

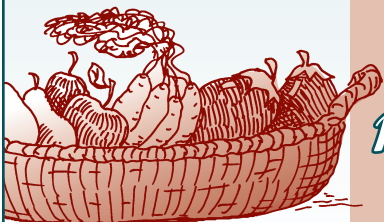
Ten Actions



For Healthy Children, A Healthy Food System & A Healthy Environment

The children of our community belong to all of us and hold our future in their hands.

Whether you are a parent, grandparent, aunt, uncle, cousin, sibling, friend, neighbor, teacher or police officer, you have a unique opportunity to help them grow up healthy and learn to respect the earth. A simple garden has all the tools you need to change the world.



- 1 Plan and plant a garden** with your children at your home, in their school and/or in your neighborhood.
- 2 Grow a variety of vegetables and fruits** for your kitchen and encourage children to eat from the garden and cook in the kitchen. Invite friends, family and neighbors to share.
- 3 Sow seeds of diversity**, representing cultures from around the world – sweet potatoes, wheat, amaranth, rice, cotton, grapes, teff, flax, olives, peppers, greens, okra, bamboo...
- 4 Nurture animals in your garden** or child's classroom and help children to learn the role they play in providing for us – chickens, turkeys, rabbits, goats, sheep, geese, ducks, catfish, carp, snails, and worms.
- 5 Plant a tree with a child** to show that you believe in a future full of hope and beauty.
- 6 Create an insect observatory** where children can watch the magic of the natural world unfold in their garden.
- 7 Install an observation hive** of honey bees to demonstrate the importance of pollinators in the garden.
- 8 Visit a farm** and shop at farmers' markets with your children to help them learn the important connections between farms and their kitchen table.
- 9 Build a compost pile** or worm compost bin to help children understand the complete food cycle and how to build healthy soil.
- 10 Celebrate each meal** with a simple thanks to acknowledge the source of our food, the people who grew it and the earth that provides it.

Learn More

Take Action * Get Involved

American Horticulture Society • <http://www.ahs.org>

American Community Gardening Association

• <http://www.communitygarden.org>

California Foundation for Agriculture in the Classroom

• <http://www.cfaitc.org>

California School Garden Network • <http://www.csgn.org>

Community Food Security Coalition • <http://www.foodsecurity.org>

Life Lab Science Program • <http://www.lifelab.org>

Master Gardener Program • Contact your Land Grant University

National Gardening Association • <http://www.garden.org>

The Growing Connection • <http://www.thegrowingconnection.org>

