



Chicana Farmer Edu-Plate Initiative: Urban Gardening Projects for Schools

Imagine your school's unused spaces transformed into thriving green gardens where students learn about sustainable agriculture, healthy eating, and environmental responsibility. The Chicana Farmer Edu-Plate Initiative's Urban Gardening Projects teach students how to grow food while fostering a connection with nature and promoting mental well-being. Our projects support the broader goal of creating sustainable food systems in schools and teaching children and their families, particularly single-working mothers, how to incorporate these lessons into their homes.

Program Details:

- *Design and Setup:* Our team will work with school staff to design the best urban gardening setup for your available space—container gardens, raised beds, or in-ground plots. We'll ensure it's manageable for staff and students alike.
- *Student Involvement:* Students will participate from the beginning, learning how to plan, plant, and maintain the garden. The project encourages hands-on learning, environmental stewardship, and a deeper appreciation for where their food comes from.
- *Sustainable Practices:* We teach students the basics of sustainable agriculture, such as composting, water conservation, and the benefits of growing local, pesticide-free produce.
- *Harvesting for School Meals:* The fresh produce grown in these gardens can be used directly in school cafeterias, providing students with nutritious, homegrown fruits and vegetables.

Benefits:

- *Mental Health:* Gardening is a proven way to reduce stress, boost mood, and promote mental clarity. For children, it can provide a peaceful outlet amidst the demands of school life while also giving them a sense of accomplishment.
- *Hands-On Learning:* Urban gardens serve as living classrooms where students can apply what they learn in science, biology, and environmental studies in a real-world setting.
- *Community Engagement and Family Support:* Gardens can extend beyond the school, teaching students skills they can take home to their families, supporting the Thrive Single Mamas Mission by empowering families to grow food and adopt healthier eating habits.

Call to Action:

Bring the Chicana Farmer Edu-Plate Initiative to your school through an Urban Gardening Project and watch your students grow in knowledge and health. Contact us at Thrive@marinasrubyslipper.org 800.594.9970 www.marinasrubyslipper.org to learn how we can get started on a sustainable garden for your school.

