

Wellness Education

Abernethy's three-fold approach results in numerous benefits, including:

- High science scores: 90% of Abernethy students meet state benchmarks
- Highest meal participation rates in the district
- Science, math and nutrition curriculum adopted by schools across the county and incorporated into Lewis & Clark's College of Education
- Food made from scratch in the school kitchen using local fresh vegetables and farm-to-school staples
- Outdoor hands-on learning for every child
- Emphasis on plant-based proteins in more meals
- Enjoyment of physical activity
- Summer camps continue the kitchen garden learning laboratory experience

Accolades

from across the nation

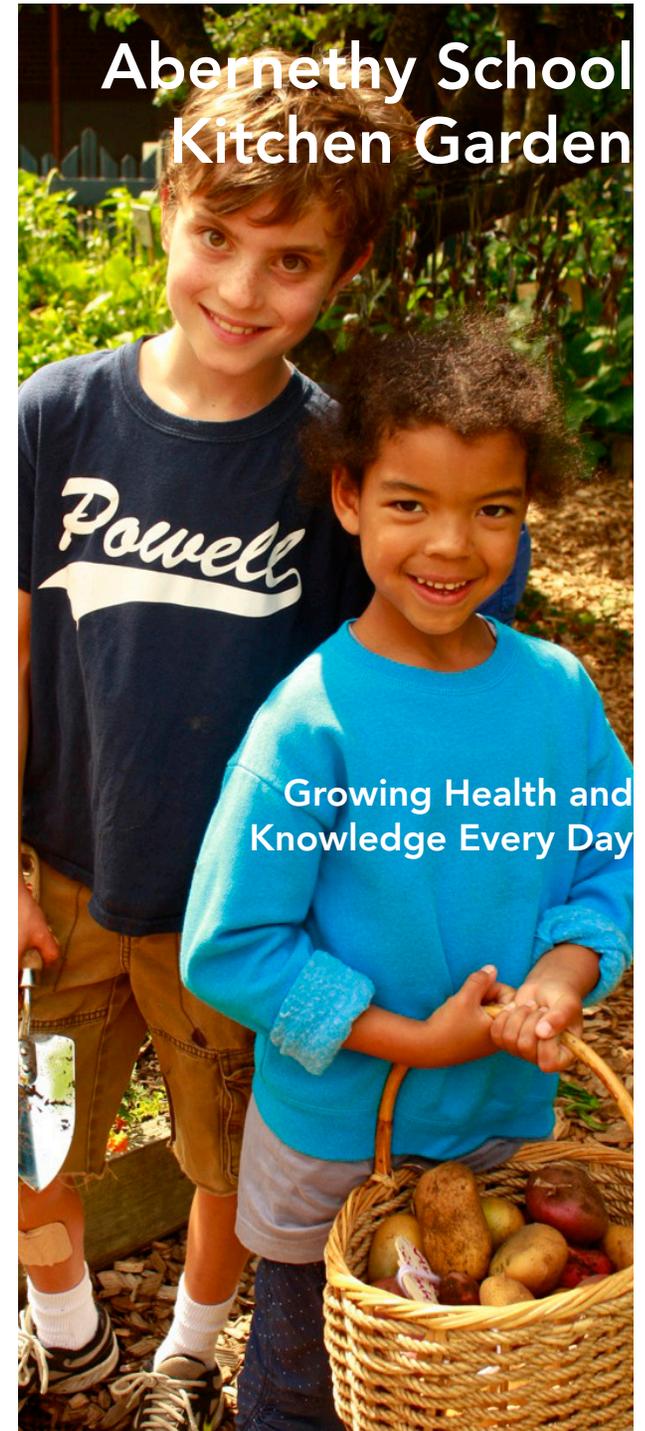
- Featured on Jamie Oliver's website, *Food Revolution*
- Inaugural Oregon School Wellness Award winner
- Listed in 2008 *Health Magazine* Healthiest Schools Report
- Subject of 2007 NPR broadcast on school food
- Feature article in *Clearing Magazine*



"The kitchen offers a cultural experience in the school that is really phenomenal. It supports and nourishes them emotionally as well as physically. That is the difference"
Jessica Vanderplough - Parent



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Abernethy School Kitchen Garden

Growing Health and Knowledge Every Day



School



Abernethy Elementary School provides comprehensive food-based education designed to improve student learning and instill lifelong habits of health. A full-time garden coordinator works closely with each classroom teacher to provide regular garden classes.



The garden serves as a lens through which students learn a variety of subjects including math, literature, science, social studies, geography, art, history, and wellness. The curriculum aligns with Common Core State Standards.

"The ripple effect cannot be overestimated. This is something that is not just making a difference for these kids in their lifetime, but making a difference right now, in the community"
-Representative Earl Blumenauer



Kitchen



The innovative kitchen serves healthy meals, with dishes prepared entirely from scratch. Students get excited when they see vegetables from the garden in the cafeteria: on the salad bar, on top of the pizza, or in the burritos. In garden class, students learn how to taste new foods, and this experience really shows at lunchtime. In the Abernethy cafeteria, students rave about the brussels sprouts!

The Abernethy kitchen engages the wider community both by sharing recipes with the school district and by advocating for healthy school food.

"It's really helped inform and grow our healthy eating district wide."
-Superintendent Carole Smith



Garden



The garden provides every student with an opportunity for outdoor hands-on learning. It is entirely planted, tended and harvested by over 500 students who use it as a learning laboratory year round. They design garden plots, learn to identify plants, discover worms and ladybugs, and develop an understanding of soil and compost.



Inside, children enjoy other hands-on projects like raising chicks, studying the information on seed packets and food labels, and conducting science experiments. When it's time for cooking projects, students engage all of their senses. This experiential approach builds student engagement and advances learning.

"This is all about health and connection and community"
- Mayor Charlie Hales