

Edible Schoolyard

Goal:

The edible schoolyard is a project in which school children can participate while simultaneously learn the benefits of eating healthy and maintaining a balanced diet.

Project Description:

JCCC is promoting the development of edible schoolyards in public schools to promote healthier meals for students. Edible schoolyards are a place where students learn to grow healthy, sustainable foods that will be consumed within their schools. The JCCC high-tunnel garden is already providing products for the Hiersteiner child development center.

Community Benefits and Lessons Learned:

National problems of obesity and health-related issues are appearing increasingly in young children. Programs like the edible schoolyard directly address the poor eating habits that lead to these health issues. Students gain hands-on exposure to science and agriculture that reconnects them with their food.

Funding Sources and Partnerships:

Johnson County Community College Hospitality Management Program and the Johnson County Community College Hiersteiner Child Development Center

Contact:

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Students were involved in the planting of their edible schoolyard. This allowed them an opportunity to learn the health benefits of the foods they planted and how much they should eat to have a balanced, healthy diet.

