



Principles of L.I.F.E.

Fundamentals of L.I.F.E.

Benefits of L.I.F.E.

INTEGRATING the principles of sustainability into the K-12 curriculum promotes health and an appreciation of nature, community, land stewardship and ecological literacy.



PROVIDING education in nutrition to reduce the risk of childhood obesity, diabetes, allergies, learning disorders and behavior issues related to diet.

IMPLEMENTING Lopez Island School Wellness Policy is a priority, as it recognizes:

Healthy children are the foundation of a resilient and successful society.

Well-nourished children are better able to learn and interact with others.



All children deserve consistent access to nutrition, safe and delicious food.

Eating habits development in childhood affect health throughout life and form the basis of public health.

CLASSROOM
Students start seeds for the garden using indoor lights towers, thus witnessing the beginning of the cycle of life. Using food as a unifying principle, lessons in geography, history, literature and social studies are made memorable, with produce students have grown and harvested, then prepared using the mobile cooking cart.



CAMPUS GARDEN & OFF-SITE FARM
In the Rishi Environmental Learning Garden, Orchard, and Cafeteria Beds, students develop observation skills, engage in applied sciences & mathematics & grow food for the school. The garden inspires and informs studies in music, literature & art.

At S&S Homestead Farm, middle & high school students experience theory put into in practice. This biodynamic farm is a demonstration site for Washington State University Organic Agriculture Program & a CSA farm.

KITCHEN & CAFETERIA
Using produce they have grown and harvested, students prepare meals for the school cafeteria in culinary arts classes. Elementary students eat food they have grown. All students enjoy healthy, fresh meals every day.



INVESTING in our children is sound public policy. It increases the potential for success, both individually and collectively, and reduces the need for remedial funding.

IMPROVING cognitive skills, behavior and conflict resolution are positive outcomes of programs that focus on nature and nutrition.



DEVELOPING partnerships through deep community involvement creates sustainability and increases our community's ecological literacy.

COMMITTING to education for sustainability supports the systems upon which life depends.

LEARNING practical life skills and the value and joy of meaningful work is crucial in the lives of young people.



Classroom

Garden & Farm

Kitchen Cafeteria



Power of L.I.F.E.

In the elementary school, our half-time garden teacher visits each classroom weekly, using experiential, garden-based curriculum to teach literacy, social studies, math and science. Kids regularly head outdoors to plant, hoe, dig, water and weed their vegetable beds and collect the harvest. In the classroom the students start and complete the cycle, planting seeds under lights and preparing a fresh-from-the-garden snack on a mobile cooking cart. Learning the basics of good nutrition and healthy eating comes naturally in this class.

Students in the 6-8 Farm-to-School class grow fresh, organic produce for the school cafeteria. With the addition of three high tower greenhouse tunnels in 2009, their organic tomatoes, broccoli, beets, turnips, squash, romaine, leaf lettuces, arugula, Asian greens and bok choy have become a staple in the school lunch menu. A newly planted campus orchard is already bearing apples, cherries and pears.

High schoolers experience the whole "seed-to-plate" cycle in an elective class at a nearby fifty-acre biodynamic farm where they prepare soil; plant and transplant crops; and care for the farm's cows, sheep, pigs and chickens. They learn to make butter, cheese, yogurt, breads, vinegars and sausage in the farm kitchen.

The Mission of L.I.F.E

The mission of the L.I.F.E. Garden and Farm Program is to create sustainable, local, community-based farm and garden experiences that are wholly integrated into the Lopez Island School District K-12 curriculum and cafeteria to promote individual, community and environmental health.

The Goals of L.I.F.E

Educate students

- Teach practical life skills and the value and joy of meaningful work through hands-on experience.
- Promote exposure to fresh, whole food
- Provide culinary experience
- Teach the interdependence of living systems

Provide healthy food for cafeteria program

- Raise vegetables year-round
- Showcase seasonal vegetables and local food
- Meet or exceed wellness policy standards

Promote a sense of community pride and ownership

- Partner with Lopez local organizations
- Share extra produce with Lopez FRESH (food bank)
- Partner with Evening Meals at Schools
- Maintain a beautiful, healthy garden that defines and demonstrates best garden principles and practices
- welcome community involvement and volunteer help consistent with these goals.

Achieve Financial Sustainability

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SEND DONATIONS TO:

L.I.F.E. Garden and Farm Program
c/o Lopez Island Education Foundation
a non-profit 501(c) 3 organization
Federal Tax ID# 571145183
1731 Center Road, Lopez Island, WA 98261



Lopez Island Farm Education Program

The L.I.F.E. Garden Program encourages K-12 students to learn appreciation for nature, nutrition, community, land stewardship and the environment. Founded in 2003, L.I.F.E. has exceeded all expectations, maturing to become a fully integrated, inspiring model for schools nationwide.



Engage in
L.I.F.E.