



Empowering people and communities to achieve wellness and wellbeing through expertise, education and guidance.

August 5, 2021

Helping Our Students: Mind, Body, Spirit

- **1 in 5 school-aged children is obese**
- **Obesity results in diseases that were once considered adult-limited**

Dear Directors,

School gardens represent a unique opportunity to influence childhood health outcomes by providing an empowering setting. Early exposure to fruits, vegetables, herbs, and hands on nutrition education, cultivates an early appreciation for healthy food. Previous studies have suggested that strategies to improve childhood fruit and vegetable consumption include increasing food literacy and the availability/convenience of fruits and vegetables; two aspects in which school gardens are exemplary.

It is easy to start a garden club in your school or afterschool program.

The [Joseph P Cory Foundation](#), a non-profit organization, provides their Gardens of Hope program at no cost, an impactful way to optimize health and wellbeing: Mind-Body-Spirit. Our on-site garden and companion syllabus is grade appropriate and has been adopted by teachers and parents in Palm Beach County and beyond.

We are partners with [The School District of Palm Beach County](#), [Palm Beach County Parks and Recreation](#), and external collaborators for their [Wellness Promotion Task Force](#). [The University of Miami Miller School of Medicine's MD/MPH program](#) is in its third year of alliance with the Joseph P Cory Foundation, to positively substantiate a knowledge, attitude and behavior exchange among students who participate in our program. We have done just that, and proud to announce our published paper July 2021, in the International Journal of School Health.

We hope you will join us and benefit from our mission: Empowering people and communities to achieve wellness and wellbeing through expertise, education, and guidance.

In good health,

Nada M. Cory
Founder and President