

# Gardening for Kids

*Eating from the Garden* is a six to twelve-week nutrition and gardening program for second to fifth-grade kids. Gardening allows students to become part of an outdoor classroom, develop life skills and improve their health. Kids will plant and harvest produce, sample fruits and vegetables, and participate in interactive nutrition and food safety activities.



## TOPICS

- Nutrition
- Importance of eating fruits and vegetables
- Food safety
- Hands-on basic gardening skills
- Plant science
- Environmental awareness

**When:**

**Where:**

**Contact:**

## JOIN US IN CLASS



Provided by the University of Missouri Extension Family Nutrition Education Program

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For more information, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.  
Need help stretching your food dollars? Contact your local resource center or go online to  
**[mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)**

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