

The L.I.F.E. Garden Program encourages K-12 students to develop appreciation of nature, community, land stewardship and ecological literacy in the classroom, garden, farm, kitchen and cafeteria.



Colleen Carroll Photography

## The garden offers unique learning opportunities including:

- Hands-on education that engages all the senses and inspires curiosity and wonder
- Exposure to how food is planted, grown, harvested and prepared, including an understanding of seasonality
- Close observation of natural cycles, sustainability and interconnectedness
- Direct experience with nature to balance time spent on computers
- Practical skill-building that boosts confidence and empowers students while teaching how to work together
- Ways to apply science and mathematics
- Use of food as a unifying, interdisciplinary principle reinforcing academic concepts



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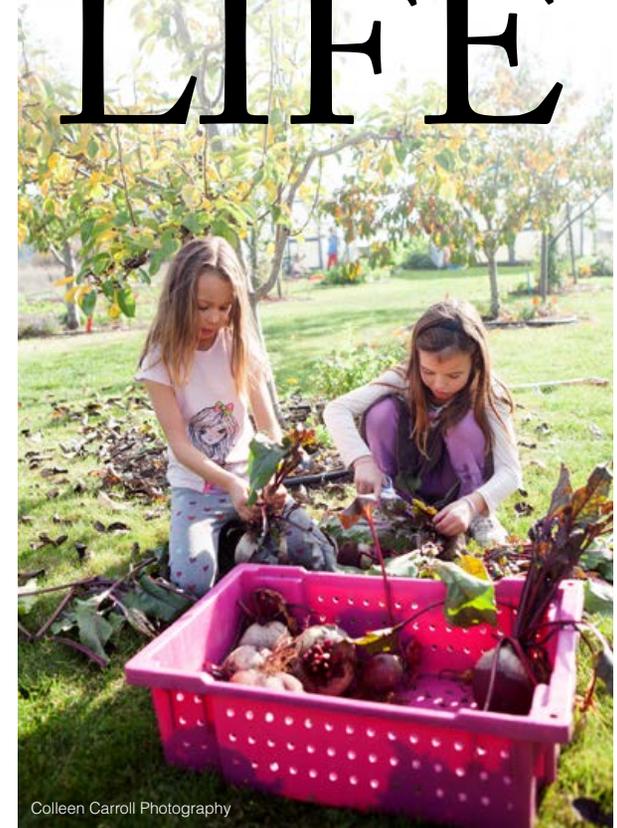
## L.I.F.E. Garden Program is based on these principles:

- Well-nourished children are better able to learn. Research shows that better nutrition improves cognitive function, attention, attendance and behavior.
- All children deserve and need delicious, nutritious and safe food. According to **Feeding America**, more than 21.5 million low-income children received free or reduced-price meals daily through the National School Lunch Program in 2014.
- Positive childhood eating habits affect lifetime health. Education in nutrition reduces the risk of childhood obesity, diabetes, and behavior issues related to diet. School lunch has a tremendous impact on individual and public health.
- Healthy children are the foundation of a healthy society.

For more information, contact Brian Auckland, Superintendent LISD 360-468-2202 ext. 2250 or visit [www.bikeforlifelopez.com](http://www.bikeforlifelopez.com)



# Bike for LIFE



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Bike for LIFE is a community fitness and fundraising event that promotes and supports the L.I.F.E. Garden Program at the Lopez School, in conjunction with *Earth Day* activities and the *Tour de Lopez*.

# What is Bike for LIFE?

**Bike for LIFE** is an annual event for students and the entire community that promotes and supports the LIFE Garden Program at the Lopez School. It occurs this year on April 23, 2016, the same day as the *Tour de Lopez*, the *Procession of the Species*, the *Great Islands Clean Up* and in conjunction with *Earth Day*. The focus of **Bike for LIFE** is fitness, ecology, and fundraising.



People of all ages are invited, as individuals or in teams, to participate by setting training goals for miles by biking or walking; and to raise money by seeking sponsorship for their participation.

On Saturday, April 23, there will be a family-friendly event at the Lopez School campus with food, music, and fun activities. Younger students will ride or walk in animal-themed teams on campus and older students are encouraged to ride in the *Tour de Lopez* or walk on nearby Lopez Hill. The Lopez Chamber of Commerce is supporting the students' efforts by waiving their registration fees.

Adults who wish to participate can set goals for biking or walking prior to April 23rd as well as ride in the *Tour de Lopez*. All riders are asked to register on the Chamber website and comply with the *Tour de Lopez* guidelines.

# Why it Matters



The Lopez Island School is well-known for the L.I.F.E. Garden Program. High quality school lunches are made with fresh produce; about 90% of vegetables served are produced from the island or the school garden on campus. A certified food-testing lab was donated to ensure fresh produce safety. Kitchen staff is committed to serving nutritious food. In addition to offering organic milk and using local meat, fresh salsa, pesto, sauces and snacks for nutrition break are made from produce harvested from the school garden and are part of the K-12 learning experience.

The work required is possible through help of two part-time paid gardeners and community volunteers. The continuation of the L.I.F.E. Program and the superior quality of these school meals depends on donations; the school budget provides for less than half the annual program cost. Bike for LIFE offers sustainable funding needed to continue this model of excellent nutrition and hands-on environmental education for children K-12.

*Please join us!*

Find out how at: [www.bikeforlifelopez.com](http://www.bikeforlifelopez.com)

# What YOU can do

Participate in the **Bike for LIFE** campaign goal: sponsorship of each child in the Lopez School for \$1 a day/365 days a year to ensure funding for staff, infrastructure and materials to sustain this nationally acclaimed model program for school kitchen, cafeteria, classroom and garden. *Please visit [www.bikeforlifelopez.com](http://www.bikeforlifelopez.com)*



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# How the funds are used:

- Environmental education through the L.I.F.E. Garden Program
- Support for teachers by connecting academics to garden, farm and nature
- Support in garden to plan, plant, maintain and harvest while mentoring students
- Support for kitchen; to grow, harvest, clean, prep, process & preserve food
- Fresh fruits and veggies for lunch and snacks
- Purchase of ingredients produced by environmentally responsible farming practices
- Coordinator for volunteers, grants & fundraising