

## SCHOOL GARDENS

School Gardens create unique learning opportunities for both students and teachers. Gardening can connect multiple disciplines: Math, Science, English, and Nutrition. It can be used to teach children how to sustain themselves, care and respect the earth. School gardens foster growth and knowledge about where food comes from and nourishes healthy living habits.

School gardens can be incorporated as Community Garden spaces and provide inter-generational and cross-cultural learning opportunities. These spaces create aesthetically pleasing ways to learn about the environment, how to grow food, and create social connections and common ground. School gardens show children that they are a part of something bigger in their community and school system. This pride has the chance to grow in all ages from toddlers to high school students.

**Community Conclusions:** During the decision making meeting, the coalition determined a priority project based on Farm to School programming and potential collaboration with school garden design and School Garden 101 training.

### Public Input Session:

- ALC- Jones School: Develop support for community school gardens- value what good teachers are doing
- Sageville Elementary, Alternative Learning Center: launched a school garden in 2015
- NICC Peosta campus: launched a garden in 2015
- St. Columbkille Catholic: has had in past
- School gardens: what happened in the summer- start thinking creatively about programs: School garden 101-
- Dubuque schools have \$2.3 million in funding options
- Central Dubuque School kitchen supplies 8,000 meals per day - there is interest in buying local
- Under-used industrial space (Mill-work district)

### Economy:

\*\*find the data for lunch program requirements/ curriculum requirements – is this different per area/ or the same for the entire state\*\*

**Education:** provide numerous learning opportunities for children in schools including learning where food comes from; they also help develop responsibility and nurturing skills. Working in the garden can also build pride in individuals. Evidence has shown that students who participate in school gardens score higher on standardized tests.

WRAP YOUR OWN IOWA GROWN (2010)

SCHOOL GARDENS 101 (2015)

- Hempstead High School Garden: part of Dubuque schools
- Irving Elementary School Garden: part of Dubuque schools

DUBUQUE COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN PROMOTE HEALTHY BEHAVIORS:  
(DUBUQUE COUNTY HEALTH), (IOWA DEPARTMENT OF PUBLIC HEALTH)  
BY 2016 THE OBESITY RATE IN DUBUQUE COUNTY WILL DECREASE FROM 28% TO 24%.

Need for increased education on healthy lifestyle behaviors (including regular exercise and healthy diet/nutrition habits) among young children

Audience	Topic: Personal food production (Gardening)	Topic: Cooking & nutrition	Future Opportunities
Consumer - Child	<p>School Gardens 101 program at Extension. Garden Programs implemented in 2015:</p> <ul style="list-style-type: none"> <li>• Hempstead</li> <li>• NICC</li> <li>• (ALC?)</li> <li>• Sageville Elementary</li> <li>• (Jefferson Jr High)</li> </ul> <p>Dubuque Rescue Mission Partnership with Prescott Elementary School</p> <p>Beans &amp; Greens program</p> <p>Mound Bound Program</p>	<p>Nutrition is part of the DCSD K-12 health curriculum.</p> <p>Events: MFC - Spice Night</p> <p>Events: Circles Initiative</p> <p>Leisure Services Summer Programming</p> <p>Mound Bound Program</p> <p>LEAP program for Junior High Schools (Jefferson and Washington) Includes *healthy snack - contact Jackie Webber</p>	<p>Convivium Urban Farmstead</p> <p>The Dream Center - serves meals</p> <p>After School Program (Leisure Services) - serves prepackaged snacks to 5 elementary school students</p> <p>4H</p> <p>Futuretalk - offers stipends to youth to engage in beautification projects at parks and prairie/wetland areas</p>

### Equity:

Youth consuming at least 5 fruits per day: (The University of Iowa)

IOWA YOUTH SURVEY- UNITS PERCENTAGE	6TH GRADE	8TH GRADE	11TH GRADE	ALL GRADES
DUBUQUE COUNTY MALES	9%	5%	7%	6%
DUBUQUE COUNTY FEMALES	8%	5%	9%	7%
STATE MALES	9%	7%	5%	7%
STATE FEMALES	7%	5%	4%	6%

Youth consuming at least 5 vegetables per day (2012) (The University of Iowa)

IOWA YOUTH SURVEY- UNITS PERCENTAGE	6TH GRADE	8TH GRADE	11TH GRADE	ALL GRADES
DUBUQUE COUNTY RESULTS MALES	5%	4%	7%	5%
DUBUQUE COUNTY RESULTS FEMALES	6%	4%	4%	5%
STATE OF IOWA RESULTS MALES	5%	5%	4%	5%
STATE OF IOWA RESULTS FEMALES	5%	4%	3%	4%

Free and Reduced Lunch (Iowa Department of Education)

District	Percent Free and Reduced Lunch
DUBUQUE	37.1%
WESTERN DUBUQUE	27.4%

STATE AVERAGE

41.0%

PARTICIPATING IN THE COMMUNITY ELIGIBILITY PROVISION FOR SCHOOLS PROGRAM & LEISURE SERVICES AFTER SCHOOL PROGRAM): LINCOLN, AUDUBON, FULTON, MARSHALL, PRESCOTT

**Natural Systems:** school gardens can promote respect for the earth, and provide improvements to existing green space

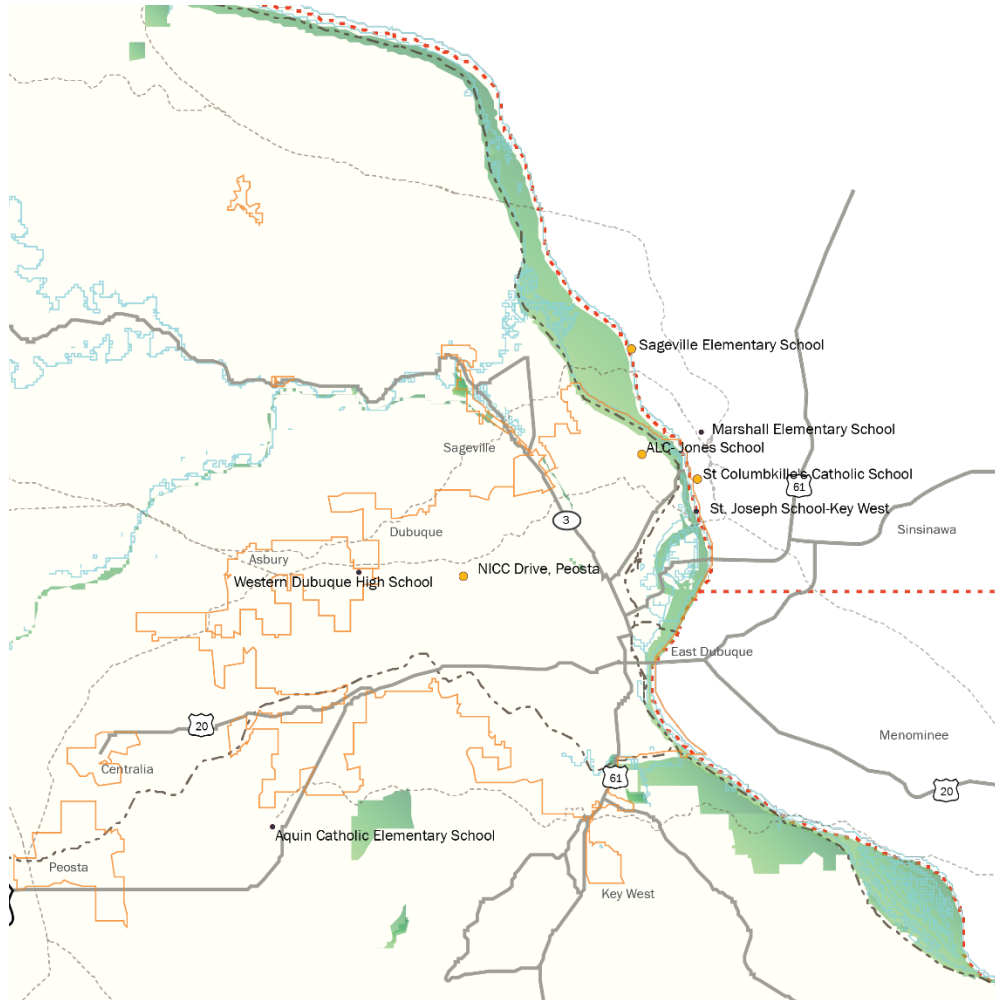


Figure 2: School Gardens