



A look at the impact of our Positive Sprouts Program at the Boys & Girls Clubs of Monterey County made possible by generous sponsors, partners, and volunteers. Thank you for investing in our youth & families!

“A Gardening We Grow”

- 317 Elementary Youth & 51 Teens participated in Positive Sprouts Programs & Activities!
- 4 Gardening cycles allowed for food to be harvested, prepared and eaten by Club Members and their families.
- 100% of Positive Sprouts participants shared fruits and/or vegetables from the garden at least once.
- 46 Youth participated on a Positive Sprouts Field Trip.



“Sowing the Most Important Seeds”

Gardening provides the ideal mechanism to teach youth about nutrition; not only do children become engaged in the process of growing food for themselves, but they also appreciate the improvement in taste and texture detectable in their own homegrown fruits and vegetables. Positive Sprouts featured a wealth of activities for youth of all ages, with a focus on nutrition education and science exploratory opportunities in the garden. Highlights included a MEarth field trip where participants picked their own fruits and vegetables, then used their collection to create a delicious veggie pizza and garden salad. The Clubhouse garden produced fruits and vegetables that were used in cooking classes and chef demos during Family Engagement nights.

“Growing Like Weeds”

75% of youth completing the program demonstrated improved skill development by...

- Utilizing the USDA MyPlate food guidelines to identify food groups, understand daily recommendations and portion sizes, evaluate current diets, and adopt healthy eating habits.
- Sharing their knowledge of nutrition and gardening practices with family and caregivers, encouraging them to make healthy daily meal choices at home.
- Understanding the connection between gardening, nutrition, and wellness (i.e., foods grown in the garden provide good nutrition and help reduce health risks).



“I can’t wait to see our pumpkins grow in the garden! I have never grown my own pumpkin.” Pablo L., Salinas Clubhouse Member age 8