



## GO FOR THE GREENS



Penn State PRO Wellness' annual Go for the Greens event promotes green veggies as good food and good fun! Schools and community organizations celebrate this event every March with taste testings and other fun activities to open young minds and taste buds to the greatness of greens! These events emphasize incorporating veggies as part of healthy meals with a focus on kids' lunches and family meals.

## PLANT A HERB GARDEN

Growing your own herbs can be a great way to add nutrients and flavor into your diet. Herbs help nourish and mend the body with Vitamins and antioxidants, as well as anti-bacterial and anti-inflammatory properties. Consider adding fresh herbs when cooking at home, they're the perfect way to spice things up!

### LOGISTICS

- **WHEN:** During a school day or incorporate as part of an after-school event.
- **WHERE:** In a classroom or outside.
- **WHO:** Science or home economic teachers can take lead with the event; the event is inclusive and all students should be able to participate.
- **ITEMS NEEDED:** Pots (examples: recycled two-liter bottles that can be cut so only the bottom remains, recycled butter containers, recycled jam jars, etc.), soil and bowls to help with soil distribution, herb seeds or sproutlings, and newspaper or plastic bags to act as a drop cloth (*if doing this inside the classroom*).
- **HOW:**
  1. Provide each student with a pot or recycled bottle/container.
  2. Students will then add soil to fill half of their pot, then plant their seeds or sproutling.
  3. Once planted, add additional soil to the pot. Leave about a centimeter of space at the top of the pot to avoid any spills.
  4. Inform students about the amount of sunlight that their new herb will need, also remind them how often they should water the plant! This will vary based on the herb, information should be on the seed/sproutling packaging.

### TIPS TO INVOLVE FAMILIES/COMMUNITY MEMBERS

Contact a local hardware store or greenhouse and ask if they would be willing to donate any of the needed supplies. If you are using recycled bottles/containers, ask students to bring in bottles the weeks leading up to the event. Don't forget to send a letter home to parents prior to the event informing them about the ways they can participate, partially by donating supplies and by helping their child take care of the herb at home.

Looking for more exciting ways to participate in Go For the Greens? Visit: <http://bit.ly/GoforthGreens>



## DO A COOKING DEMONSTRATION

Discover the joy of cooking with greens in this engaging after-school lesson and cooking demonstration! Learn about the nutritional benefits of vegetables, creative ways to use classroom-grown herbs, and practical tips for shopping smart. This event is perfect for teachers and parents looking to make healthy eating easy, fun, and delicious for their families!

### LOGISTICS

- **WHAT:** An educational/cooking lesson including the nutritional benefits of greens, money- and time-saving tips for eating healthy, and recipe demonstrations with taste-testings
- **WHEN:** After-school or during a teacher in-service day
- **WHERE:** A school kitchen/cooking lab or a community kitchen
- **WHO:** Home economic teachers or local dietitians can facilitate the event on the day of; the event is catered towards parents and faculty
- **ITEMS NEEDED:** Computer + projector + screen (for presentation), cooking utensils + ingredients for cooking demonstration, and small plastic cups + utensils for distributing tasting samples; Optional: take-home bags (reusable grocery bags filled with healthy eating recipe cards, disposable containers with food from the cooking demo, and local grocery gift cards)
- **HOW:**
  1. *Before the Event*
    - a. Reserve the event space.
    - b. Advertise the event two months in advance via school newsletter, and create a sign up sheet to get an approximate headcount.
    - c. Create 15-30 minute presentation using the following resources: [Nutritional Benefits of Vegetables](#), [Money-Saving Tips for Shopping Healthy](#), [Time-Saving Tips for Eating Healthy](#).
    - d. Find sponsors for space rental, cooking supplies, and take-home bags
    - e. Find local dietitian if school does not have one or a home economics teacher
  2. *Day Before the Event*
    - a. Prepare extra batches of the recipes for demonstration and package them into disposable containers for take-home bags
    - b. Decorate event space with green decorations
  3. *During the Event*
    - a. Give presentation (~15-30 mins)
    - b. Do cooking demonstration (~30-60 mins)
      - i. Sample Menu
        1. Breakfast: [Spinach and Bell Pepper Frittata](#)
        2. Lunch: [Green Goddess Salad](#)
        3. Snack: [Zucchini Bread](#)
        4. Dinner: [Brown Rice Penne Pasta with Broccoli](#)
    - c. Distribute Take-Home Bags
    - d. Clean Up

Need more recipe ideas? Visit: [Penn State PRO Wellness - Recipes](#)