Making the Case for School Gardens
CLASSIC OXYMORONS

WORKING VACATION

JUMBO SHRIMP

FRESH CAFETERIA FOOD

VISIT ECOLOGYSHSALLIANCE.ORG
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.

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.

PROCESSED FOOD:
Added Fats & Oils, Sugars, Refined Grains

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
Kids consume too much sugar, mostly from processed foods

Processed food diet in early childhood may lower subsequent IQ

Processed Foods May Contribute to the Development of Type 2 Diabetes

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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The cost of fresh fruit and vegetables has risen 40% in the past 20 years.
The cost of soda, sweets, meat, dairy, fats and oils has decreased by as much as 20%
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.**

**Improve Social Skills and Behavior.**

**Improve Nutrition Knowledge and Vegetable Preferences.**

**Increase Fruit and Vegetable Consumption in Adolescents.**

**Have a positive impact on Student Achievement and Behavior.**
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How the School Garden Movement Got Started
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.
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"
from the book ‘Gardening in Elementary City Schools’ by C.D. Jarvis, 1916
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.

War Gardens Victorious

Every War Garden a Peace Plant—
NATIONAL WAR GARDEN COMMISSION
—Charles Lathrop Pack, President.
HELPING HOOVER IN OUR
U.S. SCHOOL GARDEN

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

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
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
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!

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!
Ridgefield was the First town in Connecticut to have an edible garden at every school.
Cornell Cooperative Extension Garden in the Catskills. Instructors from the Master Gardener Program host ‘hands in the dirt’ gardening workshops
Wakeman Town Farm Westport CT 2009
Our CSA distribution site, now serving 150 families, relocated to Wakeman Town Farm - July 17, 2010
Interns building a rabbit hutch, led by GVI board member Craig Skinner
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.
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
April 2\textsuperscript{nd}, 2012, Dan Levinson signs the 10 year lease with Bridgeport Mayor Bill Finch for what will soon be ‘Reservoir Community Farm’
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
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 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.

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