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April

FEATURE:

Plant a school garden!



How to put 5-2-1-0 into action this month:

WHY SCHOOL GARDENS?

Gardens in schools and early care environments give students **hands-on experiential learning** opportunities and create positive **experiences with healthy foods**.

How cool is this? Having a garden at school increases student intake of veggies at home! *(Preventive Medicine, 2018)*

Lessons related to the garden can be taught in the classroom and harvested produce can be used in the School Nutrition Program, taste testing or donated to the school food pantry.



Gilmore City-Bradgate school garden

GET STARTED!

The Iowa Farm to School & Early Care Coalition has compiled a list of resources and lesson plans for sites who want to start or maintain their own garden. Access the resources [HERE](#).

STRATEGY 10:

Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.



RESOURCES:

- [Promote your School Nutrition Program](#)
- [Top 10 ways to involve students in your School Nutrition Program](#)
- [Iowa CACFP resources](#)

– [10 Strategies for Success](#)

MARK YOUR CALENDAR!

MAY
7

[School Lunch Hero Day](#) is a chance to showcase the difference school nutrition professionals make for every child who comes through the cafeteria.



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