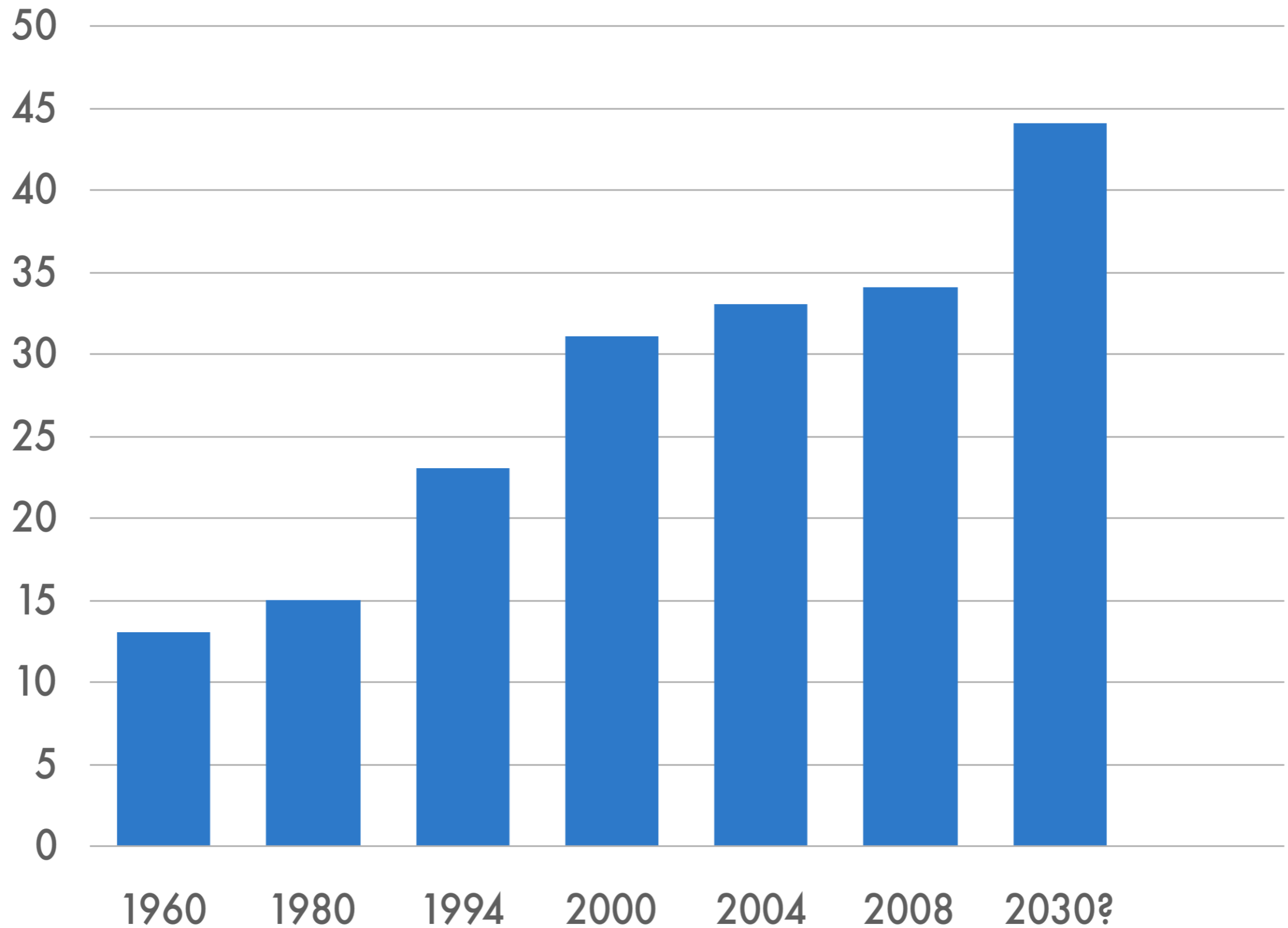


We change the way children eat by making healthy eating fun



Recipe
for Success

obesity rates doubled





Building a relationship with food

Customizable curriculum with 150+ lessons and recipes

Minimum of 18 to 20 lessons, evenly split between the garden and culinary classroom

Led by campus and community advocates





**IT'S AS EASY AS
1-2-3**

1 REGISTER

Visit www.VegOutWithRFS.org to register and explore our resources.

2 EAT

Try and track 30 different vegetables during March and turn in your log to qualify for prizes.

3 SHARE

Join in the conversation on our website and spread the word on social media, start a team, join a team and reach out to get your family, school, colleagues and community involved. Use the tags [#vegoutrfs](#) and [#vegout2015](#) to share your progress on social media sites.

VEGGIES!
30 WAYS IN
30 DAYS
TAKE THE
CHALLENGE!
IN MARCH

VegOutWithRFS.org



farmers market KIDS days

Another Food Adventure with
Recipe for Success Foundation

Free curriculum toolkit
about building financial
literacy around food





Outcomes:

- 30% increased fruit and vegetable consumption after a year or more of Seed-to-Plate Programming
- Students report significantly more favorable attitudes towards fruits and vegetables by end of program
- In the youngest students surveyed, the percentage of students who correctly identified fruits and vegetables significantly increased for 5 of 9 items from BOY to EOY.

