

## Talking Points - 2017 NDOG Kidz Klub

### NDOG Kidz Klub Presenters: Sherry Wenta; Tempie LaMothe; Donna Webb

#### 1. Project Planning for NDOG Kidz Klub for May 11 –August 5, 2017

- Evolved from 2016 Kaitlin's Korner/4-H handicap accessible garden/NDOG.
- Conceptualize activities for youth ages 3 – 10 years to learn about food sources and nature.
- Paperwork – SOP; Application; Introduction Letter
- Advertise program
- Recruit volunteers (1 Kidz Klub parent became NDOG volunteer)

#### 2. Selected Programming:

- NDOG Kidz Klub Garden Activities/Comments
  - Weed, prepare soil/add compost
  - Select vegetables/herbs (miniature varieties for 2017) & graph garden for planting per plants needs
  - Introduce Kidz Klub members to garden, give each a pail, trowel, shovel, gloves, kneeling pad
  - Kidz dig, play in soil, weed. Learn that it is okay to get dirty.
  - Kidz plant vegetables and flowers in Kidz garden and water plants.
  - Kidz visit NDOG garden, meet Farmer Gerry and other volunteers, given plants to take home.
  - Kidz love harvesting and take veggies home to eat.
  - Kidz fill bird & hummingbird feeders.
- Pollinator Garden – Importance of pollinators
- Wiggly Earthworms – A gardener's friend
- Nature Crafts –
- Shredded paper seed starters
  - Living seed necklace – cotton ball = soil; moisten cotton ball = water; hole in bag = air flow; wear next to body for warmth = sun
  - Insects – Good or Bad?
  - Toad Houses - Toads eat thousands of bugs & slugs per year. Less bugs, less pesticides.
  - Bird Feeders
- Sharing with Others – Mother's & Father's Day cards & gift; Cards to LRAF base (2 members
  - have a parent in Afghanistan)
- Books, Books & more Books. Check out our section at Nashville Public Library.

#### 3. Selecting Healthy Snacks:

- Morning Glory Muffins; frozen yogurt buttons; fruit kabobs; apple peanut butter teeth
- Making healthy food choices; challenge Kidz to try new fruits/vegetables – peer pressure.
- Report/statistics released 8-31-17 from the U.S. Centers for Disease Control and Prevention states 1 in 3 adults and 1 in 6 youth are obese. **Highest rates – VA 37.7 %, MS 37.3 %, AL & AR tie at 35.7 %**. 25 states – obesity rates above 30%. In 2000, no state had rate above 25%.  
- Donna Webb – Administrator, Howard County Health Unit

#### 4. Attendance:

- |  |                 |
|--|-----------------|
| a. Average Kidz attendance based on 15 sessions:                 | 8.3 per session |
| b. Average number of parents participating based on 15 sessions: | 3.3 per session |
| c. Average number of volunteers per session:                     | 3.0 per session |