

For Immediate Release

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Garden-based nutrition workshop for teachers

KAMUELA, Hawai‘i—October 26, 2012—Hawai‘i Island educators who teach or participate in school garden programs are invited to attend a workshop on garden-based nutrition from 9 a.m. to 1 p.m. Saturday, November 10, at the Hawai‘i Academy of Arts and Science in Pahoā.

This professional development workshop for school garden and class teachers is part of [Eat-Think-Grow](#)—an initiative created by [The Kohala Center](#)’s [Hawai‘i Island School Garden Network](#) (HISGN) program. Eat-Think-Grow is made possible with financial support from the [Hawai‘i Island Beacon Community](#)’s [Healthy Eating and Active Living](#) (HEAL) Program. This workshop is intended to give new insights into the foundations of good nutrition.

The workshop will be facilitated by Vivienne Aronowitz, a registered dietician and nutritionist for Kaiser Permanente on Hawai‘i Island, along with other island nutritionists. In hopes of reversing the trend of skyrocketing childhood and adult obesity rates, the workshop will extend participants’ basic nutrition knowledge, while emphasizing the relationship between children’s nutritional needs and garden-based learning. These sessions will also give participants materials to use with students, ideas for incorporating healthy eating into their school garden programs, and hands-on opportunities to prepare meals and snacks with whole foods and locally grown garden fruits and vegetables.

The workshop will include a healthy lunch prepared by the participants. Each attendee is asked to bring one whole fruit and one whole vegetable to be incorporated into the lunch.

Space is limited to 15 participants; there is a \$40 stipend for attending. Eligible teachers may reserve space in the workshops by emailing Donna Mitts at dmitts@kohalacenter.org or by calling The Kohala Center at 887-6411.