

LEARNING AT HOME WITH FOOD



The School Food Literacy Program aims to provide SD47 students with the knowledge and skills to make healthy food choices – for themselves, their community and the environment. During this challenging time, we offer the following ideas for fun and engaging activities to do with K-7 children, that will support their continued learning.

1. Try some (or all) of our **Eat the Rainbow Recipes** (because eating is always a good place to start!)

[Tangy Tomato Salsa](#)

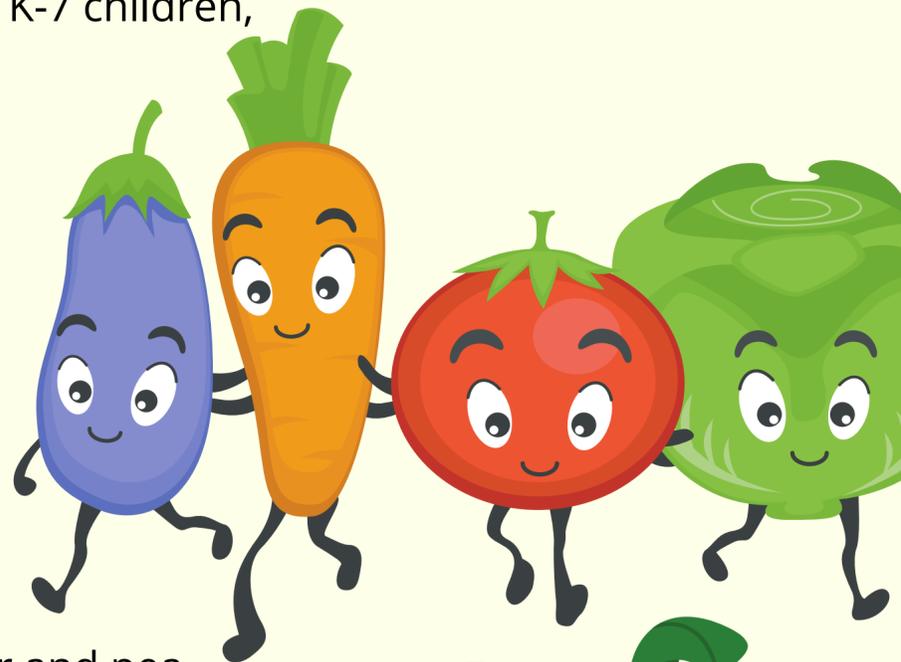
[Crunchy Carrot Slaw](#)

[Sunny Mashed Potato](#)

[Roasted Kale Chips](#), [Creamy Green Dip](#)

[Easy Blueberry Muffins](#)

[Rhubarb Crisp](#)



2. Get your **free planting kit!** We are offering sunflower and pea seeds (suitable for planting from now until June), plus a container filled with potting mix, to each K-7 family. Please contact your school (via your teacher or principal) to arrange to pick these up.

3. Make additional **recycled paper pots** to start your seeds.

4. **Start your seeds**, using the instruction sheet in your kit. You can also grow your own **salad** with other veg seeds you have. Or, if you don't have seeds, try growing a **kitchen scrap garden** - it's easier than you might think and kids love it!

5. Plant out your **transplants**, or grow in **containers** - lots of things do well in pots.

6. Get your kids interested in pollinators: for younger children, print out and read "**Blossom's Big Job**"; older children may like to complete a **pollinator journal**.

7. Now that everyone is excited about pollinators, make a **Bee Watering Station** to attract important pollinators to your garden.

8. If you have questions or would like more resources for home gardening, **email Vanessa Sparrow**, Food Literacy Coordinator. We are here to support you and your children in their home-based learning.

9. Check out the Food Literacy Program **website** for more ideas for gardening at home with children.



KEEP WELL & HAPPY GROWING!