

Youth Education Programs & Resources

For over twenty years, Denver Urban Gardens has worked in partnership with Denver Public Schools, Jefferson County Public Schools, Aurora Public Schools, Englewood Public Schools and Douglas County Public Schools, to establish gardens at schools. Of DUG's 175+ community gardens, one third are located on the grounds of schools, with one to three new school gardens in various stages of planning each year. The expansion includes requests to accommodate the needs of older students in middle and high school. DUG is committed to supporting each community garden in ways appropriate to that garden's particular needs, including developing a partnership between the school community and surrounding neighbors to strengthen garden sustainability. We believe the lessons offered in a garden are life changing for children of all backgrounds. Through the wonders of a garden, students experience hands-on lessons in: health, earth and life sciences, math, literacy, social science and community building.

Denver Urban Gardens' resources and programming in school garden and nutrition education include:

Trainings & Resources

- **Helping Kids Get Healthy: A Workshop Series For Youth Educators**
This ongoing workshop series is designed for teachers and volunteers who want to incorporate the school garden into their classroom.
- **Healthy Bodies, Healthy Gardens Curriculum**
The Healthy Bodies, Healthy Gardens Curriculum builds a bridge between the school garden and the classroom by using seasonally appropriate and standards-aligned lessons.
- **Benefits of School-Based Community Gardens: A compilation of research findings**
Use this summary of research findings to support your garden programming. It includes findings related to academic achievement, physical health, social and emotional health and school and community benefits.

Programs

- **Garden to Cafeteria**
The Garden to Cafeteria program is a unique opportunity for students to grow fresh fruits and vegetables in their school gardens with the aim of supplying some of their harvest to the school cafeterias to be used at lunch service.
- **Healthy Seedlings**
The Healthy Seedlings program is an elementary school garden-based nutrition education program that consists of 14 hands-on lessons each year. Lessons are taught by DUG staff and volunteers inside the classroom and utilize the school-based community garden as a learning environment.
- **School Garden Cultivator Volunteer Program**
We believe the effectiveness of our work in school gardens is enhanced when it is supported by a committed group of volunteers, which might include on-site community gardeners, parents, grandparents or neighbors.
- **Youth Farm Stand**
In partnership with Slow Food Denver, Denver Urban Gardens works with local schools to coordinate youth-run farm stands.

Support

- **Consultation**

We offer ongoing support for teachers and school garden leaders. Please contact Mikhaela Mullins at mikhaela@dug.org if you need assistance with your school garden.

- **Newsletter**

[Sign-up for the Educational Carrot Newsletter](#) to receive information about upcoming workshops, available resources, grants for school gardens and other school garden related information.

SPROUTS

HEALTHY COMMUNITIES

FOUNDATION

We'd like to thank Sprouts Healthy Communities Foundation for their generous support of DUG's youth education programs.