

Conservation On the Ground - Children Learn the Value of Good Nutrition

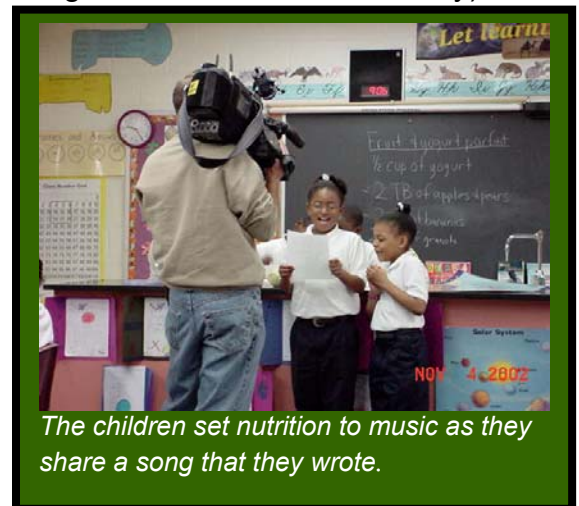


Sarah Verser (c), host of WBRC FOX 6's "What's Right with Our Schools" program, interviews a child who participated in the nutrition program at Central Park Elementary School, Birmingham, AL.

With grants from Heifer International and the Cawaco RC&D Council in Birmingham, AL, a registered dietitian has been contracted to go into Birmingham City Schools to teach children about nutrition and how it affects their health. The positive impact of the program was featured on a November 7, 2002, televised segment called "What's Right with Our Schools." The nutrition program grew out of an RC&D project that became the BUGS (Birmingham Urban Garden Society) effort. From one garden in 1996, the program has grown to 15 community

gardens, 23 school gardens, 18 vermiculture (worm) indoor garden bins, one pepper bottling operation, and three harvest festivals. The nutrition lessons were a natural extension of the community gardens and school gardens.

The children have learned how to make good food choices and are eager to share what they know with their families and peers.



The children set nutrition to music as they share a song that they wrote.



Ms. Keecha Harris (r), Food and Society Policy Fellow, tells FOX 6 viewers about urban, minority, and child nutrition issues and how this program works to address them.

The nutrition program was a joint effort of BUGS, Cawaco RC&D, USDA-Natural Resources Conservation Service, Heifer International, Jefferson County Soil and Water Conservation District, the Alabama Cooperative Extension System, Master Gardeners, the WK Kellogg Foundation's Food and Society Initiative, Hands-On-Birmingham, and Earth Team Volunteers.

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