

## Some Helpful Tips

- When buying seeds read the back of each package and take note of the planting instructions.
- Start small. Plant a few things to get a feel for gardening.
- Discuss with the children what they would like to grow.
- Look for recipes on line to see what you can make with what you are planting.
- Document (in writing & with pictures) your experiences and share with parents and fellow colleagues.
- Plan for gardening in your summer schedule.
- Best time to water is first thing in the morning or late at night.
- Make sure to weed and thin out your gardens for better plant growth.



## History of MNACC

The Manitoba Nature Action Collaborative for Children (MNACC), is a regional Canadian affiliate of the Nature Action Collaborative for Children (NACC) which is an international initiative of the World Forum Foundation. [www.worldforumfoundation.org](http://www.worldforumfoundation.org)

Our group gathers 4-5 times per year to share ideas on how to further address the adverse effects children are experiencing due to diminishing connection to the natural world.

## History of NACC

The international group of educators, naturalists, landscape architects, community planners and early childhood educators was started in 2006, at a working forum at Arbor Day Farms in Nebraska, USA.

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# CANADA 150 GARDENING CHALLENGE

FROM SEED TO TABLE



Presented by:

Manitoba Nature Action Collaborative for Children &

Discovery Children's Centre

## 10% GARDENING CHALLENGE

In celebration of Canada's 150th birthday the MNACC group and Discovery Children's Centre are putting out a challenge to the Early Childhood community from around the world. We urge you to join the challenge and begin the planning process to grow 10% of the snack food for the children in your care, for as many weeks as possible in 2017. For those of us in the prairies of Canada it will be a strong reminder of the big role that the production of food has been in the history of our great country.



Commit to this challenge by going to:  
[www.discoverycc.com/manitoba-nature-action-collaborative-for-children/](http://www.discoverycc.com/manitoba-nature-action-collaborative-for-children/)  
Or go to our Centre's home page:  
[www.discoverycc.com](http://www.discoverycc.com)- Click on networking group - then click MNACC



## HISTORY

Gardening with children has become a natural next step in connecting children to nature. At Discovery Children's Centre we have struggled over the years to be successful at gardening with children and decided to create a plan of action in order to succeed. In January of 2016 Discovery Children's Centre began to dream about growing 10% of our snack food which is about 1 snack per week. As beginner gardeners we wondered how we could achieve this goal and if we could sustain this throughout the summer. We had such amazing success and wonderful experiences with this challenge that we are now confident that this 10% goal is attainable and worthy of a bit of a competition.

**Join the Challenge!**

## WHAT THE CHILDREN ARE SAYING...

"We grew vegetable soup." -

-Emma age 5

"I'm really good at picking carrots".... Picks a carrot and it breaks..."Hey!! You made me pick the hard one!"

-Pyper age 4

Teacher- "Why do you think the carrot is purple?"  
"Because it doesn't turn orange until you eat it!!"

-Sam age 5

"I love the Zucchini muffins, I can't taste the zucchini."

-Linclon age 5



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