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Kids learn healthy eating through gardening

Boys & Girls Club of Greater Green Bay teaches kids real-world skills beyond Club

GREEN BAY, Wis. (October 10, 2019) – The Boys & Girls Club of Greater Green Bay’s Health & Life Skills Program teaches kids how to grow their own fresh foods, while instilling the importance of gardening, how it affects the environment and real-world marketing skills.

Health & Life Skills Coordinator Shantell Ekdahl coordinated the Enviro Team Project this past summer for kids to gain hands-on experience on gardening, which includes proper weeding, watering and harvesting, identifying which insects and animals both benefit and detriment the growing process, and how to market and sell their own produce at a Farmer’s Market.

Ekdahl says, “Often times, we would come across certain vegetables from the garden that kids were unaccustomed to. We used that as a learning opportunity to teach about new vegetables and how to incorporate them into snacks and delish dishes, so that they would be more apt to eat that vegetable again.”

In addition to learning how to use gardening equipment safely, the project encouraged kids to have fun by getting “down and dirty” in the garden, hunting for caterpillars, making art from nature, designing their own marketing materials to attract customers, handling money and selling their vegetables outside the Clubhouse.

Youth who participated in the program knew how to identify different herbs and vegetables 47% more than before they participated in the program. There was a 34% increase of youth who claimed they now know how to properly weed and take care of a garden after participating.

The Enviro Team Project won the Boys & Girls Club of Greater Green Bay 2019 Impact Award, a local programming excellence competition, out of four other outstanding projects. All nominated programs



demonstrated impact on youth that also addressed local community needs. The winner receives funding to support future implementation of their program.

The guest judges who served on the panel were: Vice President of Administration and Operations of Base Companies Karen Klevesahl, Manager of Career Services at Northwestern Technical College Jennifer Parks-Tigert, and Executive Director of Secondary Teaching and Learning at the Green Bay Area Public School District Mike Friis.

Media Note: Photos attached.

Caption: From left to right: Vice President of Administration and Operations of Base Companies Karen Klevesahl, Health & Life Skills Coordinator Shantell Ekdahl, Manager of Career Services at Northwestern Technical College Jennifer Parks-Tigert, and Executive Director of Secondary Teaching and Learning at the Green Bay Area Public School District Mike Friis.

About Boys & Girls Club of Greater Green Bay

[The Boys & Girls Club of Greater Green Bay](#), 1400 Lombardi Ave. STE 60, believes every child deserves to be in an environment that brings out the very best in them. For more than 50 years, the Club has provided youth aged 7-18 with a safe place to learn and grow during out-of-school hours, while also opening the door to positive relationships with caring adult professionals and life-changing opportunities through educational programs. The Club has six locations throughout greater Green Bay where memberships are available for only \$10 per year. For more information, please visit www.bgcgb.org. You can also find us on [Facebook](#), [Instagram](#) and [Twitter](#)!

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