

Wellness Policy Attribute: **School Gardens**

District	BP/AR (Year)	Page	Language
1. Alpine	BP (2017)	7	<p>The District aims to teach, encourage, and support healthy eating by students and others while on school campuses. Schools should provide nutrition education and engage in nutrition promotion that might include, but not limited to, the following:</p> <ul style="list-style-type: none"> • Include developmentally-appropriate, culturally relevant, participatory activities such as taste testing, working in school gardens, field trips to farms, community gardens, and/or other community locations promoting healthy lifestyles. <p><u>School Gardens</u> School Gardens can promote nutrition and support a healthy learning environment. Gardening fosters improved student health and ensures students have the opportunities to experience planting, harvesting, preparing, serving and tasting self-grown food. The District supports:</p> <ul style="list-style-type: none"> • The use of school property for school gardens that promote nutrition education and physical activity that is integrated with other subjects are instruction to enhance learning. • Exploring and establishing partnerships with outside organizations to support the sustainability of school gardens at individual school sites as appropriate.
2. Borrego Springs	BP (2017)	9	<p>The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:</p> <ul style="list-style-type: none"> • Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens; • Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
3. Cajon Valley	BP (2017)	2	<p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p>
4. Cardiff	BP (2022)	2	<p>The district shall: Provide nutrition education that addresses agriculture and the food system throughout the year during garden classes that are weekly for all students in grades K - 3 and through garden club for grades 4 - 6.</p>
5. Carlsbad	BP (2017)	2	<p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated</p>

		3	<p>into core academic subjects in the regular educational program. Nutrition education may be offered through before- and after-school programs, summer learning programs, and school garden programs.</p> <p>Developmentally-appropriate, culturally-relevant, participatory activities such as taste testing, working in school gardens, field trips to farms, community gardens, and/or other community locations promoting healthy lifestyles.</p>
		5	<p>District schools are encouraged to establish school gardens and/or farm-to-school projects to increase the availability of safe, fresh, seasonal fruits and vegetables for school meals and to support the district's nutrition education program.</p>
6. Chula Vista	BP (2017)	2	<p>School Nutrition, Physical Education, and Physical Activity Goals</p> <p>The Board shall adopt goals for nutrition, nutrition education and promotion, physical education, physical activity, and other school-based activities such as school gardens that are designed to promote student wellness in a manner that the District determines appropriate. (42 USC 1758b)</p> <ul style="list-style-type: none"> • Include developmentally-appropriate, culturally-relevant, participatory activities such as taste testing, working in school gardens, field trips to farms, community gardens, and/or other community locations promoting healthy lifestyles.
		9	<p>School Gardens</p> <p>School gardens can promote nutrition and support a healthy learning environment. Gardening fosters improved student health and ensures students have the opportunities to experience planting, harvesting, preparing, serving, and tasting self-grown food.</p> <p>The District supports:</p> <ul style="list-style-type: none"> • The use of school property for school gardens that promote nutrition education and physical activity that is integrated with other subject area instruction to enhance learning. • Exploring and establishing partnerships and/or joint-use arrangements with outside organizations to support the sustainability of school gardens at individual school sites as appropriate. • The sustainability of school gardens through activities including, but not limited to, grant writing, fundraising, and/or in-kind donations of materials or other resources. • The site administrator/designee to be responsible for supervising all materials, resources, and services

			requested for the school site’s garden program, making sure that requests adhere to District protocols and policies. (Education Code 51795-51796.5)
7. Dehesa	BP (2019)	7	Schools should provide nutrition education and engage in nutrition promotion that might include, but not limited to, the following: • Include developmentally-appropriate, culturally relevant, participatory activities such as taste testing, working in school gardens, field trips to farms, community gardens, and/or other community locations promoting healthy lifestyles.
		5	School Gardens School Gardens can promote nutrition and support a healthy learning environment. Gardening fosters improved student health and ensures students have the opportunities to experience planting, harvesting, preparing, serving and tasting self-grown food. The District supports: • The use of school property for school gardens that promote nutrition education and physical activity that is integrated with other subjects are instruction to enhance learning. • Exploring and establishing partnerships with outside organizations to support the sustainability of school gardens at individual school sites as appropriate
8. Encinitas	BP (2017)	1	Whereas, school gardens can provide students with experiences in planting, harvesting, preparation, serving and tasting foods, including ceremonies and celebrations that observe food traditions, integrated with the core curriculum, and articulated with state standards;
		3	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.
9. Escondido Union	BP (2018)	2	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.
10. Fallbrook Union Elementary	BP (2016)	1	Nutrition education may also be provided through school garden activities. Staff are encouraged to integrated hands-on experiences with school gardens as feasible, including composting, planting, and harvesting.
11. Jamul-Dulzura	BP (2018)	1	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.
12. Julian Union	BP (2019)	Preamble	Whereas, a school garden, integrated with the core curriculum and articulated with state standards, can instill lifelong environmental and nutritional literacy in children;

		8	All schools within the District participate in...garden education...
		9	The District will implement the following Farm to School activities...: Schools sustain school gardens....
		12	The District will maintain instructional gardens to provide students with experiences in planting, harvesting, preparation, serving and tasting foods, including ceremonies and celebrations that observe food traditions, integrated with nutrition education and core curriculum and aligned with state standards.
		13	Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition related community service.
		18	Before and After School Activities The District offers opportunities for students to participate in physical activity before and/or after the school day. The District will encourage students to be physically active in... offering time in school gardens for gardening activities...
13. Julian Union High	BP (2017)	2	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.
14. Lakeside	BP (2016)	7	<i>Nutrition Education</i> The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that: <ul style="list-style-type: none"> • Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
15. La Mesa-Spring Valley	BP (2017)	2	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.
16. Lemon Grove	BP (2018)	10	<i>Nutrition Education</i> Nutrition education curricula will align with California Health Education Standards and as appropriate, be integrated into Common Core, other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, career education programs, and school garden programs.
17. Mt. Empire	BP (2017)	2	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after- school programs, summer learning programs, and school garden programs.

18. National	BP (2023)	1	Nutrition 2. Encourage schools to maintain instructional gardens to offer students the experience of planting, harvesting, preparing, and serving tasty food. These experiences will be integrated with nutrition education and core curriculum.
19. Oceanside	BP (2021)	7	Health Education - Nutrition and Physical Activity The district shall provide unbiased, evidence-based resources consistent with the expectations established in CHECS to conduct education on nutrition and physical activity. Nutrition education should link to and promote school meal programs, cafeteria nutrition education activities, school gardens, Farm to School programs, and other school foods and 7 nutrition-related community services.
		8	Pursuant to the requirements of the Education Code, education on nutrition and physical activity shall be...experiential, including cooking demonstrations, school garden activities...
20. Poway	BP (2018)	1	Nutrition education shall be provided as part of the health education curriculum and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before and after school programs, summer learning programs, and school garden programs.
21. San Diego Unified	BP (2019)	3	Food and Nutrition: Provide evidence-based resources, consistent with the expectations established in the state’s curriculum frameworks and content standards, to conduct nutrition education and nutrition promotion that link to school meal programs, cafeteria promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services.
		5	Health Education: The goals for Health Education are: d. Encourage health educational activities that promote environmentally-friendly practices (e.g., school gardens, food recovery, recycling, etc.). c. Support the use of school property for school gardens that promote nutrition education and physical activity as well as explore and establish partnerships and/or joint-use arrangements with outside organizations to support the sustainability of school gardens at individual school sites as appropriate. Instructional gardens will be integrated with other subject areas to enhance student learning.
22. Santee	BP (2018)	2	Nutrition Education Goals c) Nutrition education shall be linked to the cafeteria through events such as school gardens, farmer’s markets, farm to school programs, and other school foods and nutrition related community service opportunities that promote nutrition education.

		5	<p>d) Staff shall be encouraged to integrate hands on experiences with school gardens to include, but not be limited to, composting, planting and harvesting.</p> <p>Marketing Foods and Beverages at School Healthy foods, including fruit, vegetables, whole grains, and low-fat and fat-free dairy products, shall be promoted through participatory activities such as taste testing, working in school gardens, field trips to farms, and community gardens.</p>
23. Solana Beach	BP (2021)	2	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after- school programs, summer learning programs, and school garden programs.
24. South Bay	BP (2023)	1	The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.
25. Spencer Valley	BP (2016)	2	The nutrition education program shall include, but not be limited to, information about the benefits of healthy eating for learning, disease prevention, healthy weight, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before-and-after-school programs, school gardening programs, and summer learning programs.
		7	<p>Goals for Nutrition, Physical Activity, and Other Wellness Activities</p> <p>Examples of programs Spencer Valley has participated in or currently participates in to meet goals may include:</p> <ul style="list-style-type: none"> • A weekly gardening program in which students participate in composting, tilling, weeding, planting, watering, and harvesting a variety of garden vegetables. • Cooking classes using garden produce grown through the school gardening program that highlight cultural education.
26. Sweetwater	BP (2017)	4	<p>Nutrition/Nutrition Services</p> <p>4. The district shall foster a culture of support for growing and procuring fresh, local produce through community engagement, opportunities for school gardens, Farm- to-School and Garden-to-Cafeteria programs, farmers markets, and food distribution at school sites.</p>
27. Vista	BP (2021)	1	Nutrition education shall be provided as part of the health education program in grades K-12 and will be age-appropriate, skill building education that focuses on

			behavior change and, as appropriate, shall be integrated into core academic subjects and offered through before-and after-school programs, summer learning programs, and school garden programs.
28. Warner	BP (2018)	1	<p>Nutrition Education and Physical Activity Goals Each school in the District shall be encouraged to establish an instructional garden to provide students with experiences in planting, harvesting, preparing, serving, and tasting foods. To the extent possible, such activities should be integrated with nutrition education, state standards, and core curriculum goals.</p>
		2	<p>Guidelines for Reimbursable Meals The Warner Unified Food Services will attempt to coordinate its menus with seasonal production of local farms and with production in school gardens in order to reflect seasonality and local agriculture.</p>