



SCHOOL BASED NUTRITION EDUCATION: Healthy Living Initiatives

SUMMARY

- Continue to partner with Kellyn Foundation to build school gardens and educate children and their families about healthy eating habits through the “Healthy Families Need Healthy Roots” School Programming.

HIGHLIGHTS

- SLUHN supports school garden and nutrition education in three of our four adopted school districts including Union Terrace Elementary School and McKinley Elementary School in Allentown School District, Panther Valley Elementary School in Panther Valley School District and Five Points Elementary School and Washington Elementary School in Bangor School District.
- Piloted a “Healthy Families Need Healthy Roots” summer cooking demonstration at McKinley Elementary School during July and August.
- Students from three of our four adopted school districts including Allentown School District, Bangor School District and Bethlehem Area School District, got to tour the St. Luke’s Rodale Institute Organic Farm with Lynn Trizna, Farm Project Manager. Students learned about seed germination, planting, harvesting, bee keeping and composting.

SUCSESSES

- Over 700 students from three school districts learned about eating “real food” and planting a garden. Students got to participate in a salad day, tasting the mesclun mix, kale, and spinach grown in the school garden.
- 83% of program participants at the McKinley Elementary School summer cooking demonstration reported increasing their consumption of fruits and vegetables as a result of learning how to use them in healthy recipes.



CHALLENGES & NEXT STEPS

- For the upcoming school year, better partnerships need to be created with the school parent organizations to ensure the school gardens are harvested throughout the summer so that families can benefit from the fresh produce.
- Recruiting volunteers to assist with the school gardens is challenging. In FY16, we are exploring connection with local garden groups and master gardeners to help support the continued success of the school garden program.

