



## PROGRAM GOALS

Give students the knowledge and skills they need to make healthy food choices

Give students practical gardening skills

Produce fresh, nutritious foods for the school cafeteria

Complement and support learning in the classroom

## Testimonials

“We get to eat our hard work for lunch. YUM!” *2<sup>nd</sup> grader*

“I liked planting because when the seeds start to grow it makes me feel like I can accomplish something.” *3<sup>rd</sup> grader*

## ABOUT US

SPROUTS is a project of Green Mountain Farm-to-School (GMFTS). GMFTS promotes the health and wellbeing of our children, farms and communities by providing programs to connect schools and farms through food and education. We strive to promote environmental stewardship, create sustainable local economies, and nurture the health and wellbeing of our child and our community.

Since 2005, GMFTS has grown from a single school garden program to a nonprofit organization providing comprehensive services for multiple schools in Northern Vermont, with plans to expand services statewide.

### To learn more, contact us at:

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[GreenMountainFarmtoSchool.org](http://GreenMountainFarmtoSchool.org)

**Serving the Northeast  
Kingdom of Vermont**



## SPROUTS

:: School Gardens

:: Cooking Activities

:: Nutrition Education

A year-round, after-school program using hands-on activities to promote healthy lifestyle choices for grades 2-6.



**Programs to Connect  
Schools & Farms through  
Food & Education**

[GreenMountainFarmtoSchool.org](http://GreenMountainFarmtoSchool.org)

## PROGRAM SESSIONS

38 weeks, 1.5 hour workshops

### SEPTEMBER - OCTOBER

#### Garden Club: Preserving the Harvest

*Harvest Time! Tend the school garden and use garden foods for cooking and projects.*

### NOVEMBER – DECEMBER

#### Farms to Food

*From apples to applesauce and milk to butter, learn where food comes from and how to transform farm products into food!*

### JANUARY – FEBRUARY

#### Healthy Snacks and Me

*Prepare and take home yummy, healthy snacks while learning all about how to keep your body healthy and happy.*

### MARCH – JUNE

#### Garden Club: Seeds to Plants

*Planting Time! Design, plant and maintain the school garden and learn about nutrition and agriculture.*

### JUNE – AUGUST

#### Summer Stewards

*Tend the garden, do hands-on activities, explore the garden and share in the bounty of the harvest*

## SCHOOL CONNECTIONS

Program Leaders work directly with:

**Food Service Staff** to use the garden produce, develop new recipes using garden foods and introduce students to new foods with taste tests

**Teachers** to design workshops that use the garden as an outdoor classroom to support classroom curriculums



## PROGRAM DOCUMENTATION

### Students:

- Track the amount of produce grown in the garden
- Keep a journal demonstrating math and writing exercises in support of the garden program
- Take a pre- and post- tests to measure gains in nutrition, gardening and healthy choices knowledge



## A TYPICAL GARDEN

**DESIGNED** entirely by students from what to grow to how to layout the garden

**PLANT** a wide variety of fruits and vegetables from purple carrots to pie pumpkins to peas

**VISIBLE** located on school property in a highly visible place, the gardens average 30' x 40'

**PRODUCE** an average of 350 pounds of food for the school cafeteria

**EXPLORE** sunflower houses, bean teepees, compost bins and hand painted signs

**CELEBRATE** with a spring garden dedication ceremony and a fall harvest festival

**FUN** activities include: Seed saving, growing great garlic, plant part salad, wiggle worms, who made my lunch, eating whole grains, garden crafts and preserving the harvest