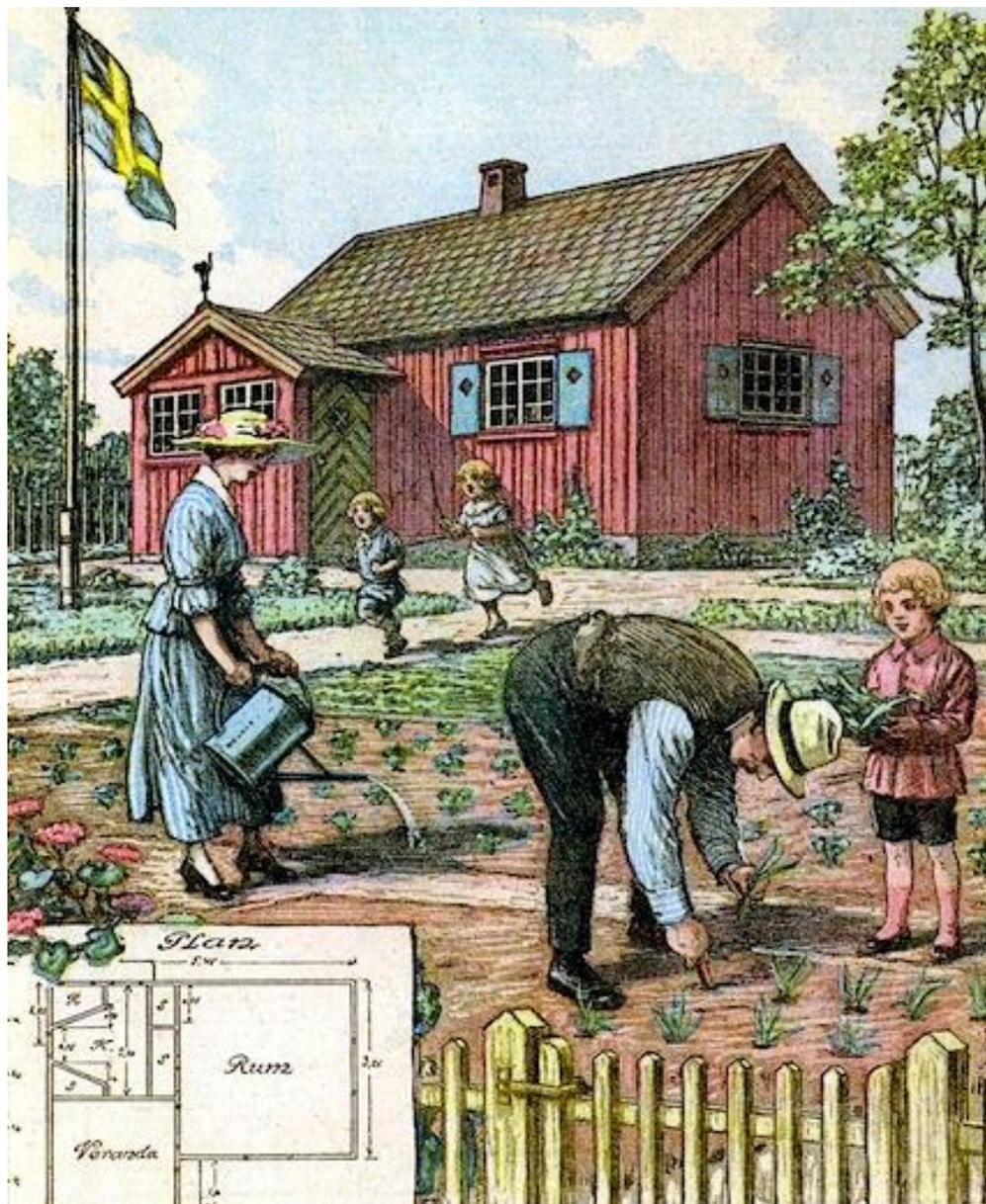
Edible Schoolyard NYC, New York, New York



The Edible Schoolyard at North Country School and Camp Treetops, Lake
Placid, New York

Pioneers In Our Field: Friedrich Froebel - Founder of the First Kindergarten





THE
SCHOOL GARDEN.

BEING

A PRACTICAL CONTRIBUTION TO THE
SUBJECT OF EDUCATION.

BY

PROF. ERASMUS SCHWAB,
DIRECTOR OF THE MILITARY COLLEGE OF VIENNA.

TRANSLATED FROM THE FOURTH GERMAN EDITION BY

MRS. HORACE MANN.

UNIV. OF
CALIFORNIA

NEW YORK:
M. L. HOLBROOK & CO.
1879.



In 1902 Mrs. Henry Parson started the First Children's School Farm in New York City.



Photo by the Author

Children's School Farm, DeWitt Clinton Park, 54th St. and 12th Ave., New York City, 1909



Instructor planting radishes. Note the left hand holding seeds while planting with the right hand. Also the evident silence and close attention of the group. DeWitt Clinton Park



THE FUN OF MAKING A GARDEN

"The children tackled the soil with such weapons as they could muster"



PREPARING THE GROUND, WHITTIER SCHOOL, HAMPTON, VA



MARKING OFF THE GARDEN AT HYANNIS (MASS.) NORMAL SCHOOL.
Second grade children



SCHOOL-GARDEN EXHIBIT, SCHOOL OF HORTICULTURE HARTFORD CONN.



A SMALL-PLAT GARDEN AT A NEW YORK PUBLIC SCHOOL.

from the book 'Gardening in Elementary City Schools' by C.D. Jarvis, 1916

War Gardens Victorious



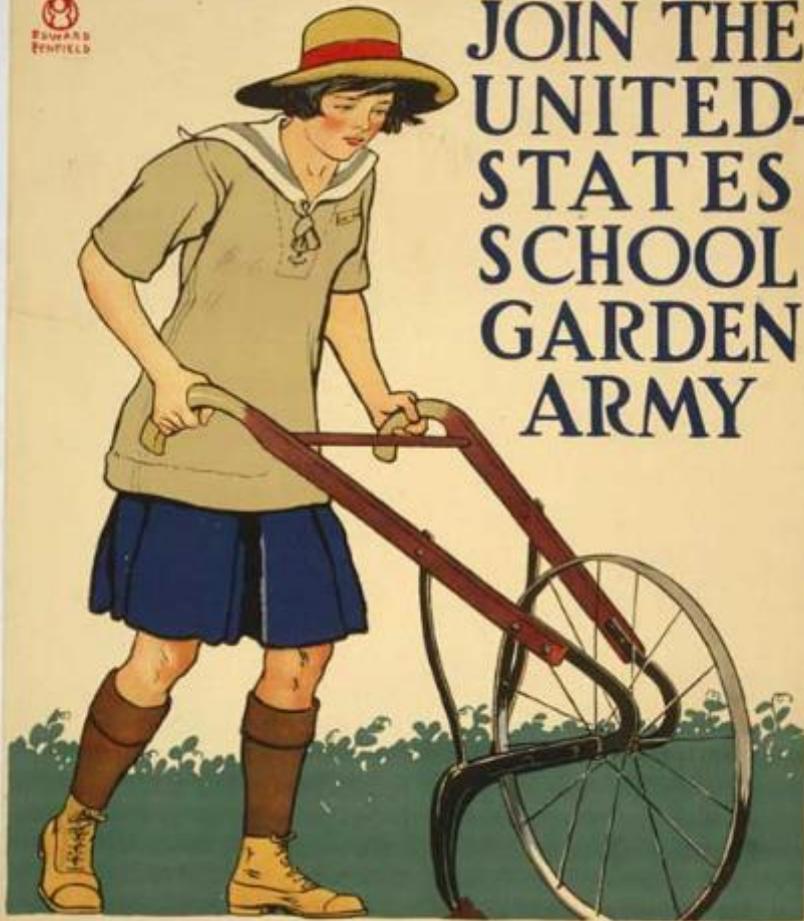
Every War Garden a Peace Plant—
NATIONAL WAR GARDEN COMMISSION

— Charles Lathrop Pack, President.

WASHINGTON, D.C.

EDWARD
BENFIELD

JOIN THE UNITED- STATES SCHOOL GARDEN ARMY



ENLIST NOW

Write to The United States School Garden Army,
Bureau of Education, Department of Interior, Washington, D.C.



**HELPING HOOVER IN OUR
U. S. SCHOOL GARDEN**

ISSUED BY THE U. S. SCHOOL GARDEN ARMY BUREAU OF EDUCATION, DEPARTMENT OF INTERIOR,
WASHINGTON, D. C.



*Raised 'em myself
in my*
U.S. School Garden

ISSUED BY THE U. S. SCHOOL GARDEN ARMY BUREAU OF EDUCATION, DEPARTMENT OF INTERIOR,
WASHINGTON, D. C.

Sow the seeds of Victory!
plant &
raise
your own
vegetables



WRITE TO THE
NATIONAL
WAR GARDEN
COMMISSION -
WASHINGTON, D. C.
for free books on
gardening, canning
& drying.

© 1918 NATIONAL WAR GARDEN COMMISSION
JAMES HORTON/REEDY 'ELAGC
"Every Garden a Munition Plant"

PLANT A VICTORY GARDEN



**OUR FOOD
IS FIGHTING**

A GARDEN WILL MAKE YOUR RATIONS GO FURTHER



West Liberty School Gardens 1951





ASSOCIATED PRESS



International New York Times

Westport First in State to Ban Plastic Bags

By WENDY CARLSON SEPT. 26, 2008



HABIT BREAKING Right, Kim Fawcett uses reusable shopping bags. Left, Michelle Weber is switching to paper bags in her chocolate shop. Wendy Carlson for The New York Times





Dan Levinson, Co-Founder, Funder & Chairman of GVI – 2009 – 2014



Film & Lecture
Series
At
Westport
Public
Library
2010







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Two Angry Moms - How I Became an Angry Mom



It's a movie.
It's a movement.
It's a book.

If you're frustrated with the school food environment in your community, you've come to the right place!



SEE THE MOVIE



HOST A SCREENING



JOIN THE MOVEMENT



SUPPORT US

It all started with my daughters' lunch.

My husband and I were packing healthy lunches for our kids, only to find that we were being undermined by the school's offerings of junk food with no nutritional value. It made me angry. So I decided to do something about it. I made a movie.

Along with the movie, we've assembled some tools that will help you create change in your school district. Now our goal is to grow from two to two million angry moms.

Join us! Your kids will thank you!

Blockbuster Turnout for Edible School Gardens Workshop

By [admin](#) on [March 20, 2009](#)
[7:47 am in Cooking, Green
Schools, School Gardens,
Workshops & Conferences / 3
comments](#)



Edible School Gardens Workshop

New Date! Monday, March 16, 2009

Location: Unitarian Church,
10 Lyons Plains Road, Westport, CT
9:30AM: Coffee, tea, snack and networking
10:00AM - Noon: Program and discussion

Sponsored by: [Westport Green Village Initiative](#)
and the Unitarian Church of Westport

Edible Schoolyards are popping up everywhere! Join us to learn about growing a K-12 sustainable education program.

Featured presenter: Dorothy Mullen, Master Gardener, Founder, Princeton School Gardens Cooperative

Please RSVP by February 27 to Carmela at ci@mainstreetresources.com



The **Free Edible School Gardens Workshop** scheduled for tomorrow, March 2, has been postponed until **Monday, March 16** due to the weather. If you're involved in school gardens or want to be, don't miss this event.



Staples Edible Garden 2010 Cost: \$25,000!



Scotland Elementary School Garden, Ridgefield CT – December 9, 2011



Ridgefield was the First town in Connecticut to have an edible garden at every school





Farmingville Elementary School Garden, Ridgefield CT



Cornell Cooperative Extension Garden in the Catskills. Instructors from the Master Gardener Program host 'hands in the dirt' gardening workshops





Westport Senior Center
March 20, 2010

June 13, 2010





Wakeman
Town
Farm
Westport CT
2009



Our CSA distribution site, now serving 150 families, relocated to Wakeman Town Farm - July 17, 2010



Sherwood Island State Park Nature Center – Educational Edible Garden – June 2011



Interns building a rabbit hutch, led by GVI board member Craig Skinner



Weston's Hurlbutt Elementary School 2011

WTF

Wakeman Town Farm

Home

The Farm

Youth Programs

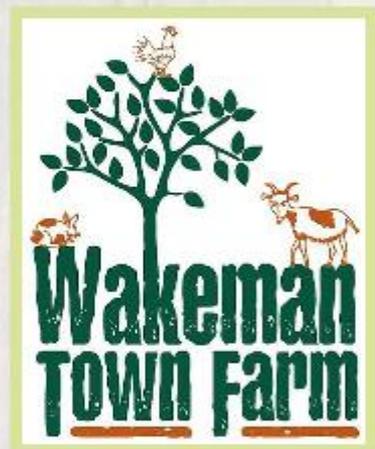
Visit

Community

Give

Shop

Contact Us



Resolve to Get Involved at Wakeman Town Farm this Year!

Wakeman Town Farm

Registration for Summer Programs begins March 14th at 9am!



Little Farmer Camp

Pre-K to Kindergarten- Ages 3-5, Must Be Potty Trained.

This three day animal centered program includes stories, crafts, interactive play based lessons, and hands on experiences meeting and feeding our furry and feathered farm friends! We will end each day with free time playing on the playground with our new friends. This IS a drop-off program. Choose from two sessions!

Cost: \$300 per three day week

When: 9 am - 12pm This IS a drop-off program.

Sign up for one or both weeks.

Week 1: Wed. July 6th, Thurs. July 7th, Fri. July 8th

Week 2: Mon. Aug 15th, Tues, Aug 16th, Wed. Aug 17th

Maximum Participants per week : 20

Expanding Community Gardens Marina Village, Bridgeport CT 2009



Marina Village Garden Build - 2009



Curiale School Garden Build - 2012





Dan Levinson, co-founder, funder and chairman of GVI, making friends and lending a hand at one of 25 school garden builds around the city of Bridgeport - 2010





August 15, 2010



September 1st, 2011







April 2nd, 2012, Dan Levinson signs the 10 year lease with Bridgeport Mayor Bill Finch for what will soon be 'Reservoir Community Farm'

August 15th, 2010



October 21st, 2012



Volunteers on a sunny Saturday in October, taking part in 'Volunteer Day', held every Saturday at the farm - 2013







Interns gather at our meeting spot; a parking lot behind an industrial building in Bridgeport July 31, 2012



Traevon Bohannen – GVI Student Intern



Dear Ms. Bosch

I can't begin to express my gratitude, or explain how much it means to me to be a part of something as grandiose as what GVI is doing in the city I live in.

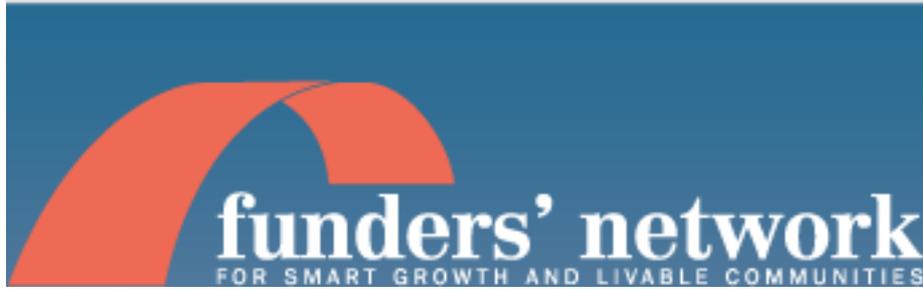
I speak for myself when I say this is more than an internship to me. I speak for the community when I say this is more than a farm, or school, or neighborhood gardens. This is a glimmering light to the future, a beacon of hope if you will. That is why I am at the farm every chance i get, to help usher in the change, be a part of something that will only build, empower, and educate neighborhoods & schools. Something that will truly usher in a new outlook on life for the average urban city family, a suburban family, or "higher class".

Thank you Ms, Bosch for this opportunity, and for bringing change to a once collapsing community. GVI is our new hope.

Sincerely,

Traevon Bohannon.





PARTNERS
FOR PLACES

**\$100,000 grant, awarded in 2013 to GVI,
written by Fairfield County's Community Foundation
in Partnership with the city of Bridgeport**

Partners for Places creates opportunities for cities and counties in the United States and Canada to improve communities by building partnerships between local government sustainability offices and place-based foundations.