

# SCHOOL HEALTH RESOURCES

## Gardening, Food Preserving, Composting, and Outdoor Education

Information Prepared by the Saskatchewan Health Authority (Formerly Regina Qu'Appelle Health Region) Health Promotion Department

Email: [healthpromotionrghr@rqhealth.ca](mailto:healthpromotionrghr@rqhealth.ca)

Phone: 306.766.7370

| School Gardening Guidebooks/Toolkits  |  |  |
|---|--|--|
| Resource/<br>Program  | Description  | For more information<br>link/contact   |
| <b>SK School Boards Association</b><br><br>School Community Gardens: School Ground Greening | <b>Guidelines</b> for school garden or greening projects. <ul style="list-style-type: none"> <li>- The rationale and benefits of school garden or greening projects.</li> <li>- Promising practices to guide your project.</li> </ul>  | <a href="http://saskschoolboards.ca/wp-content/uploads/2015/08/07-06.pdf">saskschoolboards.ca/wp-content/uploads/2015/08/07-06.pdf</a> |
| <b>Making it Happen</b><br><br>Healthy Eating at School: Start a School Garden              | <ul style="list-style-type: none"> <li>- Challenges, barriers and how to overcome them</li> <li>- Toolkit for growing September –June</li> <li>- How to grow vegetables</li> <li>- Creating an outdoor classroom</li> <li>- Community garden guide</li> <li>- Home economics class explores what they can prepare from food grown close to home</li> </ul> | <a href="http://healthyeatingatschool.ca/in-the-garden">healthyeatingatschool.ca/in-the-garden</a>                                     |
| Growing Minds<br><br><b>Farm to School</b>  | <ul style="list-style-type: none"> <li>- Basic Steps to starting a classroom garden</li> <li>- Tips for gardening with students</li> </ul>   | <a href="http://growing-minds.org/school-gardens/">http://growing-minds.org/school-gardens/</a>  |
| <b>FAO</b><br><br>Running a Garden Project  | <ul style="list-style-type: none"> <li>- Questions to consider when making the plan</li> <li>- Secrets for success</li> </ul>  | <a href="http://www.fao.org/docrep/009/a0218e/Ao218E02.htm">www.fao.org/docrep/009/a0218e/Ao218E02.htm</a>                             |

|   |  |  |
|---|--|--|
| <p><b>Evergreen</b><br/>Greening School Grounds</p>   | <ul style="list-style-type: none"> <li>- Planning and Design Guide</li> <li>- Best Practices and Policies</li> <li>- Training and Resources</li> <li>- Grants Available</li> </ul>   | <p><a href="http://www.evergreen.ca/our-impact/children/greening-school-grounds/">www.evergreen.ca/our-impact/children/greening-school-grounds/</a></p>  |
| <p>Roots to Shoots:<br/>Lesson plan for grades K-2</p>  | <p>Activities for Students to learn about different parts of the plant and how they function together and to will focus on plant parts that we eat and be able to categorize them into different groups</p>  | <p><a href="http://foodshare.net/custom/uploads/2016/11/Roots-and-Shoots_NEW.pdf">foodshare.net/custom/uploads/2016/11/Roots-and-Shoots_NEW.pdf</a></p> <p>and supporting docs:<br/><a href="http://foodshare.net/custom/uploads/2016/11/Roots-and-Shoots_NEW-Supporting-Docs.pdf">foodshare.net/custom/uploads/2016/11/Roots-and-Shoots_NEW-Supporting-Docs.pdf</a></p>   |
| <p><b>Agriculture in the Classroom SK (AITC-SK):</b> Connecting Kids and Agriculture</p>  | <p>Provides innovative, <b>curriculum-based programs and resources</b> to help increase students awareness and understanding of agriculture. Check out our programs and events and AITC featured resources to find out how to include agriculture education in your classroom!</p> | <p><a href="http://www.aitc.sk.ca/">www.aitc.sk.ca/</a></p>  |
| <p><b>School Nutrition Information Poster: Composting, et Le Compostage</b><br/><i>Saskatchewan Health Authority (Formerly Regina Qu'Appelle Health Region)</i></p> | <p>Credible Nutrition information that can be used in school newsletters, website, on social media, posted in the school or anywhere!</p>  | <p>English: <a href="http://www.rqhealth.ca/service-lines/master/files/8934567_8_School%20Gardens%20Nutrition%20Poster%20Final-April%202017.pdf">www.rqhealth.ca/service-lines/master/files/8934567_8_School%20Gardens%20Nutrition%20Poster%20Final-April%202017.pdf</a></p> <p>Français: <a href="http://www.rqhealth.ca/service-lines/master/files/8950731_8_School%20Nutr%20Poster%20Fr%20-%20Et%20si%20on%20plantait%20un%20jardin%20Avril%202017.pdf">www.rqhealth.ca/service-lines/master/files/8950731_8_School%20Nutr%20Poster%20Fr%20-%20Et%20si%20on%20plantait%20un%20jardin%20Avril%202017.pdf</a></p> |

| <b>Local Healthy Food Fundraiser</b> |   |   |
|--------------------------------------|---|---|
| Resource/<br>Program                 | Description   | For more information<br>link/contact                                  |
| <p><b>Farm to School</b></p>         | <p>Farm to School is a not-for-profit new healthy and profitable choice in fundraising. Imagine a semi-truck full of fresh Canadian grown vegetables delivered directly to your school or licensed daycare located in Manitoba, Saskatchewan, Alberta, or NW Ontario! We understand that profitability is important to fundraisers and Farm to School offers 50% of total</p> | <p><a href="http://www.farmtoschool.ca/">www.farmtoschool.ca/</a></p> |

|  |   |  |
|--|---|--|
|  | sales back to schools and daycare centres.  |  |
| <b>Local and Fresh – Healthy Local (Saskatchewan) Food Boxes</b> | \$5 from every box sold goes to your school. Easy ordering, free delivery, and well organized orders. Boxes range in price from \$30-\$49 | For more information email <a href="mailto:info@localandfresh.ca">info@localandfresh.ca</a><br>Webpage: <a href="http://localandfresh.ca/">localandfresh.ca/</a> |

| <b>Indoor Gardening</b>                   |   |  |
|---|---|--|
| <b>Resource/<br/>Program</b>              | <b>Description</b>  | <b>For more information<br/>link/contact</b>                               |
| <b>Little Green Thumbs</b><br><br>AITC-SK | <b>Indoor gardening program</b> that gives elementary and high school students the opportunity to become food producers right in their own classroom! This hands on, inquiry based education program helps young people value the health of themselves, the environment and their community.<br><br>As students actively co-operate to care for their garden, they learn about nutrition, environmental stewardship, sustainable food systems, and community interdependence. | <a href="http://www.littlegreenthumbs.org/">www.littlegreenthumbs.org/</a> |

| <b>Composting</b>   |  |  |
|---|--|--|
| <b>Resource/<br/>Program</b>                                    | <b>Description</b>   | <b>For more information<br/>link/contact</b>   |
| <b>Your Guide to Composting</b><br><br><i>City of Regina</i>    | <b>Guide</b> to starting a school or class compost   | <a href="http://www.regina.ca/residents/waste/education-presentations-and-resources/composting/">www.regina.ca/residents/waste/education-presentations-and-resources/composting/</a> |
| <i>Saskatchewan Waste Reduction Council</i>                     | Videos, Information sheets, guides and links   | <a href="http://www.saskwastereduction.ca/recycle/resources/composting/">www.saskwastereduction.ca/recycle/resources/composting/</a>   |
| <b>School Wide Composting Guide</b><br><br><i>Green Calgary</i> | Curriculum connections and how-to guide (how to build one, what material to use, where to put it, what to put in it, what to do with the finished product, etc.) | <a href="http://murchiepages.weebly.com/uploads/1/3/4/3/13431671/schoolwidecompost_gc.pdf">murchiepages.weebly.com/uploads/1/3/4/3/13431671/schoolwidecompost_gc.pdf</a>             |

|   |   |  |
|---|---|--|
| <p><b>School Nutrition Information Poster: Composting, et Le Compostage</b></p> <p><i>Saskatchewan Health Authority (Formerly Regina Qu'Appelle Health Region</i></p> | <p>Credible Nutrition information that can be used in school newsletters, website, on social media, posted in the school or anywhere!</p> | <p>English : <a href="http://www.rqhealth.ca/service-lines/master/files/8934569_8_Comp%20ost%20School%20Nutrition%20Poster%20Final-May%202017.pdf">www.rqhealth.ca/service-lines/master/files/8934569_8_Comp%20ost%20School%20Nutrition%20Poster%20Final-May%202017.pdf</a></p> <p>Français : <a href="http://www.rqhealth.ca/service-lines/master/files/8950729_8_School%20Nutr%20Poster%20Fr%20-%20Le%20Compostage-Mai%202017.pdf">www.rqhealth.ca/service-lines/master/files/8950729_8_School%20Nutr%20Poster%20Fr%20-%20Le%20Compostage-Mai%202017.pdf</a></p> |
|---|---|--|

| Funding your School Garden   |  |   |
|--|--|---|
| Resource/<br>Program   | Description  | For more information<br>link/contact  |
| <p><b>School Garden Weekly</b></p> <p>10 School Garden Fundraising Ideas</p> | <p>Fundraising ideas that go along with the garden theme to help support your school garden!</p> <p>(Seedling sale, dried herb bouquet, seed sale, plant sale, flower sale, recipe cookbook, garden art, selling at a farmer's market)</p> | <p><a href="http://schoolgardenweekly.com/10-school-garden-fundraising-ideas/">schoolgardenweekly.com/10-school-garden-fundraising-ideas/</a></p>           |
| <p><b>School Gardening Grants</b></p>  | <p>A list of grants available in Saskatchewan for school gardening projects put together by the RQHR Health Promotion Department.</p>  | <p>Contact the Health Promotion Department<br/><a href="mailto:healthpromotionrqhr@rqhealth.ca">healthpromotionrqhr@rqhealth.ca</a><br/>or 306-766-7370</p> |

| Food Preservation   |  |   |
|---|--|---|
| Resource/<br>Program  | Description  | For more information<br>link/contact  |
| <p><b>Put it up!</b></p> <p>Food Preservation for Youth</p> | <p>Curriculum - a series of informal educational lessons that guide youth to explore and understand the science of safe food preservation (can, freeze, dry, cure and smoke, ferment, pickle, make jelly and jam, store)</p> | <p><a href="http://nchfp.uga.edu/putitup.html">nchfp.uga.edu/putitup.html</a></p> |

## Education Outdoors

| Resource/<br>Program   | Description  | For more information<br>link/contact  |
|--|--|---|
| <p><b>Connecting With Nature:<br/>Free Educational Guides For Teachers</b></p> <p>For Grades K-8</p> <p><i>David Suzuki Foundation</i></p> | <p>Studies have shown that spending time outdoors helps students do better in school by improving memory, problem-solving and creativity. Children who spend time in nature are also physically healthier and are more likely to care for nature as adults.</p> <p>Teachers across Canada agree! They've downloaded more than 10,000 copies of these guides. From coast to coast to coast, educators are taking their students outside and reporting that it's good for students and those who teach them.</p> | <p><a href="http://getbackoutside.ca/#resources">getbackoutside.ca/#resources</a></p>   |
| <p><b>8 Steps to an amazing outdoor classroom day</b></p> <p><i>Te@cher Toolkit</i></p>  | <p>Guide and Resources to setting up an outdoor classroom as well as lessons, activities and other ideas</p>   | <p><a href="http://www.teachertoolkit.co.uk/2017/05/11/project-dirt-2/">www.teachertoolkit.co.uk/2017/05/11/project-dirt-2/</a></p>                 |
| <p><b>Lesson Ideas</b></p> <p><i>Outdoor Classroom Day</i></p>   | <p>These are individual lesson and topic ideas sourced from a broad range of experts and organisations. You'll see that we've concentrated on inspiration, leaving the planning of how the activity will be delivered up to the person that knows their class and environment the best — you.</p>  | <p><a href="http://outdoorclassroomday.com/resources/lesson-ideas/">outdoorclassroomday.com/resources/lesson-ideas/</a></p>                         |
| <p><b>Outdoors and Nature</b></p> <p><i>Saskatchewan in Motion</i></p>   | <p>Webinars, weblinks, activities, handouts and resources</p>  | <p><a href="http://www.saskatchewaninmotion.ca/tools-resources/outdoors-nature">www.saskatchewaninmotion.ca/tools-resources/outdoors-nature</a></p> |
| <p><b>Green Schoolyards Resource Hub</b></p> <p><i>Children and Nature Network</i></p>   | <p>Research, resources, infographics and more</p>  | <p><a href="http://www.childrenandnature.org/initiatives/schoolyards/hub/">www.childrenandnature.org/initiatives/schoolyards/hub/</a></p>           |