

Healthy Food at Martin County Schools

To make a big difference in the community, especially with education and nutrition, you've got to start with the kids. That's the generation we need to get to, the kids. The kids in Martin County, a huge number are on free school lunches. And some of these kids that's the only meal they get during the day. And, so, we are trying to educate the schools.

There's a certain amount of money, not titter tots, and hot dogs. But these kids are so used to that, you know, it's gonna take some time to change them.

The Rock Appalachian Mountain project has been involved in Martin County for several years, and we realize we had a very common mission with RAMP. So we looked at this school lunch program in Martin County, and we looked at ways that could fill in this nutritional gap

Greens on the school lunch line was very important to us, we retrofitted some salad bars, so that they would actually fit in the lunch line. So we feel we're creating an awareness of how meals can be healthier and how meals at home....

Our mission is about nutrition and education. So we feel that this is kind of a natural progression, that they have a school garden and they can bring the food that they harvest into the classroom and enjoy it in class, where they learn about healthy eating.

And the joy of planting a seed and watching that seed grow, and to know that our class did that, that I grew that food myself, it's a very satisfying experience.