

A farm to school program connecting children to their land, waters and food in order to grow a healthier future for Hawai'i



## Volunteer with 'AINA In Schools!

- Now recruiting volunteer docents to teach monthly Garden, Compost, or Nutrition Lessons at our partner 'ĀINA Schools on O'ahu for the 2017-2018 school year.
- No experience necessary. Training provided!
- A great way to fulfill your practicum requirements!

### 'ĀINA Docent Responsibilities and Time Commitment

 'ĀINA Garden, Compost and Nutrition Docents are trained to work together as a team of parents, teachers, and community members to deliver 'ĀINA Lessons to students in one elementary grade, at one 'ĀINA School.

#### **Time Commitment:**

- One school year (Aug-May)
- Attend quarterly trainings and teach a total of 8 monthly lessons at the 'ĀINA School and grade assigned to match volunteer's schedule and location.
- Total time commitment of 5-6 hours a month

# The 'AINA In Schools program began in 2006, and focuses on:

- Addressing <u>childhood health</u> issues by fostering healthy eating habits and physical activity.
- Encouraging <u>environmental stewardship</u> by connecting children to the land, waters, and food that sustains them.
- Contributing to a <u>healthy local food system</u> by supporting Hawai'i's farmers.

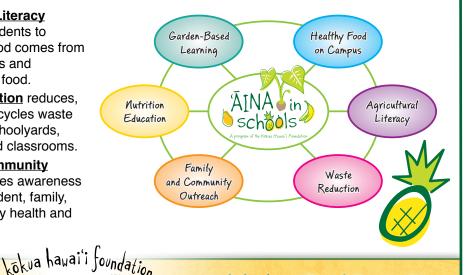
### Six Integrated Program Components

- Nutrition Education
  empowers students to try
  new foods and make healthy
  choices that will last a life
  time.
- ransforms the school garden into a learning laboratory where all subjects are explored.
- Healthy Food on Campus increases local, fresh products in school lunches and snacks to provide healthy choices and support local farms.
- Agricultural Literacy introduces students to where their food comes from and who grows and prepares their food.
- Waste Reduction reduces, reuses and recycles waste in gardens, schoolyards, cafeterias, and classrooms.
- Family & Community
  Outreach raises awareness
  to support student, family,
  and community health and
  wellness.



### Contact Us!

volunteer@kokuahawaiifoundation.org



'ĀINA In Schools is a program of the Kōkua Hawai'i Foundation

www.kokuahawaiifoundation.org/aina