



Seed to Plate Childhood Nutrition Program

Featuring: *Powerful Plants* Talking Seed Packs

Mission: To foster awareness of the importance of healthy eating habits for elementary age children while inspiring them to grow and enjoy their own home grown vegetables.

Scope: Beginning in Kindergarten and lasting through 5th grade, this program will help form healthy eating habits and educate young children about the importance of growing and consuming plenty of locally grown fruits and vegetables.

Each school year will feature six new *Powerful Plants* heirloom vegetable varieties to plant, nurture, harvest and then enjoy together as food. Using a pre-loaded app on any Apple or Android phone or tablet, the characters on all these seed packs come to life when viewed with the camera on the device. (Apple TV's and smartboards in classrooms can also be connected to show the characters in a larger format)

Each character shares 2-3 minutes of nutritional/health information, fun facts, history, as well as planting and preparation tips. There is also an interactive Q & A experience is embedded into the videos that play for each character. This helps teachers ensure children are retaining all the valuable learning they are experiencing while viewing each character.

Each year the program starts with the planting of the seeds in the classroom (grow kits included) and follows the plants from the seedling stage, to transplanting into larger pots in the classroom, at home, and, or into the school garden.

Four different activity/ lesson plans that focus on such topics as soil, photosynthesis, microbes, nutrients, etc. are part the program and are implemented during the course of the growing cycle. Two of these four modules are nutrition-focused. All lesson plans are designed to meet *Common Core* standards, and correlated to Next Generation Science Standards.

When the vegetables are ready to harvest, the teachers and students decide how they will prepare them. Preparation and recipe ideas are included for each vegetable variety.

Consuming the vegetables they just grew in this manner reveals to children just how amazing real, healthy food can taste. Enjoying fruits and vegetables in this way has proven to be habit forming for children and a great way to ensure they are getting their five servings of fruits and vegetables each day. (over)

Powerful Plants is working closely with *Mountain Goat Curriculum Developers* to develop this comprehensive and inspirational curriculum package. We expect to have the vast majority of the 24 lesson plans ready by the fall of 2017. Currently the 1st and 5th grade modules are ready to order for delivery by August 1st, 2017.

Here is what is included:

36 packs of Powerful Plants “talking” seed packs – 6 each of six different varieties.
Powerful Plants Interactive App.
Qty. 6 of 24 cell seed starter trays with covers and drain trays
144 – 4” transplant pots, 6 additional drain trays
1 – 18 lb bag of Vermont Compost potting soil
2 - Common Core Plant/Science Activity/Lesson Plan Modules
2 - Common Core Nutrition Activity/Lesson Plan Modules
3 - Copies of *The Carrot Napping* interactive book

Consuming the vegetables they just grew in this manner reveals to children just how amazing real, healthy food can taste. Enjoying fruits and vegetables in this way has proven to be habit forming for children and a great way to ensure they are getting their five servings of fruits and vegetables each day.

To order: Visit PowerfulPlants.net and click on the “Teacher’s Store” tab at top of the page. **Special Pricing until June 1st, 2017!** - \$249 (\$195 - ten or more) per classroom for an entire year (4 lesson plans included) Regular price is \$295 (\$249 - ten or more)