

# **Lafayette Learning Center**

## **Nutrition and Sustainability**

The Lafayette Learning Center Preschool children had fun with a year-long nutrition project. Along with good friend and community partner *Grow it Green*, the Lafayette community worked with Farmer Sean to learn about where healthy food comes from and how one little seed can create dozens of delicious vegetables. LLC also hosted family cooking nights where children and families swapped ideas, chopped fruits and vegetables, and connected with friends. Throughout the year, Farmer Sean welcomed LLC students into the garden for reading adventures, exploring, and opportunities to help harvest carrots, pumpkins, and snap peas.

Farmer Sara led worm races (complete with cheering fans!) and provided students with hands-on lessons about healthy eating and food groups. Students enjoyed tasting smoothies, vegetables, and other yummy things from the garden.

With support from the LLC Home-School Association, students were given special plates to decorate and to bring home to remind them to make good food choices to nourish their bodies and help them grow. It was a great year of growth for LLC students - and the seeds they helped to plant.

