

Gardens to Hospitals



KIDS GROWING FOOD FOR BETTER HEALTH

THE INSPIRATION

School gardens are sprouting up all over the country, lunch programs are becoming healthier and more hospitals are sourcing sustainably grown food. Lisa's Organics, purveyors of organic frozen vegetables and vegetable side dishes, is inspired to keep this momentum going by supporting healthy meal initiatives in schools and hospitals.

THE PROGRAM

We want to help Northern California schools and hospitals grow healthier meal programs together. Collaborative partnerships propel initiatives forward. By partnering school gardens together with hospitals for healthier meals, they can galvanize each other and work together towards positive change in the foods they serve.

School gardens teach kids how to grow food and eat healthy. At the same time, it is creating systemic change in our food system by nurturing more conscious eaters for tomorrow. With Gardens to Hospitals, kids will be advocates for change in their school lunchroom as well as the kitchens serving meals to kids in hospitals.



According to a 2010 study by Life Lab, there are over 600 school gardens in California and over 50 California hospitals have taken the Healthy Food in Health Care pledge. These are great first steps but many school lunches and hospital meals still suffer. A 2010 study by Dr. Lenard Lesser with the UCLA School of Medicine, revealed that of California's 14 major children's hospitals only 7% of the cafeteria entrees were deemed healthy.

Lisa's Organics wants to facilitate a student-driven program in Northern California that draws awareness to the important role food plays in raising healthy children and direct that enthusiasm towards kids in need. Instead of just teaching by example, we want to help kids grow food by example and be a catalyst for change in their food system of tomorrow.



Let's leverage the common interest of the school garden, the lunchroom and the hospital in order to serve meals that help children thrive.

"What people eat is one of the most important determinants of their health."

- Dr. Preston Maring, an obstetrician at Kaiser Permanente, San Jose and founder of farmers markets at Kaiser Medical Centers around the country.



THE PLAN

Within Northern California, Lisa's Organics will work with schools that have an existing garden program, or are looking to implement one, and connect them to an area hospital that is implementing a healthy meals initiative or aspiring to improve the quality of meals served.

The students and children of the hospital will come together in a series of information and food sharing events. The school kids will teach the hospital kids what they are learning in their organic garden and the healthy food choices they have started to make. Equally, parents will better understand the role healthy eating plays in overall well being.

During the event, the students and children will participate in a collaborative garden activity or art project which will leave a lasting impression on the students, children and hospital

Sponsored by Lisa's Organics

Lisa's Organics believes that when we teach kids how to grow food and eat healthy; we are simultaneously creating a systemic change in our food system.

ABOUT LISA...

We have a special needs daughter and have spent long hours in children's hospitals throughout the country. Our own experience forced us to find meals we felt good about outside the hospitals we were visiting. When we read the article that only 7% of meals in children's hospitals were healthy, we decided we had to help. So, we created the Gardens to Hospitals program. It's not about making money, or trying to leverage an opportunity. It's really about a heartfelt desire to make the time kids and their families spend in hospitals a healing experience.

To get involved please contact:
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THE PROPOSAL

In order to provide a meaningful and lasting experience for both the participating school and hospital, Lisa's Organics and their partners have assembled the following sponsorship package:

\$500 school donation to purchase school garden materials and supplies.

\$500 hospital donation to purchase materials for one of the following garden activities or art projects which will be a semi-permanent installation at the hospital:

1. Raised Garden Bed or Container Garden - Ideally, the growing space will be located in a place that is both visible to the hospital staff, patients and visitors but also accessible for the hospital kitchen in order to harvest herbs and lettuce.

2. Farm/Food Mural - A farmscape will be designed and painted onto 5"x5" tiles. Before being glazed, each student and child will have a chance to draw on their own tile. After the tiles are fired in a kiln, the tiles will be brought together and hung on a wall in the hospital revealing the food festive art!

\$250 in-kind donation from G2H partners. Each school will receive a garden package including seeds, tools and other supplies. In addition, every participating student or child will receive a reusable grocery tote with take-home crafts, food growing projects and a Lisa's Organics t-shirt.

lisa says

**EAT
YOUR
organic
VEGGIES!**

