

## School Nutrition Hotlist

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I've been thinking about a classmate's comment on how horrible student lunches are in the cafeteria. When talking about student health and nutrition, I find it very important to not only identify a problem, but to pose a solution. Gardening is an amazing solution to heightening student awareness around nutrition. Please go and check out what an amazing job Berkeley, California has done on the link to The Edible Schoolyard. What an amazing and inspiring site!

I included different sites with school garden programs, but I have also included a few sites at the end of the page that have various links and information to health and nutrition related grants, making it possible to start a garden program at your own school.

Kids really respond to nutrition through gardening in my experience, and the garden setting provides a multitude of science experiment opportunities that can be linked back to nutrition. What a great way to get students connected to what they put into their bodies. How exciting!

### Statistics On School Cafeteria Nutrition

[http://www.cdc.gov/healthyyouth/shpps/factsheets/pdf/food\\_service.pdf](http://www.cdc.gov/healthyyouth/shpps/factsheets/pdf/food_service.pdf)

### Making It Happen-School Nutrition Success Stories

<http://www.cdc.gov/healthyyouth/nutrition/Making-It-Happen/success.htm>

### Improved Nutrition through School Gardens

<http://cals.arizona.edu/impacts/2001/30.pdf>

### School Gardens

<http://aggie-horticulture.tamu.edu/nutrition/schoolgardens/schgard.html>

### Farm to School

<http://schoolmeals.nal.usda.gov/Resource/farmentoschool.htm>

### Western Growers Association

<http://www.wga.com/public/active/siteBuilder/showPage.php?id=161>

### The Edible Schoolyard

<http://www.edibleschoolyard.org/homepage.html>

### Slow Food USA

<http://www.slowfoodusa.org/education/>

### DC Schoolyard Greening Consortium

<http://www.dcschoolyardgreening.org/grantproviders.html>

### Healthy Youth Funding Database

<http://apps.nccd.gov/HYFund/>

School Health Index

<http://apps.nccd.gov/shi/default.aspx>