



WHY WE SUPPORT

SCHOOL GARDEN PROGRAMS

Building on a child's natural enthusiasm, school gardens offer hands-on lessons in science and nature, health and nutrition.

School Gardens Increase Fruit & Vegetable Consumption in Adolescents¹

Students learn where food comes from and develop a lifelong preference for healthy snacks.

School Gardens Significantly Increase Science Achievement Scores²

Gardens add sensory and participatory dimensions to learning for improved understanding and retention.

School Gardens Offer Practical Experience, including Working with Groups³

Gardens tie academic subjects and problem-solving skills to the real world, and are a welcome relief from screen and seat time.

School Gardens Improve Social Skills & Classroom Behavior⁴

Outdoor activity improves concentration, retention, behavior, and cognitive function.

Whole Child Learning Environments promote nature-based learning, healthy habits, and essential life skills. The Audacious Foundation helps schools establish and maintain gardens and curriculum, and develop program self-sufficiency.

Sources Include:

- ¹ McAleese, J.D., and L.L. Rankin: Garden-Based Nutrition Education Affects Fruit and Vegetable Consumption in Sixth-Grade Adolescents, *Journal of the American Dietetic Association*, 107, 662-665
- ² Klemmer, C. D., T.M. Waliczek, and J. M. Zajicek: Growing minds: The Effect Of A School Gardening Program On The Science Achievement Of Elementary Students, *HortTechnology*, 15, 448-452
- ³ Robinson, C.W., and J. M. Zajicek: Growing Minds: The Effects Of A One-Year School Garden Program On Six Constructs Of Life Skills Of Elementary School Children, *HortTechnology* 15, 453-457
- ⁴ DeMarco, L., P.D. Relf, and A. McDaniel: Integrating Gardening Into The Elementary School Curriculum, *HortTechnology* 9, 276-281

Audacious foundation

A Complete Learning Experience
for the Whole Child
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