

Dental Healing Arts

This brochure has been generously underwritten by Dr. Ilona Fotek, Dental Healing Arts, Jupiter, FL.

Helping Our Students and Community: Mind, Body, Spirit

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

School gardens represent a unique opportunity to influence childhood health outcomes by providing an empowering setting, with opportunities such as, but not limited to:

- Early exposure to fruits, vegetables, and herbs
- Hands on nutrition education
- Cultivation of an early appreciation for healthy food

Previous studies that have suggested strategies to improve childhood fruit and vegetable consumption include:

- Increasing food literacy
- Availability/convenience of fruits and vegetables: *Two aspects in which school gardens are exemplary.*

The Joseph P Cory Foundation, a non-profit organization, provides our Gardens of Hope program at no cost, a proven and impactful way to optimize health and wellbeing: Mind-Body-Spirit. Our on-site gardens and companion syllabus, is grade appropriate, supports SDPBC course standards, and has been adopted by teachers and parents in Palm Beach County and beyond.

We partner with The School District of Palm Beach County, Palm Beach County Parks and Recreation, and the University of Miami Miller School of Medicine.

