



Lighten Up Lancaster County Coalition Presents  
2013-2014 School Garden Toolkit

## Acknowledgements

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*Disclaimer:*

While every effort to include accurate and reliable information was made, Lighten Up Lancaster County does not guarantee or warrant that the information in this toolkit is complete, accurate, or up-to-date. This toolkit provides links to websites maintained by other entities. Reasonable precautions are taken to link only to websites which are appropriate, accurate, and maintained by reputable organizations.

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Lighten Up Lancaster County in partnership with Lancaster General Health is a group of concerned citizens working to increase the number of individuals maintaining a healthy weight. This toolkit was produced to aid in the effort to combat obesity in partnership with LiveWell Lancaster County. The purpose of this resource is to help Lancaster County residents access healthy fruits and vegetables. As you will see in the resources throughout the document, gardens are an evidence-based strategy that can reduce chronic disease among Lancaster County residents. Gardens can also contribute to increasing awareness of environmental and sustainability issues.

#### **Who Can Use This Toolkit?**

- Teachers
- Principals
- Parents
- PTOs
- Community gardens
- Faith-based communities
- Worksites

If you are thinking about starting a school garden, or if your school already has one, you have come to the right place. We have assembled information regarding all aspects of gardening with specific reference to schools. In addition to providing information for school gardens, the manual offers valuable resources that can be utilized by all gardens within the Lancaster community.

There is a vast amount of information available on gardening and school gardens in particular. The manual includes specific Lancaster community garden information and provides links to broader gardening tools.

We hope this manual will be a community resource, with new materials contributed by community members. We welcome your comments, corrections, and contributions for the manual; please contact Beth Schwartz at [BAKoser@lghealth.org](mailto:BAKoser@lghealth.org).