



Healthy Seedlings

Youth Education Program

Program Overview

The Denver Urban Gardens (DUG) Healthy Seedlings Program is an elementary school garden-based youth education program that utilizes DUG's Healthy Bodies, Healthy Gardens curriculum. Our seasonal approach to teaching integrates the garden into the classroom by using standards-aligned lessons. These lessons provide experiential learning opportunities for student inquiry and investigation into health, earth and life sciences, math, and literacy. Although, the Healthy Seedlings Program is in the classroom, the goal is to impact the home environment as well. This is accomplished by sending healthy, affordable, and seasonally appropriate recipes home with students and encouraging them to prepare recipes with their parents.

Goals

- Build connections between healthy bodies and healthy gardens.
- Increase students' daily intake of fruits and vegetables.
- Increase students' nutrition and gardening knowledge.
- Increase students' nutrition and gardening self-efficacy.
- Increase students' positive attitudes about healthy eating and gardening.
- Increase relevancy of earth and life sciences through hands-on garden and nutrition lessons.
- Increase students' participation in and bonding to their community and their peers.

Because of the DUG's Healthy Seedlings Program*...

Students

- 150 students in 4th and 5th grade classrooms received 14 lessons
- 76% of students are more knowledgeable about nutrition and gardening
- 72% of students can choose healthier food options
- 69% of students are eating more fruits and vegetables
- 78% of students can grow a plant

Families

- 150 families received 14 healthy affordable recipes
- 67% of families made at least one of the healthy affordable recipes
- 57% of families are growing fruits or vegetables
- 82% of families are eating healthier
- 80% of families are eating more fruits and vegetables

* Results are from the 2017-18 school year. Evaluation is completed in partnership with the University of Colorado.

