



# APRIL

## CULTIVATE HEALTHY HABITS WITH A SCHOOL GARDEN!

### WHY SCHOOL GARDENS?

Gardens in schools and early care environments give students hands-on experiential learning opportunities and create positive experiences with healthy foods. It can teach kids about the environment, how food is grown and where it comes from, and the importance of healthy eating and even help them develop stronger mental health!

Speaking of healthy eating, how cool is this? According to a 2018 study in Preventative Medicine, having a garden at school increases student intake of veggies at home!

Get out there and grow by learning how to grow food at your school garden!



### GET GROWING!

The Iowa Farm to School & Early Care Coalition has compiled a list of online resources to check out for sites who want to start or maintain their own garden!

- [USDA Team Nutrition – Team Nutrition Garden Resources](#)
- [Next Step Adventure – Learning in the Garden](#)
- [Iowa Department of Health and Human Services – Pick a Better Snack](#)

### SCHOOL LUNCH HERO DAY 2023



School Lunch Hero Day is a chance to showcase the difference school nutrition professionals make for every child who comes through the cafeteria!

Learn more and access free resources: [iowahealthieststate.com/5210](http://iowahealthieststate.com/5210)



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