

# Resources & Acknowledgements

# Resources

## **Youth Grow Local, Community GroundWorks at Troy Gardens**

Youth Grow Local provides educators with a variety of useful garden-based education resources including curricula and professional development opportunities including conferences, courses and workshops. Young visitors will appreciate Veggipedia, a kid-friendly online encyclopedia of fruits and vegetables. Youth Grow Local also features the Youth Garden Portal, a site devoted to connecting educators to a broad array of resources for youth gardens. [www.communitygroundworks.org/what-we-do/youth-grow-local](http://www.communitygroundworks.org/what-we-do/youth-grow-local)

## **Nutrition, Physical Activity, & Obesity Program, Wisconsin Department of Health Services**

Extensive resources related to obesity prevention strategies for multiple settings including community, school, and early childhood. Information and resources for promoting consumption of fruits and veggies are also available. <http://dhs.wi.gov/health/physicalactivity>

## **Wisconsin Nutrition Education Program, University of Wisconsin-Extension**

A federally funded nutrition education program that helps limited resource families and individuals choose healthful diets, purchase and prepare healthful food and handle it safely, and become more food secure by spending their food dollars wisely. The program operates in most counties in Wisconsin, contact your county UW-Extension Office for more information. [www.uwex.edu/ces/wnep/overview/index.cfm](http://www.uwex.edu/ces/wnep/overview/index.cfm)

## **Farm to School Program, REAP Food Group**

A grassroots initiative whose goal is to enhance Wisconsin schools' existing meal programs by introducing fresh, nutritious, local and sustainably grown food to children. The program's website contains curriculum resources and also highlights unique ways of getting students interested in fruits and vegetables through the Snack and Chef in the Classroom Programs. [www.reapfoodgroup.org/Programs-Events/farm-to-school.html](http://www.reapfoodgroup.org/Programs-Events/farm-to-school.html)

## **Life Lab**

Life Lab is a non-profit organization and national leader in land-based education located in Santa Cruz, California. [www.lifelab.org](http://www.lifelab.org)

## **Wisconsin Model Academic Standards for Nutrition Education & Nutrition Curriculum Guide**

Provides excellent examples of age appropriate nutrition concepts and standards for grades 4, 8, and 12. <http://dpi.wi.gov/fscp/pdf/nestandards.pdf>

## **Wisconsin Model Academic Standards**

Find additional ways to use your garden to meet other academic standards. <http://dpi.state.wi.us/standards>

## **The Nutritious Delicious Wisconsin Curriculum**

Nutrition lessons for 4th grade students that can be used as part of their Wisconsin curriculum. These lessons are also a great complement to elementary farm to school programs. <http://dpi.wi.gov/ne/index.html>

## **Wisconsin Fresh Fruit & Vegetable Program**

A USDA funded program that provides free fresh fruits and vegetables to children at participating elementary schools. The purpose of the program is to expand and increase the variety and amount of fruits and vegetables children experience and consume. <http://dpi.state.wi.us/fns/ffvp.html>

## **Wisconsin AmeriCorps Farm to School Program**

The goal of the AmeriCorps Farm to School program is to provide an innovative approach to decreasing childhood obesity by promoting healthy eating habits in students and increasing access to local foods in schools. The program provides two half-time AmeriCorps members per site; a local food procurement member and a nutrition education member. [www.datcp.state.wi.us/mktg/business/marketing/val-add/farm\\_to\\_school/index.jsp](http://www.datcp.state.wi.us/mktg/business/marketing/val-add/farm_to_school/index.jsp)

# Resources (cont'd)

## **National Fruit & Vegetable Program, Centers for Disease Control and Prevention**

Several resources are available including a searchable recipe database for using garden produce; kid-tested fruit and vegetable recipe ideas; downloadable and free educational brochures for use with parent and school newsletters, and interactive bulletin boards; and fun facts that will capture students' interest in different kinds of fruits and vegetables found in the garden and beyond.

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## **Harvest of the Month Toolkit-Growing Healthy Students**

A great addition to any curriculum, the Harvest of the Month tool kit is comprised of four key elements designed to empower and motivate students to consume fruits and vegetables: educator newsletters, family newsletters, menu slicks and press releases. [www.harvestofthemonth.com](http://www.harvestofthemonth.com)

## **Fruit & Vegetable Games for Kids**

Find interactive games, artwork, and coloring and activity pages to get students interested in eating fruits and vegetables. [www.foodchamps.org](http://www.foodchamps.org)

## **MyPyramid for Kids Classroom Materials**

Nutrition education materials for elementary-aged students that explore the food groups in MyPyramid (includes lesson plans, reproducible worksheets, and posters).

[www.teamnutrition.usda.gov/resources/mypyramidclassroom.html](http://www.teamnutrition.usda.gov/resources/mypyramidclassroom.html)

## **Got Dirt? Garden Initiative**

Want to start a youth garden but have little or no gardening experience? Extensive resources including a toolkit for starting a garden can be found at:

[www.dhs.wi.gov/health/physicalactivity/gotdirt.htm](http://www.dhs.wi.gov/health/physicalactivity/gotdirt.htm)

# Booklists

Books are a great addition to any lesson plan or activity! The following lists provide common garden and nutrition-related books for preschool to elementary-aged students.

- Blooming with Books (for Preschoolers & Kindergartener):  
[www.rif.org/assets/Documents/StorySamplers/Gardening.pdf](http://www.rif.org/assets/Documents/StorySamplers/Gardening.pdf)
- Michigan Team Nutrition—Grades K-2 Booklist:  
[www.michigan.gov/documents/mde/UpdatedMichiganTeamNutritionBooklist\\_290287\\_7.pdf](http://www.michigan.gov/documents/mde/UpdatedMichiganTeamNutritionBooklist_290287_7.pdf)
- Michigan Team Nutrition—Preschool Booklist:  
[www.michigan.gov/documents/mde/PreschoolBooklist\\_290284\\_7.pdf](http://www.michigan.gov/documents/mde/PreschoolBooklist_290284_7.pdf)

# Acknowledgements

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