

# Family Nutrition Newsletter

March 2023



## Benefits of Gardening with Kids

Growing fruits and vegetables at home can have a **positive impact on both children and adults!** Research has shown that gardening at home can:

- Increase consumption fruits and vegetables in adults and children;
- increase activity and movement throughout the day;
- increase the number of fruits and vegetables served in the home;
- and improve stress and wellbeing of all involved!

Families can experience these benefits through in ground gardens, raised gardens, and even by using simple containers on a patio or porch.



Here are some helpful tips for starting your own family garden:

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### LAND NOT REQUIRED

Many fruits and vegetables **will grow well using a mix of containers and hanging baskets.** Some include: tomatoes, peppers, potatoes, blueberries, strawberries, and so many more! These can be placed on patios and porches. Just make sure they are getting the sunlight and water needed!



### GET TO KNOW YOUR LOCAL EXTENSION SERVICE

An extension service is based out of state universities and can be an **AMAZING resources for families.** You can connect with experts to find information about which plants grow best in your area, a planting schedule how to take care of various garden problems, and much more! Find your states extension service here:

<https://www.almanac.com/cooperative-extension-services>



### GROW WHAT YOU WILL LIKELY EAT

While it may be tempting to try and grow every fruit and vegetable available, start small as you are learning and grow what you know you and your family will eat. **As you gain experience, add on to your garden and incorporate fun new fruits and vegetables.**



### INVOLVE CHILDREN IN THE PROCESS

Children are natural explorers and usually very ready to play in the dirt! Allow them to be involved in all stages of the gardening process to reap the related benefits. Children can help plant, care for, harvest, and even prepare the foods you grow. Involving them will help **increase familiarity around these foods and also increase the likelihood that they will eat them!**