

LISA WHITTLESLEY



Thursday Keynote

“Kids in the Garden – It IS a Good Thing!”

School gardens are growing in popularity and the idea of growing healthy, happier, and more academically successful children through gardening is of interest to many youth educators across the United States. The Junior Master Gardener (JMG) program has been shown to be an effective vehicle to help “grow good kids” in the local community. Research results from a 5-year USDA research/extension grant evaluating Learn, Grow, Eat & GO will be shared showcasing its positive impact on child health and obesity prevention. Lisa’s remarks will focus on the integration and purposeful components of the Junior Master Gardener curricula, Learn, Grow, Eat & GO! that were shown to maximize positive health behaviors in the study. The presentation will feature examples of how community coalitions, partnerships, schools and volunteers were cultivated to implement JMG’s Learn, Grow, Eat & GO! to achieve measurable positive health outcomes.