

# Welcome, Garden SPROUT!

*(That's our fun name for amazing kids like you)*

THANK YOU SO MUCH FOR  
HELPING US WITH THIS EXCITING  
PROJECT!

You are doing a **wonderful** thing by helping your parents give food to people who are hungry. Helping people in need, especially people who don't have enough food to eat, is something God actually tells us to do in the Bible:

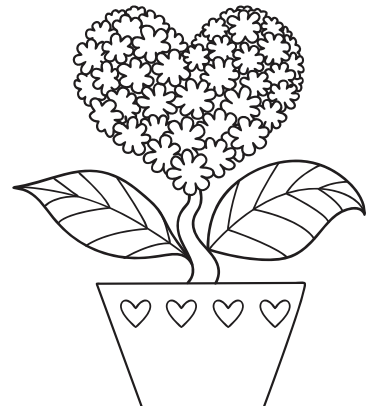
*"There will **always** be some in the land who are poor. That is why I am commanding you to share freely with the poor and with others in need."*

Deuteronomy 15:11

That is what YOU are doing!

# WOW!

From all of us on the Garden Outreach team,  
thank you from the bottom of our hearts!



*Dear parents,*

Thank you for participating in **Grow2Give!** We're thrilled to be able to offer your family this unique opportunity to find amazement in the natural food God has blessed us with.

This is also a wonderful time to teach children, regardless of their age, that they **do** and **can** have an important part to play in helping people in need. That by helping provide for those in need, and with your guidance, they will be encouraged and inspired to seek out new opportunities to show compassion.

The following pages include a few ideas of how to use food, specifically fresh fruits and vegetables, as an opportunity for teaching your young children about God. This will hopefully lead to positive discussions about how to use the food that's been grown to help others. These ideas are geared toward children in grades PreK to 2nd grade.

The following activities can be spread out over several days, or even a couple of weeks. They are not meant to be presented as an hour long Sunday School lesson, but rather as touch-points during a longer conversation about food and helping the hungry. The grocery store trip is best scheduled after the final activity is completed. At that point, you can share page 8 which introduces the opportunity to talk about going to the grocery store and buying fresh fruits and vegetables for donation to a local food bank.

Finally, page 1 and 5 is for your child, from us. It includes important spiritual lessons that be can be learned from this activity and, with your help, your child may be encouraged to grow in love and compassion.

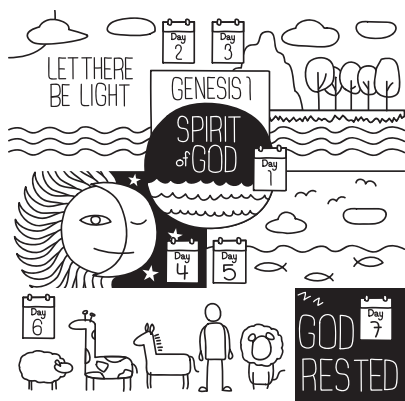
Thank you again. Your energy and compassion inspire us all.

Please don't hesitate to contact me if you have any questions.



SIs. Heide Molinaro  
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# Read the story of The Garden of Eden

## Genesis, Chapter 2

Read the story in Genesis chapter 2 of The Garden of Eden. Choose a children's Bible and read about how God planted a beautiful garden and then put Adam there to take care of the plants.

Questions to ask a child might be: *What is a garden?*

Do a Google search of images with the child of different types gardens including

1. Flower gardens
2. Orchards (fruit gardens)
3. Formal gardens
4. Vegetable gardens



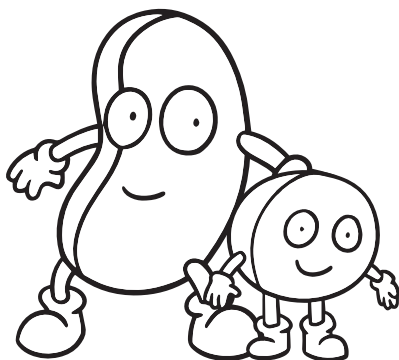
# Make a snack!

Ask your child what their favorite fruits and vegetables are and together, create a snack or salad using those ingredients! Be creative!

[www.superhealthykids.com](http://www.superhealthykids.com) has some great ideas including "13 Veggie Snacks Your Child Can't Resist" among others.

While enjoying the snack, talk about how the fruits and vegetables grow. For instance, carrots grow down into the dirt, while peppers grow on a plant up out of the dirt. Apples grow on a tree, while grapes grow on a vine. Corn grows on stalks and blueberries grow on bushes. It's amazing to think about the variety of plants God has created!

Show your child pictures of the different types of plants that fruits and vegetables grow on.



## Bean Sorting

Buy a couple of bags of mixed dried beans at the grocery store.

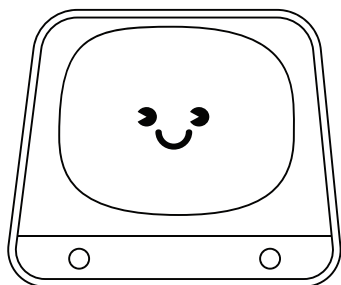
Pour all the beans out on a large tray. Allow your child to just enjoy playing with the beans. Kids love tactile activities like this!

Discuss the differing sizes, shapes and colors of the beans.

Provide some small cups and encourage the child to sort the beans into the cups. While they are sorting, you can talk about beans - that they are vegetables, and that God created them. Name the different kinds of beans as they sort them into the cups.

Discussion point: Beans are vegetables, but they are also SEEDS! If you plant them, you can grow a whole new bean plant! That's what gardeners do. They plant the seeds to grow more vegetables. All fruits and vegetables have seed in them (so do flowers and other plants). That's how God made them!

Look at other fruits and vegetables (or Google images to look at). Strawberries, tomatoes, peppers, green beans, peas, apples, etc. Find the seeds in each of them!



## Watch a short video

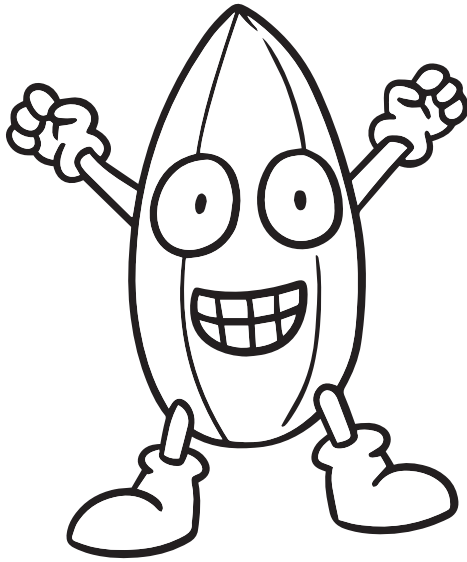
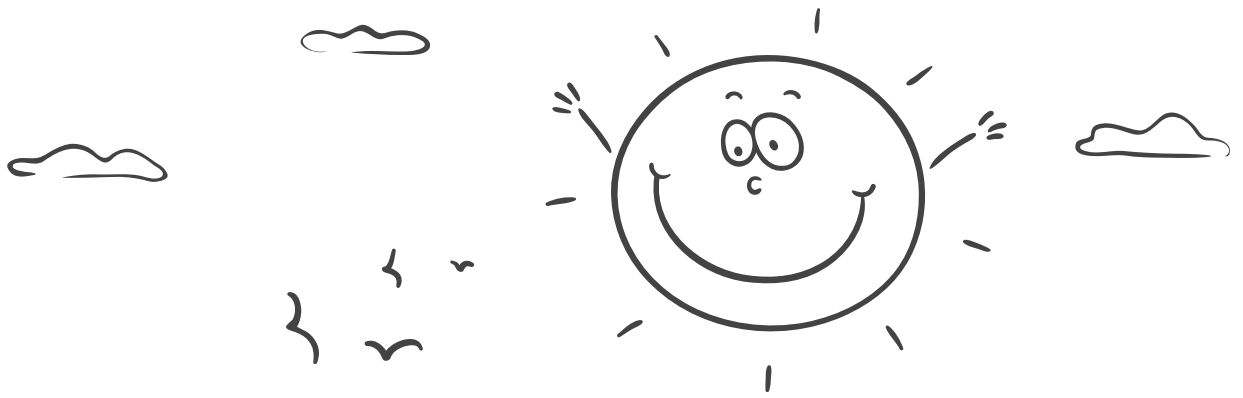
[www.peepandthebigwideworld.com](http://www.peepandthebigwideworld.com)

This website has several great videos. If you look under *Animals and Plants*, there are several videos about planting and seeds. "**Peep plants a seed**" is a wonderful cartoon (only 8 minutes long) that shows all the steps needed to grow a plant from seed. It also explains that gardening requires patience! After watching the video, discuss what things the seed needed to grow: water, soil, sunshine, patience and love!

### *Additional sites:*

The following sites also have good activities and resources to teach young children about gardening and God's wonderful world of plants.

- [www.fantasticfunandlearning.com](http://www.fantasticfunandlearning.com) has preschool seed-themed activities.
- Youtube.com - **Harvest Song - My Little Seed**



Hurray! You're doing

**GREAT!**

Because you've been so helpful, it's time to share a funny secret...

*Did you know you're a little bit like a seed!?!?*

The reason why you and your parents and *all* of your friends are like seeds is because God wants us to **grow and produce fruit** (not real fruit though, because everyone would look really funny!!)

What that means is, God wants us to **do good things every day, as much as we can**. God wants us to be loving and kind to our families, our friends, and people we meet.

**LOVE is the fruit God wants you to grow!**

The **SOIL** is where the seed lives.

We live in our home, our church, school, and community.

The **WATER** feeds the seed and helps it grow.

The Bible and learning about God helps us grow.

The **SUNSHINE** helps the seed grow.

In the Bible we are told Jesus is the Light of the world.

Jesus is our friend and example. He shows us how to be loving and kind to others.

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Thank you for helping us with this! You've been so much fun to talk to!  
We've left you your very own garden to color and decorate. Ask your parents to send us a photo once you're done and show us how colorful and creative you made it!

My name is \_\_\_\_\_ and this is my garden!

