

Families Making the Connection

Planting Seeds for Lifelong Learning


School gardens can be effective learning tools for students to discover fresh food, make healthier food choices and be more active. Gardens offer dynamic settings for class curriculum activities that integrate science, math, environmental studies, reading, nutrition, health, physical activity and more. If your child's school or class chooses to do a garden, here are some tips to help guide you.

- Get permission. Check with the principal and school administrators about garden policies.
- Investigate liability issues and insurance costs and requirements.
- Follow federal, state and local health, sanitation and safety regulations.
- Choose a garden site that has safe soil, gets direct sun for 6-7 hrs/day, is clear of trees and roots, and has good water drainage. Ensure you have a safe water source and hand washing station nearby.
- Create rules and guidelines so that everyone knows how the garden operates.
- Define your plan for the garden.
- Organize a garden committee and volunteers. Include teachers, School Nutrition staff, students, and families.
- Design your garden. Consider fencing, composting, a tool shed, benches and paths that are wheelchair accessible (36 inches).
- Link the garden to class curricula activities.
- Help students learn about farm to school.
- Share the harvest with a food bank or pantry.

For more tips, go to <https://bit.ly/2RrALGw>.

Breakfast Menu for April 2019

Douglass

Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
NO SCHOOL	SPRING BREAK	Mini French Toast Diced Peaches Juice Milk	Pancake Sausage Stick Fresh Fruit Juice Milk	Cereal Applesauce Juice
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
Breakfast Pizza Diced Peaches Juice Milk	Mini Pancakes Fresh Fruit Juice Milk	Pancake Sausage Stick Mixed Fruit Juice Milk	Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Peaches Juice Milk
Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19
Breakfast Pizza Diced Peaches Juice Milk	Chicken & Waffle Fresh Fruit Juice Milk	Mini Waffles Diced Peaches Juice Milk	Pancake Sausage Stick Fresh Fruit Juice Milk	Cereal Applesauce Juice Milk
Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
Breakfast Pizza Applesauce Juice Milk	Mini Pancakes Fresh Fruit Juice Milk	Peach Yogurt Parfait Mixed Fruit Juice Milk	Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Peaches Juice Milk
Monday, April 29	Tuesday, April 30			
Breakfast Pizza Diced Peaches Juice Milk	Chicken & Waffle Fresh Fruit Juice Milk			

April

- National Garden Month
- Earth Day (April 22)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
USDA is an equal opportunity provider and employer. 11/18
<http://childnutrition.ncpublicschools.gov>