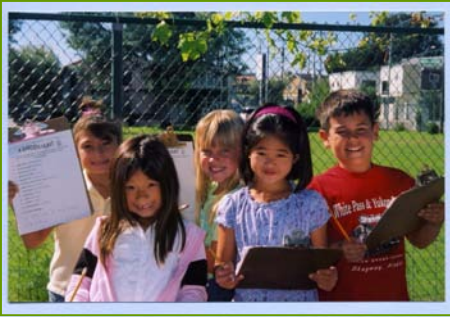


our programs



Garden Program

GrowingGreat trains docents to deliver activities in school gardens that are aligned with the classroom and harvest-of-the-month tasting programs. Students experience new foods while learning about seasonality, life cycles and sustainable food production.

- Organic vegetable gardens are **planted** in Fall and Spring from seed.
- Students **harvest** gardens and the produce is eaten during individual classroom harvest celebrations.
- **Composting** teaches students about environmental cycles and sustainable agriculture
- **Farmer's Market** — Students advertise, set-up and run their own school Farmer's Market selling produce grown and harvested in this program.

Classroom Nutrition Lessons

GrowingGreat trains docents to deliver themed nutrition lessons, foods samples and activities to students in their classrooms.

- **Food Samples** reinforce the lesson theme
- Include "high quality" proteins, fats and carbohydrates.
- **In-Class Activities** are fun, practical and hands on.
- Includes curriculum based lessons, worksheets, props, role playing and food .

Harvest of the Month

GrowingGreat reinforces classroom and garden programs with food offerings in school cafeterias.

- Harvest of the Month tastings introduce students to new foods
- Monthly food tastings, 7 times per year.
- Food supplied by local growers and Farmers Markets

about us



Founders

Marika Bergsund founded the GrowingGreat School Garden and Nutrition Program in 1999 as a demonstration garden and after school program at the Manhattan Beach Unified School District ("MBUSD"). She obtained numerous local and state grants to fund the development and growth of the program. Marika earned a BA from Stanford University and a JD from the University of California, Berkeley, Boalt Hall School of Law. Practicing environmental, real estate and finance law, she was a Partner in Dwyer and Bergsund Environmental Law Consulting. She continues to publish reference books for lawyers on Federal and California environmental law.

Peggy Curry founded Kitchen Blessings, a conscious living business, that teaches nutrition and cooking classes and educates private clients and special interest groups in 2001. She has a BA in Liberal Studies from California State University at Northridge and was a credentialed teacher in both Special and General Education. She was a Special Education teacher in grades six through nine, and a special education special projects administrator for nine years. After her mother died of breast cancer, she created Evy's Garden, through which she developed, manufactured, marketed and sold organic marinara sauce nationwide.

Lori Sherman has studied nutrition independently for the past 5 years under the guidance of Linda Prout, M.S. (Nutritionist and Author of *Living in the Balance*) as well as by attending seminars and lectures on nutrition and natural health. Lori is currently enrolled at Clayton College of Natural Health and is working toward a Bachelor's degree in Holistic Nutrition and a Doctoral degree in Naturopathy. She has a BA in Communications, Arts and Sciences from the University of Southern California.

Executive Director

Carol Rowe - As the Executive Director of GrowingGreat, Carol is responsible for the daily operations of the organization. For the past 5 years Carol has been the Executive Director of the Manhattan Beach Downtown District Association. Prior to that she was the chairperson for Young at Art, a docent-based art enrichment programming serving elementary schools. She also served as Vice President of the Manhattan Beach Education Foundation.

our mission



GrowingGreat Healthy Eating Philosophy

- Eat a variety of whole foods close to the source
- Substitute healthier alternatives for traditionally processed foods
- Eat Local, seasonal, organic and/or sustainably-farmed foods
- Listen to our bodies and understand



The Problem

2/3 of all deaths are related to what we eat. Many of these diet-associated diseases begin in childhood. U.S. Surgeon General's Report on Nutrition and Health

It is predicted that within the next 20 years, dietary linked disease in the United States will cancel health strides gained by improvements in medical technology and disease fighting measures. Rand Corp. 2004

The Causes

The alarming rise of preventable, diet-related diseases is largely attributed to the over consumption of nutrient deficient foods combined with sedentary lifestyles.

Studies have shown that a typical child is exposed to 40,000 candy, cereal, soda and fast-food ads a year. Center for Science in the Public Interest

The Solution

Educating children and adults about proper nutrition is a necessity for our health and our environment.



Mission

GrowingGreat is a non-profit nutrition education organization dedicated to inspiring children and adults to adopt healthy eating habits.

Vision

Our Vision is to create school, home and community nutrition collaborations that support healthy food choices and lifestyles.

our journey



2008

- Full-time Executive Director hired.
- Expanding into the Las Angeles Unified School District for a 2 year pilot program in 10 schools.
- Fields of Green Free Community healthy living festival raising \$40,000.

2007

- Expanded to Culver City School District's El Rincon Elementary School
- Expanded to Wiseburn School District's Peter Burnett Elementary School and Juan De Anza Elementary School with Harvest-of-the-Month and School Classroom Nutrition.

2006

- Created Field of Greens Community Event raising \$40,000.00
- Expanded Classroom Nutrition, Garden and Harvest-of-the Month programs to Lincoln Elementary School in Redondo Beach.
- State of Hawaii School District (Kokua Hawaii Foundation plans to integrate School Classroom Nutrition and Garden Programs into all 250 schools within 5 years).

2005

- Expanded MBUSD Classroom Program to include 3rd grade, Delivering 5 new lessons to 3rd-5th graders
- Garden Program- Pennekamp School constructed new garden
- Food Service Program expands Farm-to-School food offerings and activities. Work with food service and outside vendors to improve MBUSD's school lunch program.

2004

- Established as a Non-profit Nutrition Education Organization
- Created the GrowingGreat Schools Classroom and Home Programs
- Expanded Executive Team 1-4 members
- Created Advisory Board
- Solicited \$5000 in food donations

2003

- Contracted by MBUSD to deliver School Garden and HOM programs
- Contributor—"A Child's Garden of Standards; Linking School Gardens to California Education Standards"

2002

- Contracted by MBUSD to deliver school Garden and HOM programs
- Grant funding Beach Cities Health District

2001

- Contracted by MBUSD
- Received BCHD Grant
- Began Harvest-of-the-month (HOM) program
- Appointed as MBUSD's "SHAPE" classroom nutrition partner
- Contracted by LA's Best -Utah Elementary School

2000

- Received California Department of Education Grants—constructed gardens in all 5 MBUSD elementary schools

1999

- Marika Bergsund started GrowingGreat Garden Program as a demonstration garden.
- Evolved into an after-school enrichment program.

our impact



Students

I see myself eating less and less junk food everyday. Now I am eating healthier, so is the rest of my family! I think it is a great program, I hope you come back next year!"

Teachers

This is a wonderful program. **The students really enjoy it** and learn so much. Thank You! **These docents are well trained and organized.** They are very good with the kids.

Principals / Administrators

"The kids **"take ownership"** of the program because they get to grow some of what they eat, and their 'home grown' produce tastes so good. I've never seen so many kids eat salad."

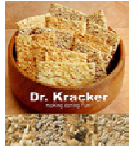
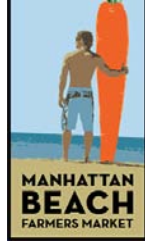
Docents

"I was so impressed that when we started the review for the 5th lesson, **ALL the children knew ALL the facts**, even pairing protein with a little 'high quality' fat for a good breakfast because it 'makes the brain work better'. Children in my class say that they now read ingredients."

Parents

"My Daughter has stopped eating at McDonalds!"
"I can't believe you are getting through to 10 year olds"
"My son orders whole wheat toast instead of white bread when we go out to breakfast"

our supporters



Educational

Manhattan Beach U.S.D.
Los Angeles U.S.D.
Culver City School District
Wiseburn School District
Ojai School District

Community

City of Manhattan Beach
Manhattan Beach Farmers Market
County of Los Angeles
West Basin Water District

Business Partners

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Dole Corporation
Boeing
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Kitchen Blessings
The Joe Lewis Company
Continental Development Corp.
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Chivas USA MLS Soccer
Kiwi Magazine
Fiji Water

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