

Welcome to the World of the
North Bay Children's Center (NBCC)...


Sponsors of the **Garden of Eatin' Childhood Obesity Prevention Project**




NBCC is a non-profit, community-supported organization that provides a nurturing environment for children that fosters their emotional, intellectual, social and physical well-being.

In 2006 the Garden of Eatin' was invited to join the Champions for Change through the County of Marin's Nutrition Wellness Program.

Garden of Eatin' Project


Garden of Eatin's Mission




To teach the families of the young children under our care to make healthy choices so their children have the chance to grow up to live a happy fulfilling

Garden of Eatin' Project

The Garden of Eatin' is a nutrition garden whose primary purpose is to teach children to enjoy eating vegetables.

Our easy conceptual framework for teaching children to eat vegetables:

- Vegetables and fruits come from gardens, not bags and boxes.
- Being in the garden with my friends and eating new foods is fun.
- I can actually like eating vegetables!
- Eating fruits and vegetables helps me grow and stay healthy and strong.



Garden of Eatin' Project

Designing a Nutrition Garden.....

Take "The Permaculture Approach"

- Build Soil Fertility First and Foremost
- Build Garden Health with Diversity
- Include climate appropriate Perennials / Fruit Trees
- Design for Pollinators e.g. "Butterfly Garden"
- Design for all the senses
- Design for Ease of Access/Movement for Children
- Build in Functionality
 - irrigation - compost - food washing - safety - trellis*
- Plant for Seasonal Succession
- Maximize Planting Area - Go Vertical
- Design for Simplicity and Ease of Maintenance
- Remember it is a Food Harvesting Garden
- Cultivate crops that are easy to eat right off the plant







Fall 2004



Garden of Eatin's
Summer Garden 2005



Summer Garden 2006



Rebuilding Together Work Day - Earth Day - April 2006



Early Summer Garden 2006


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Making a Nutrition Garden a Success



- Make the garden a part of the children's day
- Give teachers time to become comfortable with dirt, plants, and creepy crawly things.
- Let parents harvest with children at days end
- Play with the children in the garden
- Eat with the children in the garden
- Look for bugs, snakes, worms & all sorts together
- Include the community as much as possible
- Network with community gardeners / educators
- Share your joy and enthusiasm with the children

Most of all teach everyone to love the garden

*Garden
of Eatin's
Work
Force*





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Children and Vegetables
THE FACTS

Children eat what they like.
Children eat what's available to them.

Young children are typically suspicious of new foods and need repeated exposure to accept them.

Children are not hard-wired to eat vegetables; they need to be taught to like them.

Young children are tactile, experiential learners who are driven to develop new skills.

Research indicates that children's food preferences are mostly in place by age 2 or 3.



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Adult Factors (Parents and Caregivers)


Provide repeated opportunities to try vegetables:

- Make them available to eat
- Allow children to help
 - grow
 - select
 - prepare

Offer supportive environment for eating:

- Adults eat with children (role-modeling)
- Adults display positive attitudes
- Adults allow children to choose whether to eat and how much

Child's receptivity to and intake of vegetables




Garden of Eatin' Project

Garden of Eatin' Program Framework

ECE Center

- Food service involvement
- Physical activity

Bringing food into the classroom with:

- Food tastings
- Cooking projects
- Stories
- Consistent messages

Wellness Policies

- Support for staff training
- Monitoring
- Planning for sustainability


Garden central to "eating education"

Partnership with Parents

- Educational events
- "Happy Hour in the Garden"
- Recipes and Harvest of the Month sent home as appropriate
- Garden workdays
- Parent-teacher conferences

Mealtimes interactions:

- "Table talk"
- Adult modeling





Create New Landscapes for Children



“Every Child Needs a Garden”



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**For More information on the
Garden of Eatin' Project**

Website: www.nbcc.net/garden
 You Tube: <http://youtube.com/watch?v=rkncM68RxOU>
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