

# VEGGIE U<sup>®</sup>



Veggie U is dedicated to increasing children's awareness of healthy food options, and teaching them how real food reaches their plate.

Veggie U Classroom Gardens are sent to teachers complete with a 25-lesson teacher guide & DVD that meets state and national standards for life science.

The Gardens include tasting vegetables, seeds, soil, root view boxes, grow lights, and worm farms-- all to allow the students to see, feel, taste, and experience the process of planting, growing, and harvesting a crop in their classroom.

Veggie U is a 501(c)3 non-profit organization.

