



HEALTHY EATING ACTIVE LIVING

Garden and Outdoor Education

SAMPLE POLICY

The sample documents below are provided for general information purposes only. The provision of these sample documents are offered as educational material. Your use of any of these sample documents is at your own discretion

We at (name of child care site) are committed to our children health and wellness. With that understanding a wellness policy has been put into effect that focuses on Garden and outdoor education. Gardening is an important part of learning and observation for all children. Children who spend time outdoors benefit in many ways and earn important lessons in connection and compassion. (child care site name) is dedicating time toward Garden and Outdoors education by:

Children have designated time for outdoor exploration and learning lessons through hands on activities in the life science. These activities are both structured and unstructured. Activities that connect children to the life cycles, seasons, insects and animals are taught throughout our program.

Our classroom has a nature table where weekly we bring in items from nature and have books on nature. Garden activities are taught both indoors and outdoors. Outdoor learning is incorporate through art, stories time and science activities.

Gardening is done with children (everyday, twice a week, once week) and is never taken away from children do to behavior issues.

Taste test are done monthly to incorporate new foods and learn about season fruits and vegetables.