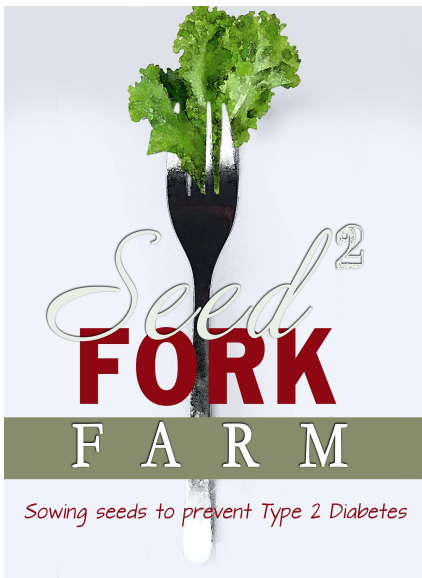




**Connecting Children to Authentic Permaculture
Food Forest Hands-On STEM Program Experiences
by
Sowing Seeds to prevent Type 2 Diabetes
in
Maltby Washington**



Connection Children to Authentic Permaculture Food Forest Hands-on Experiences by sowing seeds to prevent Type 2 Diabetes

Seed2Fork accomplish in our Educational STEM Programs

Seed2Fork 2nd Grade STEM Rainbow Programs is addressing social, economic, and environmental determinants that contribute to poor eating habits. Children will learn the importance of civic engagement through a Science, Technology, Engineering, Math (STEM) Rainbow Project.



Areas of Focus:

Throughout the learning modules children become research scientists using their magnifying glasses, STEM Rainbow Food Projects, Washington State Core Standards, and journals to record their personal discoveries.

By listening, reading, developing worksheets and doing team activities, and experiments as they learn about the importance of civic engagement through the local Maltby Food Bank. The benefit and uniqueness of the Food Bank STEM Project is, based on the clients needs.



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Seed2Fork Farm accomplish in our After School Rainbow Cooking Programs

Type 2 diabetes in children is on the rise, fueled by the obesity epidemic. We want to accomplish fun and healthy cooking classes, for elementary children K2-5, through nature, nutrition and exercise activities to prevent children from taking oral medication



Areas of Focus:

This is not just another After School Cooking Program, our Le Cordon Bleu Chef Webber, and Registered Nurse Jen Alcia, they have students demonstrate the ability to use interpersonal communication skills through these cooking classes. Children will create their own personal Sowing Seeds Receipt Cookbook.

Our cooking classes allow children to see where their food comes from. This program is open to all students that are part of the Monroe School District.



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Seed2Fork Farm accomplish in our Permaculture Food Forest

Our history with the community allows us to hear personal stories; a few bad choices, an illness or a loss that has changed the lives of individuals or the living situation of an entire family. By fostering a Permaculture Tree Guilds approach to rural farming and land stewardship allows us to build inclusiveness by sharing food with the community



Areas of Focus:

Seed2Fork 2 acre Permaculture Food Forest Farm, is a gardening technique, and a management system, which mimics a woodland ecosystem by substituting edible trees, shrubs, herbs, perennials and annuals. Fruit and nut trees make up the upper level, while berry shrubs, edible perennials and annuals make up the lower levels.

Our desire will be to combine aspects of native habitat rehabilitation with edible forest gardening.



To continue our goal in preventing Type 2 Diabetes in children, we need financial support from people like you who care about this epidemic in our kids here in Washington State. We all know that diabetes can result in the loss of limbs, blindness, and death.

Your contribution will help shape healthy kids in Snohomish county, leading to a vibrant community.

Donate online at: www.ourfutureconnections.org

Seed2Fork Farm Location

North Creek Christian Fellowship Church
21300 - 99th Avenue, SE
Snohomish, Washington 98296

Contact Person

Michele Ada Alston, Ed.D ^{abd}
Cell: 206. 412. 7936
adaalston49@gmail.com

Seed2Fork Administrative Office

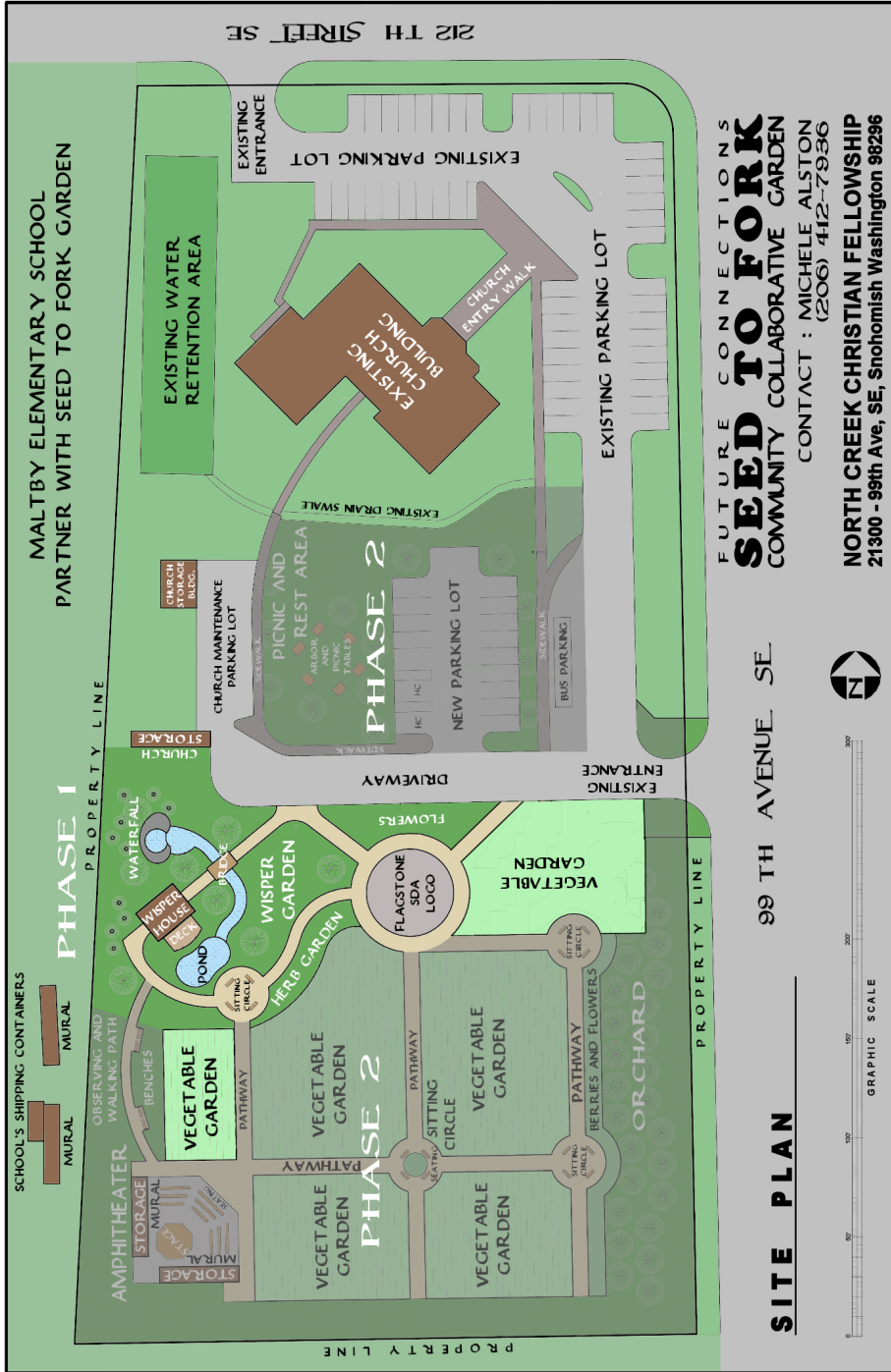
Seed2Fork
9329 Lima Terrace South, Suite A
Seattle Washington 98118

Contact

info@ourfutureconnections.org
www.outfutureconnections.org

Seed2Fork Farm® is a 501(c)3 Non Profit

SEED2FORK FARM



SITE PLAN

99 TH AVENUE SE

FUTURE CONNECTIONS
SEED TO FORK
 COMMUNITY COLLABORATIVE GARDEN

CONTACT : MICHELE ALSTON
 (206) 412-7936

NORTH CREEK CHRISTIAN FELLOWSHIP
 21300 - 99th Ave, SE, Snohomish Washington 98296

