



Hands-On Nutrition, Physical Activity & Gardening Programs That Build Smarter, Healthier Kids

Grow Healthy & Your School

Family & Community Health Sciences (FCHS)

FCHS has been dedicated to wellness for years. We work with schools, families and communities to help them get and stay healthy. We are the wellness component of Rutgers Cooperative Extension.

Our newest program, *Grow Healthy*, combines gardening with nutrition, physical activity, agriculture and locally grown food projects that are fun, hands-on and support NJ Core Curriculum Content Standards.



Grow Healthy in Your School

Grow Healthy is a school-wide wellness program. School teachers, staff and administration; children; families; and volunteers all work together to make school a healthier place.

There are nutrition lessons in the classroom, school and family fitness events, foodservice trainings and wellness council support — all of which build healthier kids and families, too.



Grow Healthy: What's It All About?

Grow Healthy teaches students and their families to live healthy in these ways:

1. Eat more fruits and vegetables.
2. Move more and be active.
3. Select more locally grown foods.
4. Make smart food choices.

The Bottom Line?

With *Grow Healthy*, we're on the road to building healthier, successful kids. *Grow Healthy* joins families, schools and the community together so they can make wellness and learning top priorities.

Healthy eating, school gardens and more physical activity are tools that improve academic performance and cognitive and academic development. They are **PROVEN** to help students learn better and be healthier.



Kids who are healthy come to school, pay attention, have better test scores and are more likely to succeed. And, healthy kids grow into healthy adults.

Grow Healthy Is a Way for Schools To...

Help Kids Eat More Fruits & Vegetables

Offer Nutrition Education, Physical Activity, Gardening & Agriculture Programs to Students, Families & Staff

Connect With Local Farms And Serve More Local Foods

Offer Farm-To-School & Nutrition Trainings for Foodservice Staff

Grow Healthy is a collaborative school wellness initiative of Get Moving-Get Healthy New Jersey, Family & Community Health Sciences (FCHS), Rutgers Cooperative Extension, the NJ Department of Agriculture, USDA/Team Nutrition and NJ schools.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

FCHS: Promoting Healthy Families, Schools & Communities www.njaes.rutgers.edu/health

