



A program of the Kōkua Hawai'i Foundation

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

ĀINA In Schools is a farm to school initiative launched in 2006 that connects children to their local land, waters, and food to grow a healthier Hawai'i. In addition to encouraging the use of locally grown fruits and vegetables in school meals and snacks, the program includes a standards-based nutrition, garden, and compost curriculum that empowers children to grow their own food, make informed food decisions, and reduce waste. ĀINA In Schools also promotes field trips to local farms, chef cooking demonstrations in classrooms, as well as waste reduction, garden, and cooking educational opportunities for families and community members.



Six Integrated Program Components

Core components:

- **Nutrition Education** empowers students to try new foods and make healthy choices that will last a lifetime.
- **Garden-Based Learning** transforms 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.

Additional components:

- **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.



ĀINA In Schools Curriculum

- The ĀINA In Schools curriculum includes 8 lessons per year for grades K-6 that are standards-based, multi-subject, and hands-on. The curriculum supports a variety of learning styles and covers topics from the Nutrition, Garden, and Waste Reduction components. Successive units enable students to build on previous knowledge while developing a solid foundation in 'āina-based systems thinking. Nutrition and garden lessons also include close to the source, healthy snacks that reinforce key concepts.
- ĀINA In Schools Curriculum Trainings for Educators and online access to all materials via the Kōkua Hawai'i Foundation website enable educators to bring the ĀINA In Schools experience to students throughout Hawai'i and beyond. Lessons connect to Common Core, NGSS, and HCPSIII standards for grades K-6 and are easily adaptable for other grades.

"As an educator, I appreciate your program on so many levels. Your program does more than simply address state standards, but gives our students meaning and relevance as they study and engage in a living classroom where they literally see the fruits (and vegetables!) of their labor."

School Principal

Key KHF Farm to School Partnerships

- Co-leader and founding partner of the **O'ahu Farm to School Network**: www.facebook.com/oahufarm2school/
- Founding member of the **Hawai'i Farm to School Hui**: www.hiphi.org/farmtoschool
- Hawai'i Core Partner for the **National Farm to School Network**: www.farmtoschool.org
- Kōkua Hawai'i Foundation is also an Advisory Committee member of the **Hawai'i Environmental Education Alliance**: www.heea.org

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www.kokuahawaiifoundation.org/aina



“ĀINA provides excellent, quality lessons that assist us in meeting science standards and the lessons provide us stepping stones for interdisciplinary study throughout our classroom curriculum.”

Kindergarten Teacher



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“I’ve never touched soil before!”

5th grader, Fall Semester Lesson 1



“This is better than recess!”

*3rd grader, compost pile harvest,
Compost Lessons*



“This is the best day of my life!”

*4th grader, sweet potato harvest,
The Hawaiian Garden*



GET INVOLVED!

Volunteer to assist with teaching garden, compost, or nutrition lessons

Support a Garden Club

Help maintain school gardens throughout the year

Subscribe to our e-newsletters to get the latest ‘ĀINA In Schools news and resources

Attend a workshop or teacher training

Become a KHF Member or make a donation at kokuahawaiifoundation.org/membership

Contact us:

aina@kokuahawaiifoundation.org

Kōkua Hawai'i Foundation Resources

Our resources are available to any Hawai'i educator and school interested in implementing farm to school initiatives. Visit our website for more details:

- **Kōkua Hawai'i Foundation Program Grants** support gardens, composting systems, teacher trainings, and a variety of other projects;
- **Kōkua Hawai'i Foundation Field Trip Grants** help to cover bus fare and admission to local farms, lo'i, and loko i'a;
- **‘ĀINA In Schools Curricula** incorporate current State academic standards;
- **Conferences & Workshops** on our curricula, composting, and school gardens;
- **A Variety of Toolkits and Resource Guides** on school gardens, healthy snacks, waste-free lunches, composting, and more, including:
 - Build a Raised Garden Bed
 - Composting, Vermicomposting, and Bokashi
 - Create a Sheet Mulch Garden
 - Green Pest Management
 - Host a Chef Visit
 - Host a Garden Party
 - Make a Compost Sifter
 - Manage Students in the Outdoor Learning Environment
 - Plan a Family Night
 - Plan & Run a Garden Party Work Day
 - Plant Seeds with Students
 - Slug & Snail Removal
 - Start a Garden Club
 - Test Your Garden Soil
 - Farm to School Resources for Hawai'i Educators
 - Green Fundraising Ideas for Schools
 - Green Grants for Schools
 - Healthy & Waste-Free Lunches
 - Healthy Snacks & Waste-Free Classroom Celebrations
 - Green Holiday Educator Guide
 - Plastic Free Hawai'i Educator Guide

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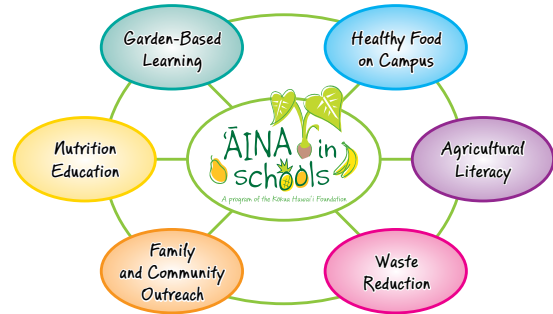
www.kokuahawaiifoundation.org/aina

Grade	FALL LESSONS	SPRING LESSONS
K	The Butterfly Garden	The Tops & Bottoms Garden
	<u>Key Concepts:</u> Āina, the needs and life cycles of flowers and butterflies, planting and caring for a flower garden, metamorphosis, caring for caterpillars, pollination, habitats, and seed saving. <u>Subjects:</u> Fine Arts, Health, Language Arts, Science, Social Studies	<u>Key Concepts:</u> Āina, the parts of plants, the job of each plant part, edible plant parts, the life cycle of plants, harvesting, and gratitude. <u>Subjects:</u> Fine Arts, Health, Language Arts, Science, Social Studies
1	The Little Seeds, Big Plants Garden	The Good Buddy Garden
	<u>Key Concepts:</u> Āina, the sunflower and green bean life cycles, measuring and counting, garden data collection, harvesting for food and seeds, pollination and seed saving. <u>Subjects:</u> Fine Arts, Health, Language Arts, Mathematics, Science	<u>Key Concepts:</u> Āina, companion planting, beneficial garden creatures and pests, decomposers, pollinators, nature's elements, photosynthesis, proper harvesting and vegetable washing, and healthy habits. <u>Subjects:</u> Fine Arts, Health, Language Arts, Science
2	Nutrition Lessons	
	<u>Key Concepts:</u> Eating foods that are close to the source; protective foods with vitamins, minerals, phytonutrients, and fiber; energy foods with whole grains and complex carbohydrates; body-building foods with protein and calcium; brain foods with high quality fats; caution foods that are high in sugar, fat, and salt; evaluating foods by reading food labels and finding “red flag” ingredients; and considering the environmental impacts of our food choices. <u>Subjects:</u> Health, Language Arts, Science, Social Studies	
3	Compost Lessons	
	<u>Key Concepts:</u> Āina, aerobic and anaerobic conditions, organic matter, FBI (fungi, bacteria, and invertebrates), microorganisms, decomposition and decomposers, bokashi, fermentation, the nutrient cycle, and mindfulness. <u>Subjects:</u> Language Arts, Mathematics, Science	
4	The Hawaiian Garden	
	<u>Key Concepts:</u> Planting and caring for kalo (taro), ‘uala (sweet potato), ‘ulu (breadfruit), kī (ti plant), and one or more species of native Hawaiian plants, and the significant role of these plants in Hawaiian culture and history. Additional key concepts include ‘āina, ahupua‘a, mahi‘ai, makana, plant varieties, nutrients, native (endemic, indigenous), introduced (Polynesian-introduced, recent introduction), endangered, extinct, and invasive species. Hawaiian values include pono, kuleana, aloha, lokomaika‘i, laulima, mālama, ha‘aha‘a, and ho‘omau. <u>Subjects:</u> Health, Language Arts, Science, Social Studies	
5	The Three Sisters Garden	The Scientific Garden
	<u>Key Concepts:</u> Āina, food miles, food security, companion plants, biodiversity, agriculture, crop varieties, seed selection, seed saving, dependence and self-sufficiency, food processing, community, mindfulness, proper harvesting and food handling, and gardening and culinary arts. <u>Subjects:</u> Health, Language Arts, Science, Social Studies	<u>Key Concepts:</u> Āina, the importance of observation, data collection, and experimentation for gardeners and farmers, the scientific method, the importance of soil and organic matter, microorganisms (fungi and bacteria), invertebrates, producers, consumers, decomposers, decomposition, photosynthesis, and the soil food web. <u>Subjects:</u> Health, Language Arts, Mathematics, Science
6	Nutrition Lessons	
	<u>Key Concepts:</u> Eating foods that are close to the source, the importance of eating a balanced breakfast, evaluating foods by reading food labels and finding “red flag” ingredients, considering the environmental impacts of our food choices, understanding body cues of hunger/satiation, decoding food labels to determine appropriate portion sizes, and utilizing food marketing techniques to design a healthy food advertisement. <u>Subjects:</u> Health, Language Arts, Mathematics, Science	

ABOUT ‘ĀINA IN SCHOOLS

‘ĀINA In Schools is a **farm to school** initiative launched in 2006 that connects children to their local land, waters, and food to grow a healthier Hawai‘i. The program is composed of six integrated components that:

- Address **childhood health** by fostering healthy eating habits and physical activity;
- Encourage **environmental stewardship** by connecting children to the land, waters, and food that sustains them; and
- Contribute to a **healthy local food system** by supporting Hawai‘i’s farmers.



PUBLISHING INFORMATION

The ‘ĀINA In Schools curriculum includes Nutrition Education, Garden-Based Learning, and Waste Reduction lessons for kindergarten through sixth grade students.

All ‘ĀINA In Schools curriculum and materials are property of the Kōkua Hawai‘i Foundation and are distributed to trained educators for use at schools participating in the ‘ĀINA In Schools program. The curriculum and materials may be reproduced for individual classroom use by schools participating in the ‘ĀINA In Schools program or by registered users approved by the Kōkua Hawai‘i Foundation. Reproduction of the curriculum and materials is not permitted by unregistered users without the express written consent of the Kōkua Hawai‘i Foundation.

The registration and training process helps Kōkua Hawai‘i Foundation to gather educator feedback on the curriculum and to document how many children and schools are being reached through the lessons. Visit our website to become a registered user, sign up for trainings, and gain access to all Kōkua Hawai‘i Foundation curriculum and resource guides. If you receive a copy of the curriculum via other means, we ask that you please email aina@kokuahawaiifoundation.org to share your plan for use of the materials. Please direct questions about the ‘ĀINA In Schools program and curriculum to aina@kokuahawaiifoundation.org.

MAHALO

Kōkua Hawai‘i Foundation thanks the following organizations and individuals who have assisted with the development of the ‘ĀINA In Schools curriculum and materials:

- **Kōkua Hawai‘i Foundation:** Kaliko Amona, Lydi Morgan Bernal, Sarah Gelb, Kim Johnson, Julius Ludovico, Summer Maunakea, Debbie Millikan, Deanna Moncrief, Kelly Perry, www.kokuahawaiifoundation.org
- **The Green House:** Betty Gearen and Tia Meer, www.thegreenhousehawaii.com
- **GrowingGreat:** Marika Bergsund and Lori Sherman, www.growinggreat.org
- **Food for Thought:** Marty Fujita, www.foodforthoughtojai.org

Special thanks to the students, teachers, and volunteers who have participated and taught lessons in previous years and provided their valuable feedback to improve them.

Mahalo nui!