

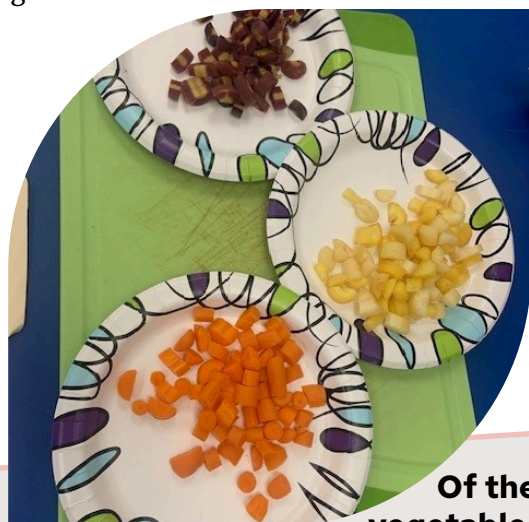
Growing Healthy Kids in Door County Gardens Enhance Learning at Boys & Girls Club

Challenge

In Growing Healthy Kids, children learn about the parts of plants we eat: roots, stems, and leaves. Through garden-based experiments and food tastings, they explore how plants grow and what they need, like water and nutrients. In a lesson on root vegetables, children learned which foods come from plant roots and tasted three different colors of carrots to see which they preferred. In a hydration lesson, students placed celery in colored water to observe how plants absorb water through their stems. They watched the leaves turn blue and then tasted celery, a stem we eat.

Approach

FoodWise partnered with the Door County Boys & Girls Club many times to bring nutrition education to youth. This year, we aimed to increase impact by adding a gardening component. The Boys & Girls Club had onsite gardens cared for by a Master Gardener. As part of this pilot, FoodWise created a program for 1st and 2nd graders that combined hands-on gardening, nutrition education, and food tastings to encourage healthier eating habits.



**Of the 3 root
vegetable samples, kids
selected orange carrots as their favorite.**



**Celery stem
pulls blue dyed
water into leaves,
demonstrating how plants "drink" water.**

Results

All Boys & Girls Club summer programs are opt-in, so children select classes from a menu of choices. Growing Healthy Kids attracted 33 students, enough to offer the class twice on "FoodWise Wednesdays." Children were clearly interested in the topic. Classes were well-attended, and students actively participated.

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One of our core values is healthy living and having kids learn about where our food comes from and try different fruits and vegetables is a big part of living a healthy lifestyle."

- JENNIFER SCHMIDT, PROGRAM SERVICES AND TRAINING
SPECIALIST FOR DOOR CO BOYS & GIRLS CLUB

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