

## After-School Program at USD 349 Stafford

The after-school program at USD 349 Stafford participated in the School Gardening Initiative Mini-Grant through Kansas Team Nutrition last spring where students in grades K-8 were given the opportunity to plant vegetable seeds and tend to raised garden beds. Upon harvesting their produce, all students were treated to a chef demonstration where they made rainbow veggie roll-ups. The students involved in the garden were excited to try the rollups; whereas, those who had not gardened weren't as willing to sample the snack. Research supports this — children who plant and harvest their own fruits and vegetables are more likely to eat them.

