

The “Healthy Gardens, Healthy Youth” People’s Garden School Pilot Project is an Extension partnership that aims to engage more than 4,000 elementary school students in creating food gardens in 54 low-income schools as part of a 2.5-year research study. The partners in this multi-state study are:

- Washington State University Extension
- Cornell University Cooperative Extension
- Iowa State University Extension and Outreach, and
- University of Arkansas Extension

Project Goals

Goal 1. Increase Fruit and Vegetable Consumption

Goal 2. Empower Youth in Their Communities

Goal 3. Contribute Toward a Sustainable Environment and Food System

Goal 4. Build a Nationwide Network

Follow the Project:

Project website:

<http://peoplesgarden.wsu.edu>

Facebook:

<http://www.facebook.com/HealthyGardensHealthyYouth>

YouTube channel:

<http://www.youtube.com/user/ExtSchoolGarden>



Core Strengths and Philosophy

Healthy Gardens, Healthy Youth builds on the unique strengths of our nation’s Land Grant Universities and their Cooperative Extension (LGU-CE) programs to:

- Plan, develop, and implement a pilot People’s Garden program that is national in scope, impact, and reach, yet is locally adaptable;
- Combine the theory and practices associated with positive youth development and leadership in 4-H programs with those of the nutrition education programs (e.g. SNAP-Ed, EFNEP) into a holistic garden-based learning model in conjunction with developing school and community gardens;
- Leverage the LGU-CE system of a physical or programmatic connection to nearly every county in the United States, with access to a suite of programs, and accompanying educators, such as:
 - a) 4-H youth development;
 - b) SNAP-Ed/EFNEP nutrition education;
 - c) Master Gardener or other community horticulture programs; and
 - d) Production level agricultural programs.
- Continue providing research-based information and programming adapted to the local needs and opportunities in their communities.

Leadership for Healthy Gardens, Healthy Youth is provided by Washington State University Extension, in collaboration with the Cooperative Extensions of Cornell University, Iowa State University and University of Arkansas. The project director, Brad Gaolach, Ph.D. can be reached at gaolach@wsu.edu.

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“Healthy Gardens, Healthy Youth”
People’s Garden School Pilot Project



The Extension Partnership including:
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Cornell University Cooperative Extension
Iowa State University Extension
and Outreach
University of Arkansas Extension