

Grow Veggies for QuickStart! at Greer Elementary School

Help turn us this space into an edible garden for the students at Greer Elementary.



QuickStart Tennis of Central Virginia's **Grow Veggies for QuickStart!** Initiative is an outreach program to get kids, who participate in QuickStart Tennis programs in PE classes and after-school, to plant and tend vegetable, fruit and herb gardens at their school. Research suggests that not only does caring for a garden get children outdoors and physically active, but also that they are more likely to consume the healthy fruits and vegetables they grow. QuickStart Tennis already has kids outdoors, playing tennis and being active and thinking about healthy eating with **Go Bananas for QuickStart!**, so planting and tending a garden is a natural progression.

Please check out **Grow Veggies for QuickStart!** on our website: www.quickstartcentral.org. Click on "QCV Initiatives" and go to **Grow Veggies for QuickStart!**

Greer Elementary has a student body of 450 kids from Pre-K through 5th Grade. The student body is predominantly (71%) minority kids. About 30 % of the students have limited English proficiency. Almost 65% of the students are considered "disadvantaged" and participate in the federal free or reduced lunch program. These kids would benefit from the positive experience of tending an edible garden.

QuickStart Tennis Garden at Greer Elementary

- \$500 grant for materials from QuickStart Tennis of Central Virginia; other grants will be sought
- Existing garden needs a complete redesign, garden plan and action plan, site clean-up, rehab of existing raised beds, prep for planting and beautification (since it's at the front of the school)
- Kids will plant and maintain the garden under the guidance of a sponsor and volunteers
- Garden sponsor, Sarah Healy, is very enthusiastic. She needs help and support.

School contacts

- **Sarah Healy** – 2nd Grade Teacher (sponsor) 973-8371, ext. 27115 shealy@k12albemarle.org
- **Barbara Watson** – PE Teacher 973-8371 bwatson@k12albemarle.org

QCV contacts

- **Betsy Dolliver** – Volunteer Coordinator epd.intarsia@gmail.com
- **Lynda Harrill** – QuickStart Tennis Coordinator quickstartcentral@comcast.net
- **Tessa Pehanick** – **Grow Veggies!** Coordinator tpehanick@centurylink.net

QuickStart isn't just about teaching kids tennis . . . it's about teaching kids through tennis!

QuickStart Tennis of Central Virginia

PO Box 422 • Ivy, VA 22945

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