



Creating Policy, Systems, Environmental Change: Shasta County Success Story and Lessons Learned

Garden Workshop Sprouted Opportunities for Preschool Garden

Intervention Summary

Often children in low-income communities don't have an opportunity to be exposed to fresh fruits and vegetables. When the opportunity was available for a preschool teacher to attend our garden workshop that offered a free garden kit she saw an opportunity for her preschool children to learn about plants, watch them grow and best of all harvest them for afternoon snack. She attended our garden training in March 2015 where she received education on square gardening, watering and planting. Shortly after her class planted their school garden utilizing the materials and plants that were given to her, which were; tomato and bell pepper plants and a variety of small garden tools. She said that the supplies given helped her tremendously in being able to start the garden. Her class consists of 20 preschool students and three teachers. They had a work day where 9 parents helped with spreading mulch and setting up the irrigation system.

Description of Barriers Encountered and Identified or Proposed Solutions

One of our largest barriers to offering a garden workshop to the community was advertising. Not having money to spend on media made it more difficult to get the word out. With creative team thinking we worked together to post the event on local community calendars including internet and radio, deliver flyers to schools and local WIC and Social Services offices.

Future Directions/Sustainable Success

HHSA, Shasta County Public Health plans to offer a garden workshop again next year. We will continue to utilize our relationships with our partners, (i.e. schools, WIC and Social Services offices) and post on community calendars, radio, and internet to

promote the workshop(s). We hope to see additional community and or school gardens grow from these workshops to lead to more sustainable systems changes.

Contact information about this Narrative

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