



## America's Grow-a-Row Workshop Descriptions

A class size of 30 or less is recommended for workshops.

Assembly presentations are available for larger groups.

### Hunger Awareness

*Each lesson in this category includes an introduction to America's Grow-a-Row.*

### **Community Health Factors**

Age: Sixth grade - Adult

Time: 20 - 45 minutes

How do socio economic factors impact our health? Students explore these factors, which include income, education, location, occupation, built environment, social support, and transportation, through discussion and activities. Students compare New Jersey counties rank with regards to income, health factors and outcomes.

### **Mapping Health**, an adaptation for Elementary School

Time: 20-45 minutes

Children draw maps of their communities, including places they go each day, and ways they might get there. This visual exercise allows them to discover the health factors listed above and consider how they contribute to the health of their community. Students will also learn about food deserts and food swamps.

### **SNAP Budgeting**

Age: Middle and High School

Time: 30-45 minutes

For those relying on SNAP (Supplemental Nutrition Assistance Program) it is a challenge to plan healthy meals for an average of \$3.93 per day. Students talk about what foods they like to eat and what they think the costs of those foods might be. In pairs students will plan a week's worth of healthy meals spending only \$3.93 per day. In closing we will share our meal plans and discuss.

### **Gleaning**

Age: Elementary- High School (with modifications)      Time: 30 minutes

People go hungry while there is excess in our food supply, from farm to market and restaurant. By playing a card game, students will discover that 40% of the food grown in the United States ends up in the landfill. We will consider this in the context of food insecurity, as well as environmental impact. Students will brainstorm their own solutions, and learn about gleaning.

[www.americagrowarow.org](http://www.americagrowarow.org)

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## Healthy Eating

### **Food Preparation**

Age: Preschool to High School - in food desert communities

Time: 60 minutes

We take “eating the rainbow” literally as students become chefs: chopping, measuring, mixing, and of course, eating their healthy creations. Preparing the food inspires students to try new fruits and vegetables. Time permitting, classes may continue with other nutrition lessons listed below. We also have 3 or 5 lesson series with themes such as “Eat your rainbow”, “Parts of the Plant”, and “My Plate/Meals of the day”

### **Healthy Eating on a Budget**

Time: 30 minutes

Age: College/Adults

A PowerPoint presentation that presents and engages discussion about eating healthy on a budget.

### **Nutrition Label Reading**

Age: Jr. High - High School

Time: 20-30 minutes (more with extensions)

Students learn to read a nutrition label and make healthy choices. They will learn how much salt and sugar it is safe to eat each day, and consider their food choices, brainstorming ways to eat within the age appropriate daily recommendations. Extensions include a healthy snack, making an advertisement, or measuring the salt, sugar, and vegetable shortening.

### **Eat Your Rainbow**

Time: 20 minutes each

A series of active lessons for preschoolers to middle school students that introduce various fruits and vegetables and the benefits of eating all of the colors of the rainbow

- **Catch** - A kinesthetic game that reinforces the rainbow selection of fruits and vegetables using small colored balls.
- **Who Am I?** This game gives students a chance to stretch their legs, challenge their brains, and talk to each other as they determine “Who am I?”
- **Sort the Produce Relay** - Preschoolers and younger elementary students can get up and moving while sorting pictures of produce

Thank you for considering America’s Grow-a-Row for your school presentation. Fees may apply.

America’s Grow-a-Row is a non-profit organization committed to providing farm fresh produce for people who struggle with food insecurity throughout the state of New Jersey. America’s Grow-a-Row is funded by private foundations, corporate grants, and individual donations.

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