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**Gardens and Garden Education for All Children.**

BUDGET REQUEST: Allocate funding for a 5-year plan to build gardens and hire garden staff to support edible gardens in all elementary schools.

**WHY?**

Summary of Garden Benefits: Children grow more than food when they plant gardens. They live healthier, they thrive academically, and expand socio-emotionally as well.



* **Children Who Grow their Food are Healthier:** According to the [FoodCorps evaluation](https://www.tc.columbia.edu/media/centers/tisch/FoodCorps-Report-FINAL-08-30-17-v5.pdf), children in schools that provide frequent hands-on experiences in the school garden have 3 times more fruit and vegetables during school lunch (40). According to another [study at Cornell](https://www.ncbi.nlm.nih.gov/pubmed/29627512) this effect carries over to increased availability of fruit and vegetables at home as well (41). A [garden-based nutrition education program](https://www.sciencedirect.com/science/article/pii/S0002822307000144?via%3Dihub) had an even bigger effect on an increase in fruit and vegetable consumption than a nutrition education curriculum without an accompanying garden program (42).
* **Gardens Improve Academic Achievement:** [A study across 12 school garden programs](https://onlinelibrary.wiley.com/doi/full/10.1111/josh.12278) showed improved math and science scores (43).
* **Gardens Help Children Become More Physically Activity:** Access to school gardens and implementation of school garden programs contribute to an increase in daily [physical activity levels](https://www.jneb.org/article/S1499-4046%2806%2900070-4/fulltext) among children (44).