

# Healthy City Youth Initiative

*a hands-on K-12 farm and garden program for Burlington students*

## What is the Healthy City Youth Initiative?

The Healthy City Youth Initiative (HCYI) is a new program of Friends of Burlington Gardens that supports school gardens across the city. The heart of the program is the Healthy City Youth Farm, which will be established on a half acre site at Hunt Middle School in spring 2010.



## Where will the Healthy City Youth Farm be located?

The farm will be located behind the school, between the existing garden and the track. Students will grow fresh organic produce for delicious taste tests, fall salad bar options, and community dinner offerings.

## How did the HCYI evolve?

The Healthy City Youth Initiative grew from the Intervale Center's Healthy City Program, which has provided more than 200 at-risk youths, ages 13 to 16, with summer employment and life skills training since its founding in 2002. In early November, Healthy City moved across the city to its new organizational home with Friends of Burlington Gardens.

## What activities are planned for summer 2010?

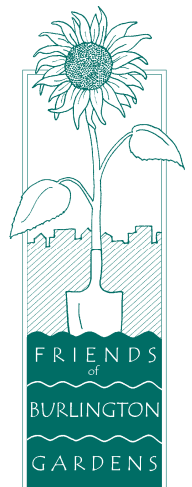
Incoming eighth grade students will have the opportunity to apply for an eight-week summer program at the Youth Farm designed to build job and life skills. Through the hands-on program, students will gain direct experience planting, cultivating, and harvesting organic vegetables. Youth Farm participants will also prepare nutritious daily meals and bring home a portion of the harvest to share with their families.

## How does the HCYI connect to Burlington schools?

The Healthy City Youth Initiative is fully integrated into the Burlington School Food Project. In the spring and fall, field trips to the Healthy City Youth Farm will be available for elementary school classes. During the harvest season, Youth Farm participants will lead garden taste tests at Hunt Middle School to build connections to healthy eating.

## How will the HCYI be supported?

Start-up funding was generously provided by the A.D. Henderson Foundation and the Canaday Family Charitable Trust. The Healthy City Youth Initiative will be sustained through individual donors, corporate contributions, and additional grants. To make a tax-deductible charitable donation to HCYI, please call the Friends of Burlington Gardens office at 802-861-4769 or visit [www.burlingtongardens.org](http://www.burlingtongardens.org)



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Friends of Burlington Gardens is a grassroots nonprofit founded in 2001 to increase public access to community gardening resources; develop outreach, education, and service-learning programs; ensure that underserved groups have equal opportunities to participate in community gardening; and cultivate political support for gardens through networking, advocacy, and activism statewide. To learn more about the Healthy City Youth Initiative, please contact program director Jenn McGowan at 802-861-4769 or [Jenn@burlingtongardens.org](mailto:Jenn@burlingtongardens.org).