



Novato Live Well Network

Nurturing the Body, Sustaining the Community

From the garden to the table and in between! Serving schools, families, & the community.

JULY 07 UPDATE:

1. Health Forum July 21, 2:00-4:00 PM: Health in A Balance: The Effects of Toxins...
2. \$45,000 Grant for Novato School Gardens
3. A Year of Success in the Schools: NLWN Accomplishments 2006/2007

HEALTH FORUM JULY 21: The NLWN is expanding its education outreach by participating in health forums. NLWN co-sponsored a forum titled: "Health In A Balance: The Effects of Toxins in the Environment on our Bodies and our Lives." It took place Saturday, July 21 at the Novato Unified School District on 1015 7th Street in Novato. Assemblyman Mark Leno spoke about his bill AB-706, which bans the use of all brominated and chlorinated fire retardants in upholstered furniture and bedding products. He was joined by other panelists to increase public knowledge and awareness about how pervasive toxins are in our everyday environment and what we can do about it. See flyer on our website: www.novatolivewell.org/events.html

\$45,000 GRANT FOR NOVATO SCHOOL GARDENS: We are proud to announce that NLWN played a key role in putting \$45,000 worth of "seed money" into the hands of Novato public schools to teach students how to grow a garden. NLWN volunteers, Veronica Valero and Sandy Wollenberg were instrumental in assisting, Miguel Villarreal, director of the Food and Nutritional Services (FANS) program of Novato Unified School District (NUSD), in applying for the non-competitive California State Instructional School Garden Grant. FANS and NLWN achieved 100% participation of all schools in the district. Novato High School and San Marin High each received \$5,000 for their gardens, and all other schools, including Nova and Nexus, received \$2,500 each. All schools have two years to use the funds to create a new garden or to maintain and sustain an existing garden, and to provide an educational curriculum connecting students to the garden. Miguel Villarreal, FANS Director, says, "This grant will provide another great opportunity to connect and collaborate with students, teachers, parents and FANS around wellness, nutrition and life experiences. This ties in nicely with the Lunch Buddies program that the NLWN volunteers rolled out two years ago."

A YEAR OF SUCCESS: NLWN Accomplishments 2006/2007

1. Played a vital role in **raising \$45,000 in grant funds** for NUSD School Gardens
2. **Educated parents & staff on school lunch/nutrition issues** through arranged tours at:
 - a. The NUSD Central FANS Kitchen to see where, what & how food is prepared and the challenges and limitations FANS faces daily.
 - b. Mary E. Silveira Elementary to view their model school lunch program
 - c. Novato Charter School to view their national award winning school garden to inspire, teach, and to support each others' efforts.
3. **Expanded the School Lunch Buddies program:**
 - a. **Olive Elementary:** (1) Continued Lunch Buddies. (2) Piloted "the switch," having recess first and lunch second. Year 2007/2008: (3) "The switch" will continue. (4) The PTA also raised \$12,000 for new picnic tables and benches to create a more comfortable eating environment. (5) The PTA raised \$1,800 for a new school garden. (6) Next year the NLWN will work with Olive in developing a recycling & composting program.
 - b. **Pleasant Valley Elementary:** (1) Continued Lunch Buddies. (2) Solicited parent feedback through a "Parent School Lunch Survey". (3) Piloted "Eat Lunch with Your Child Day," where over 75 parents participated. (4) Raised over \$10,000 for cafeteria tables for students. (5) Year 2007/2008: Will do "the switch" and have children eat in the multi-purpose room on their new tables rather than outside.
 - c. **Lu Sutton Elementary:** (1) Started the Lunch Buddies program. (2) Year 2007/2008: will do "the switch" with recess first. (3) Students will eat in multi-purpose room on new tables as rather than outside on benches and on the ground. (4) Will develop recycling & composting program. (5) Will build a school garden.

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July 2007 Update

4. **Started the Novato Community Garden Committee** to locate land, support, and funding to start a Novato community garden or two. For more info.
5. **Led legislative letter-writing campaigns** to seek better funding and support for the school lunch programs. For more info.
6. **Participated in the Novato April 2007 School Fuel Bike-a-thon.** We shared a Information/Display Booth with NUSD Food And Nutritional Services program and Displayed Education/Information, and we had a successful "Carrot Toss" (baby carrots in a bag). Everyone was a winner--they got to keep their carrots to munch on and enjoy!

For more information on our current projects, please visit us at www.novatolivewell.org or call 897-2302.

Veronica Valero

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