



From seed to harvest, in-school gardens nurture minds and nourish bodies

Kids learn best when they can see, feel, touch and fully experience the subject matter they are studying. That being true, can you think of a better way to teach children about plants and nutrition, and to support healthy eating, than to grow vegetables in the classroom?

Classroom Gardens is a pilot project that is bringing indoor gardening into grade 3 and 5 classrooms across all four Ottawa school boards. Throughout the school year, and even through the cold winter months, these students are growing plants from seed, and learning in a hands-on way about plant life-cycles, nutrition, and entrepreneurship. Most importantly, students will have the opportunity to eat the food they've grow, which is a proven way to get kids excited about eating healthy, fresh vegetables.

Need

Food insecurity is a mounting issue in Ottawa, with direct links to household income, poverty, and unhealthy food choices. It has the potential to affect the learning, health, development and well-being of our children and youth. Locally, 1 in 5 children live in poverty, which puts them at risk of consuming fewer essential micronutrients each day (especially dairy, fruit and vegetables which cost more), and at risk of gaining an unhealthy amount of weight.

Response

In year one the Classroom Gardens project, ONFE is partnering with eight schools across four school boards to pilot an indoor gardening program that will involve grade 3 and grade 5 classes in the planting, growing and harvesting of vegetables. Each garden can grow up to 50 edible plants at a time, all year long. That's a lot of healthy food to share with students, their families and neighbourhoods!

Impact

Classroom Gardens will engage local teachers and students in creating and tending to indoor gardens. Targeted lesson plans will connect hands-on gardening activities with curriculum goals in a variety of subjects. Students will gain a better understanding of plants, food supply and demand, nutrition and healthy eating, and food-related careers.

LEARN MORE:

To learn more, visit our website at www.onfe-rope.ca/programs/classroom-gardens or contact Simon McMillan by phone at (613) 366-3085 x257 or by email at smcmillan@onfe-rope.ca.

Inspiring kids to discover healthy eating through experiential classroom gardening activities



Become an annual or monthly donor

The Ottawa Network for Education (ONFE) helps students to succeed by tackling issues that create barriers to learning and have a negative impact on student well-being. Your donation will fund programs that remove barriers like hunger, inadequate nutrition, skill deficits, and substance abuse; and support students' learning, skill development, and career preparation.

Partner with us

Align your business with us – and give local students the chance to soar

ONFE is the only organization in Ottawa that partners with all four school boards to develop and deliver much-needed programs directly to schools.

Our Classroom Gardens program makes engaging connections between indoor gardening and grade 3 curriculum, while addressing serious issues like increasing food insecurity, unhealthy eating and childhood obesity, and decreasing food literacy.

We invite you to connect with us to discover the partnership opportunity that is right for you.

Make a Corporate Donation

Companies that value education and youth, and want to invest in the communities where their employees work and live, often choose the Ottawa Network for

Education because they know their contribution will enhance public education and support student success right here, at home.

Create an Employee Giving Campaign

Workplace giving will provide your company and *employees* with the opportunity to rally around a common cause; work together to organize workplace events or collect pledges; and raise important funds that will benefit their local schools and community. It's also a simple way to increase corporate visibility and customer loyalty.

Support Us at your Next Event

Turn your next corporate event into a fundraiser by directing the proceeds of your golf tournament, staff barbecue or holiday gathering to the Ottawa Network for Education. Let your creativity be your guide – or contact us for more ideas.

For more information about supporting Classroom Gardens and ONFE, or to get involved today, please contact Ashley Richer by phone at (613) 366-3085 x.264 or by email at aricher@onfe-rope.ca