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Weber Preschools Chosen for Grants to Grow Gardens

Kids learn nutrition and the role their choices play in curbing obesity

(Ogden, UT) Three Ogden-area preschools are reaping the harvest of teaching their students how to grow a garden thanks to a grant from the Weber-Morgan Health Department.

Children's Classic No. 1 in Ogden, Children's Classic No. 2 in South Ogden and Superior Preparation Learning Academy in West Haven each received \$500 to help preschool students learn gardening skills and prevent obesity. The Farm to Preschool Grants are funded through the health department's Environment, Policy and Improved Clinical Care Program.

"This is another avenue to help prevent obesity," says health educator Sheri Winn, who oversees the Farm to Preschool program. "We know that kids are more likely to try new things and eat more fruits and vegetables if they've grown it themselves."

The preschools were selected from applicants already endorsed by the health department's TOP Star program which helps childcare providers improve nutrition and physical activity environments. The providers were asked to present a plan to teach their students about the role that farming plays in the food we eat and the importance of growing food and making healthy food choices. Each of the schools grew their own onsite garden and many of them used the food in school lunches or snacks.

For more information on the program, contact Sheri Winn at 801-399-7194 or visit our website: www.webermorganhealth.org. You can also find information on TOP Star approved childcare facilities in your neighborhood by visiting: <https://careaboutchildcare.utah.gov/>

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