

One-Step Mission Statement:

Planting the seeds for healthy habits that will last a lifetime.

- Children are making healthier choices through increasing fruit and vegetable intake
- We teach the connection of fresh food and good health
- We teach preparation of healthier meals
- We reinforce positive perceptions of healthy foods

We found 100% of parents would have their children attend One-Step classes again.



Nina Struss, RD, LDN

At Milan Hy-Vee, Nina works passionately promoting nutrition education to both children and adults of all ages. In 2012, Nina implemented the Hy-Vee One-Step Garden program which has provided horticulture and nutrition education to surrounding communities.

What did you like best about the class?

"The Food!" - All One-Step Kids

"Harvesting!" - Emily L.

"Tasting the different vegetables." - Ariana

"Helping kids and their families learn about growing their own food and doing so in a matter that protects and preserves the environment are objectives that both the University of Illinois Extension and One-Step support."

Martha Smith—UIE Extension

Get involved with Hy-Vee One-Step Garden:

Contact Nina at 309.787.0273
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Blog: <http://midwestgrown.wordpress.com>

"Like" Milan Hy-Vee on www.facebook.com
for pictures and updates on the garden
program throughout the summer



201 W 10 Street | Milan, IL 61264



2014

Registration Guide

**Children's Garden
and Cooking Program
at Milan Hy-Vee**

The Garden Classroom

Every One-Step class includes:

- ♦ Exploring new vegetables using all five senses.
- ♦ Planting in, caring for and harvesting from the garden.
- ♦ Cooking fun recipes using vegetables from the garden.
- ♦ Journaling about the day in the garden.



One-Step Garden Programs

Kindergarten through 6th grade

60-minute weekly sessions

Sessions include:

- Organic gardening
- Making healthy choices fun through cooking and educational activities kids will enjoy
- Teaching children to enjoy and explore food that protects their health
- Fostering family connections with garden-fresh produce and a recipe sent home each week

Each week, families will receive an email with the garden recipe of the week along with information on that day's program. Recipes are also posted on the blog and Facebook. Our 9 -week program runs from June to July.

We also have the ability to provide:

- Field Trips
- Family Classes

Thank You!

Milan Hy-Vee One-Step Garden 2014 Sponsors & Partners:

University of Illinois Extension | RIA Federal Credit Union | IL Soybean Association | Boys and Girls Club of the Mississippi Valley | Orion Future Farmer's of America | Pepsi | DHCU Credit Union