

What Is *Grow Healthy*?



On the road to building healthier, successful kids through hands-on nutrition, physical activity, and gardening programs.

Does your school have an “unproductive” school garden that could be transformed as a valuable health/wellness teaching tool? Is your school’s wellness program less than “healthy”? **Grow Healthy** can help your school meet its wellness needs!

Grow Healthy is an elementary school nutrition and wellness initiative developed by the New Jersey Department of Agriculture and Rutgers Cooperative Extension's Department of Family and Community Health Sciences. *Grow Healthy* has a three-fold purpose:

- To provide fun, interactive nutrition education using edible school gardens as hands-on learning tools.
- To provide technical assistance to create and maintain a healthier school environment through effective wellness policies and wellness councils.
- To provide training for foodservice personnel on current Dietary Guidelines for Americans and updated school meal requirements.

Grow Healthy combines edible gardening with nutrition education and outreach via fun, hands-on components that support NJ Core Curriculum Content Standards and farm-to-school concepts. There are **garden-based nutrition lessons** in the classroom, **afterschool culinary programs**, resources for **school and family wellness event**, **staff wellness in-services**, and **school wellness council support** – all of which can help build healthier kids and families too.

For more information, or to request a program, please contact:

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