

WHY SCHOOL GARDENS?



WHOLE
KIDS
FOUNDATION

STUDENTS WHO WERE EXPOSED TO A GARDEN:

INCREASED THE STUDENT'S NUTRITION
KNOWLEDGE, WILLINGNESS TO TRY, AND
PREFERENCE FOR FRUITS AND VEGETABLES.
(BEREZOWITZ ET AL, 2015)

INCREASED THEIR
FRUIT
AND VEGETABLE
INTAKE
BY UP TO
1.5 SERVINGS/DAY.
(DUNCAN ET AL, 2015)

DECREASED BMI BY **1%**,
DECREASED DIASTOLIC
BLOOD PRESSURE BY **5%**,
AND **INCREASED** DIETARY
FIBER INTAKE BY **22%** THAN
THOSE WHO WEREN'T.
(DAVIS ET AL, 2011)

INCREASED THE AVERAGE
NUMBER OF VEGETABLES
THEY CHOSE FROM THE
LUNCH LINE **BY 50%** AND
INCREASED THE AVERAGE
NUMBER OF VEGETABLES
THEY CONSUMED BY **43%.**
(PARMER ET AL, 2009)

