

Deborah E.

*Champion for Change
Crescent City, CA
Del Norte County*



"I am passionate to share the grace of the garden. It is the best place to grow great foods and great people."

Deb is a very passionate and energetic individual. She says that it is the result of spending so much time with children "playing in the garden". What that means, for her, is teaching.

In 2013 Debs grandchildren began attending preschool. The gardens at the school were in need of attention. Having much gardening experience she decided to volunteer. She got other parents and grandparents involved and loved talking with the children. She learned that sharing her experiences and creating a welcoming environment was what she needed to begin a teaching career.

Deb believes health is a whole person system, mind, body, and spirit. One reason the children and their families like her so much is because she likes to focus on the fun to maintain her positive frame of mind. She likes to eat good food and she likes to play. The garden feeds both.

What she calls "playing in the garden" is teaching the children hands on life skills. They learn where the food comes from by growing their own snack stations. Each child has become a "guardian of the garden" so they too can have a little life form of their own to nurture, protect and watch grow.

- "I play in the garden, that's my secret, I play!"
- "I want each child, when they're in the garden, to have a garden moment"
- "We plant ideas for the future through our explorations of today"



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.