



Growing GREAT™

INSPIRING HEALTHY EATING

*Planting seeds today...
growing healthy
communities tomorrow!*

Since 1999, GrowingGreat has successfully provided comprehensive nutrition education and school garden programs to more than 20,000 elementary school students and their families in various Southern California, Ojai and Hawaii school districts. We have garnered amazing support from hundreds of volunteers and partners who have donated food, supplies and funding towards this effort. We are now working to bring our proven model of hands on interactive learning to at risk children in under served areas of Los Angeles. *We need your help!*

THE GROWINGGREAT PROGRAMS

GrowingGreat puts forward collaborative, synergistic programs that work in school, at home and in the community to inspire healthy eating.

GrowingGreat Schools

Classroom Nutrition Lessons

In a series of five annual lessons, we teach children *why* and how to make healthy food choices. The program serves 3rd thru 5th graders, the age when children begin to be more thoughtful about the food they eat. Lessons provide “real world” learning, such as Label Reading. Hands-on activities, such as preparing foods and role-playing, engage the children. Every lesson culminates with “high-quality” food samples that reinforce the theme.

School Gardens

Students in grades preK-5 plant and grow themed gardens, then hold Harvest Celebrations, where they eat the food they have grown, and select-run “farmers markets”, where they sell the results of their labors and earn income to support the schools garden.

Harvest of the Month

Samples of seasonal fruits and vegetables are offered each month in the cafeteria during lunch, supplied by local farmers. Displays feature live plants, seeds, different varieties of the featured item and nutritional facts.

For each school site, GrowingGreat prepares *all* curriculum and training materials, conducts school staff and volunteer training, manages food/materials sourcing and distribution, designs and oversees garden construction.

GrowingGreat Homes and Communities

GrowingGreat provides workshops, newsletters and events to promote nutrition education throughout entire communities.

THE NEED

Studies abound documenting the growing crisis in the health of our nation’s youth, with youth now being diagnosed with diseases (heart disease, hypertension, stroke, cancer, diabetes, etc.) that until recently only affected adults. GrowingGreat’s primary goal is to teach children and their families to make healthy nutrition choices for life.

HOW YOU CAN HELP

DONATE!

Here is what your contributions can fund.

- \$50** - One Harvest of the Month tasting for 500 students
- \$100** - One year of School Garden Program for 100 students
- \$250** - One year of Classroom Nutrition Program (5 lessons) for 50 students
- \$500** - One year of Harvest of the Month Program (7 tastings) for 500 students
- \$1,000** - One year of School Garden Program for 500 students
- \$3,000** - One year of Classroom Nutrition Program for 500 students
- \$6,000** - Installation of a complete new School Garden, serving over 500 students
- \$10,000+** - Harvest Angel —Supporting our expansion efforts

In 2007 GrowingGreat will launch our comprehensive program in the Wiseburn & Culver City school districts, serving significant numbers of low-income and minority children.

We also welcome donated food samples from manufacturers and retailers.

VOLUNTEER!