



**HERE**

For Healthy Schools

# OUTDOOR FUN FOR THE FAMILY

RESOURCES FOR TEACHING AT HOME

## Grow Healthy Together

Plant a vegetable garden so you can harvest fresh food from your own backyard or patio.

You can plant a few small tomatoes in a patio pot. Or prepare a garden that will feed your family. Either way, you can't beat the benefits of eating food you've grown with your own hands.

Talk with your child about how plants use sunlight and air to grow, and how their bodies are using that same sunlight energy when they digest food. Show them how to water and fertilize the plants to get a robust harvest.

You can buy small vegetable plants already started at home stores, greenhouses and grocery stores.



Here's an engaging way to plant the seeds for healthy eating habits!

**HEALTHY Habits**<sup>®</sup>

Presented by LYSOL<sup>®</sup>, in collaboration with NEA and National PTA

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