

# Help your Kids Stay Healthy!

Give to Dig their School Garden

THE LOW-DOWN



To lend a hand,  
please contact:

Kids are getting adult diseases:  
1 in 3 children are obese & likely  
to develop type 2 diabetes.

School gardens will help:

1. Improve eating habits
2. Reduce obesity rates
3. Get kids outdoors and active
4. Educate about growing food

## Help Us Build Our Garden!

What you can do right now:  
~Spread the word!

~Tell your community you will  
soon be fundraising for a  
school garden.

For more info: [healthyplanetus.org](http://healthyplanetus.org)

