

Parent Guide: Gardening and Composting

Composting Experiment, Tulip Painting, Lunch Dance

1

Composting Experiment

A simple solution for food waste that contributes to the growing cycle of our food!

Supplies Needed:

- clear plastic bottle
- 1 cup of fruit, vegetable, or other kitchen waste
- 1 cup of leaves or grass clippings
- 1 cup of shredded paper
- 5 cups of potting soil
- 1 or 2 cups of water
- tape
- scissors
- permanent marker
- 3 paper plates
- 1 large bowl
- 1 measuring cup
- 1 spoon or cup

Join us on our Facebook page for instructions!

2

Tulip Painting

A colorful, cheerful project easy enough for the younger ones!

Supplies Needed:

- paper
- washable paint
- plastic forks (spoons or knives for other flower variations)

Join us on our Facebook page for instructions!

3

Lunch Dance (source: GoNoodle on YouTube)

This guided GoNoodle dance is sure to get your kiddos up and moving. And now that we've learned about gardening, composting, and food growing, visit the music video link on our website for a fun tribute to LUNCH!