



### **OUR MISSION:**

*to empower every child to grow up healthy through science-based garden and nutrition education*

**OUR GOAL:** GrowingGreat programs inspire schools, families, civic leaders, community organizations and businesses to become leaders in promoting healthy food choices. We enthusiastically educate the scientists and farmers of tomorrow. Founded in 1999, our nonprofit organization strives to change the eating and nutrition habits of current and future generations through our interactive programs and hands-on science activities that illuminate both the environmental and health benefits of maintaining a school garden. To date, we have inspired over 250,000 children and families.

**WHAT WE DO:** We train and manage more than 330 parent volunteers per year via a virtual education portal. Parents watch interactive videos and have access to all the tools needed to deliver Classroom Nutrition (five 35-minute lessons for grades 3-5), and School Garden Programs (lessons, plantings, and garden projects for both Fall and Spring seasons grades K-5). Growing-Great's two integrated programs create a collaborative school and home model. Both program elements and services share unified themes, so knowledge and skill-building are consistently reinforced. Currently, we are in the process of piloting Nutrition lessons for K-2. All lessons support State Content Standards, Nutrition Competencies, federal District Wellness Policy requirements, Common Core Standards and Next Generation Science Standards.

**OUR PARTNERS:** GrowingGreat is passionate about reaching out to underserved audiences across the country. We are building collaborations with community programs that support children learning English and learning to read, and support parent/child activities that foster an understanding of the connection between the seed they put in the ground and the food they eat. We welcome museum and library partners, both in-school and after-school educators, to join us in empowering every child to grow up healthy.

**PARENT/CHILD ACTIVITIES:** Our hands-on science series for GrowingGreat families, A Drink of Water/Un poco de agua can be downloaded on our website, GrowingGreat.org, encouraging classroom learning to continue at home.

### **WHAT WE TEACH:**

- 1) Plants, animals and people all need food and water to grow.
- 2) Fruits and vegetables are grown in gardens. You can grow them yourself and eat what you grow.
- 3) You feel better when you eat a variety of colorful, whole foods that are close to their original source.
- 4) You can find healthy, local, seasonal, and organic foods in a store or farmers' market near you.
- 5) Making healthy food choices affects your overall well-being so that you can think, feel, and perform at your best all day long!

For more information, please email [info@GrowingGreat.org](mailto:info@GrowingGreat.org).